



Marijuana/ Cannabis

Community Prevention Toolkit



ACKNOWLEDGEMENTS

This presentation was created by Join Together Northern Nevada with support from community partners.

Funding for this presentation was provided by Department of Public and Behavioral Health.

Presentation Agenda

- Factual and Statistical Data
- Legal Ramifications of Marijuana Use
- Risks of Marijuana Use
- Resources
- References

ON A SCALE FROM 1-5, HOW MUCH DO YOU KNOW ABOUT MARIJUANA?

5 – A lot

4 – Know a good amount

3 – Know some but not a lot

2 – Know the basics

1 – Not at all





THE FACTS OF MARIJUANA

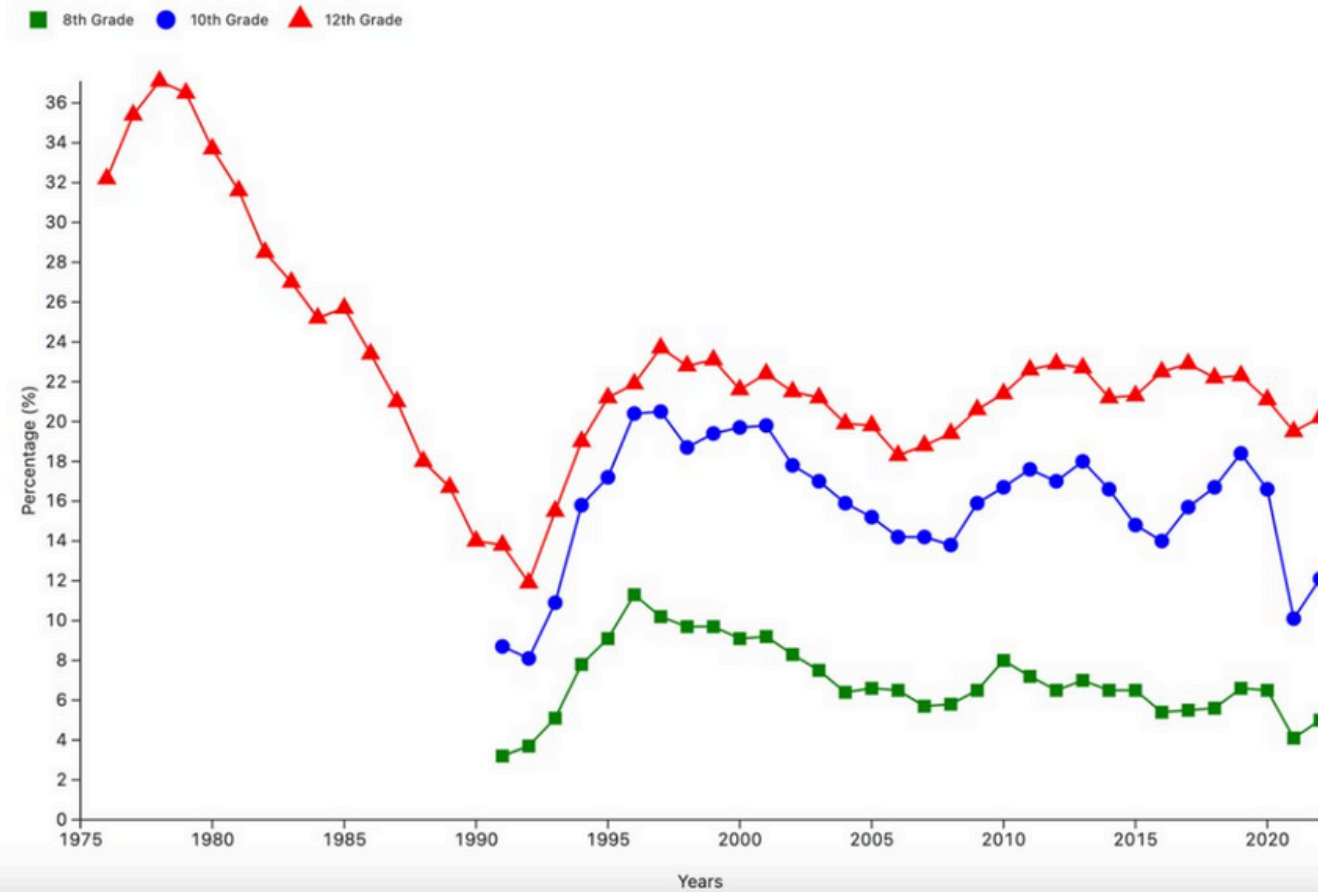
- Marijuana is a greenish-grey mixture of dried flowers of Cannabis Sativa.
- Known as weed, pot, Mary Jane, ganja, grass, etc.
- It is legal in some states but is illegal on a federal level.
- After alcohol, marijuana is the substance abuse most associated with impaired driving.
- 1 in 10 people is more likely to become addicted to marijuana.
- Before the age of 18, 1 in 10 are more likely to become addicted to marijuana.



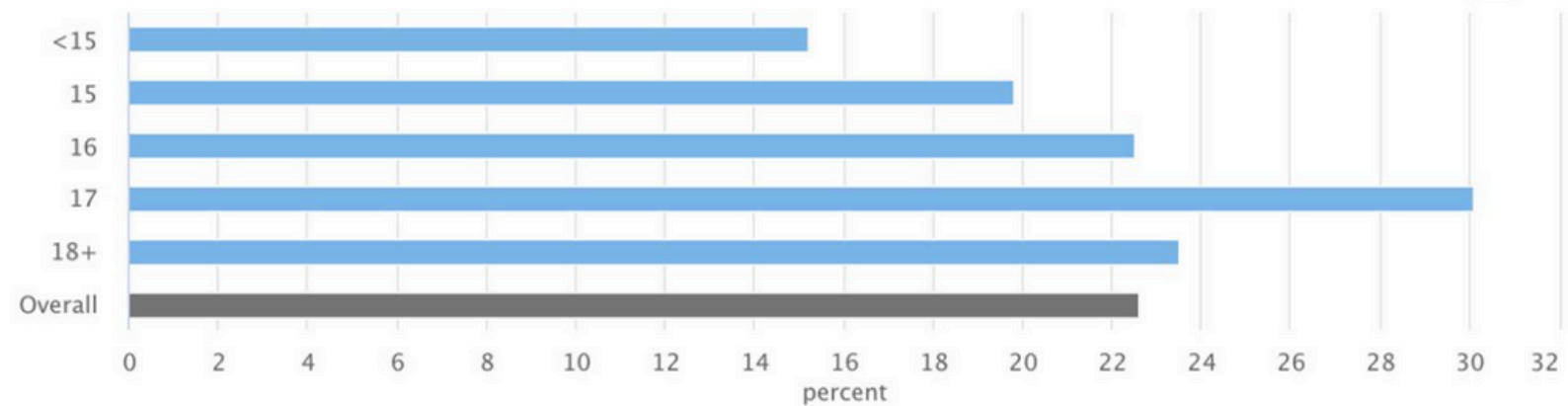
THE FACTS OF CANNABIS

- Cannabis is a psychoactive drug derived from the Cannabaceae (hemp) plant family
- The words cannabis, marijuana, hemp and hash are interchangeable terms used when referring to this controversial plant.
- Like nicotine and flavored liquids, marijuana concentrates can be used with electronic vapor products.
- Just like smoking, vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite, and shifts in behavior and mood.
- Vaping cannabis is not safer than smoking it as it can expose the user to EVALI (E-Cigarette or Vaping Product-Use Associated Lung Injury), harmful cancer-causing chemicals, and marijuana poisoning.

Marijuana: Trends in Last 30 Days Prevalence of Use in 8th, 10th, and 12th Grade



Teens who Use Marijuana: High School Students by Age



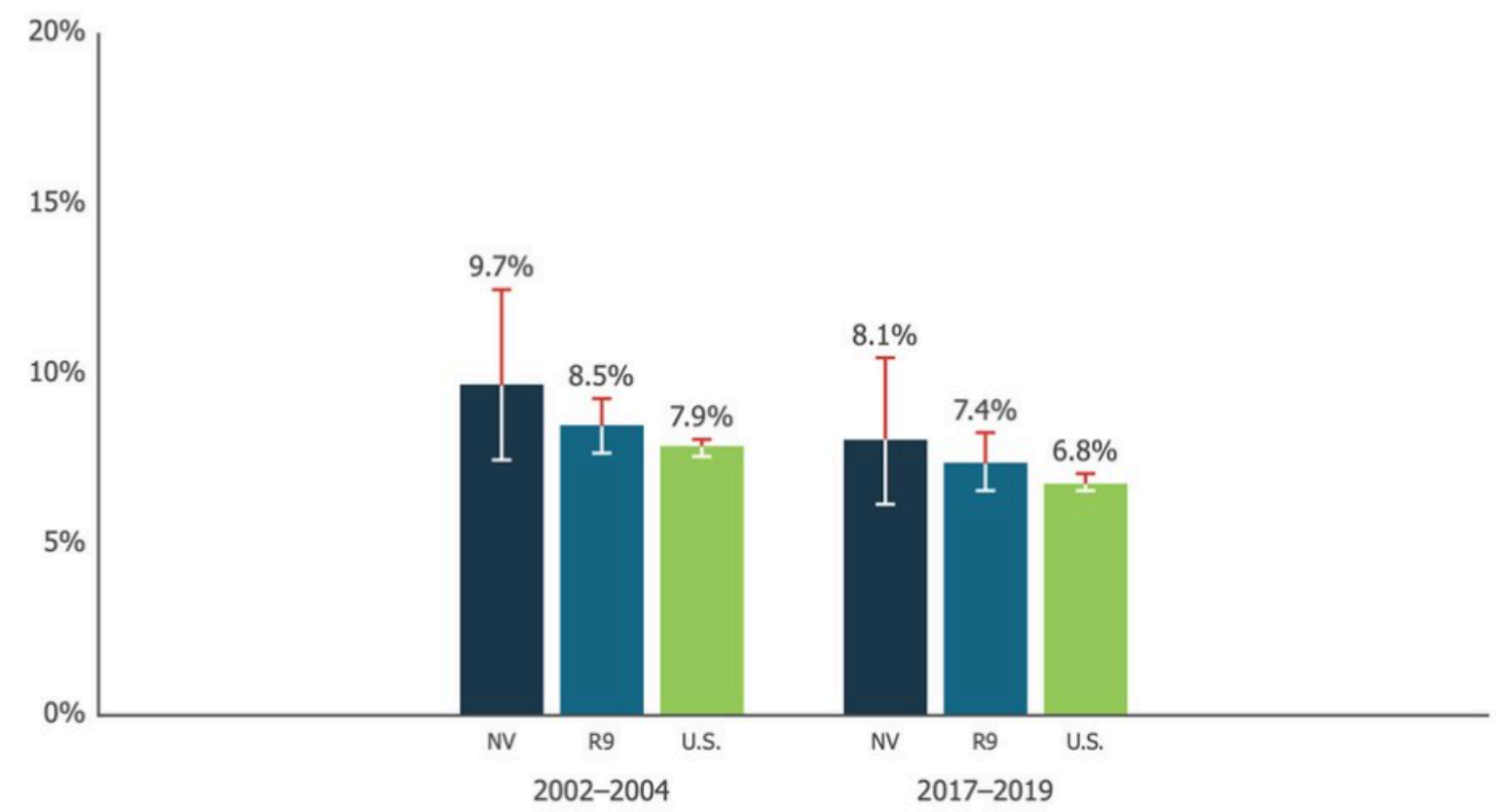
No significant difference with the overall value

Changes in Past-Month Marijuana Use among Youth Aged 12–17 in Nevada, Region 9, and the United States (Annual Averages, 2002–2004 and 2017–2019)¹



Among youth aged 12–17 in Nevada, the annual average percentage of marijuana use in the past month did not significantly change between 2002–2004 and 2017–2019.

During 2017–2019, the annual average prevalence of past-month marijuana use in Nevada was **8.1%** (or **19,000**), similar to both the regional average (**7.4%**) and the national average (**6.8%**).



Error bars indicate 95% confidence interval of the estimate.
NV = Nevada; R9 = Region 9 (Arizona, California, Hawaii, and Nevada); U.S. = United States.

LEGAL RAMIFICATIONS OF MARIJUANA USE FOR ADULTS

- May only possess 1 ounce of cannabis or 1/8 ounce of concentrated cannabis.
- If given to a minor, it can be charged with contributing to the delinquency of a minor.
- It can only be purchased at licensed dispensaries, otherwise, it's illegal.
- Can't be consumed on federal property.
- Can't be consumed on public property (unless given permission by the owner, but can still be a risk).
- Can lose federal housing benefits.



LEGAL RAMIFICATIONS OF MARIJUANA USE FOR MINORS

- Can be in possession of a medical cannabis card if a doctor AND parent/guardian sign off on it.
- Under the age of 18, after the 3rd offense, the child may be charged with delinquency.
- Minors caught loitering by dispensaries can be fined \$500.
- Wrongful possession of marijuana and/or falsely representing to be 21 or older is considered a misdemeanor.
- Against the law, for any state-licensed cannabis business to sell to anyone under the age of 21.

LEGAL RAMIFICATIONS OF CONCENTRATED MARIJUANA USE FOR MINORS

- For a child under the age of 18 to be in possession of concentrated cannabis, it is a felony.
- Concentrates are being found inside e-cigarettes and vape pens.
- Most minors being charged are between the ages of 10-18.
- The marijuana concentrates being collected are commercial concentrates.
- Either coming from a dispensary or being manufactured somewhere.
- All felony cases are referred to the District Attorney's Office for review and could lead to:
 - Court hearings
 - Referrals and recommendations for substance abuse counseling or assessment
 - Community service hours
 - Meetings with a probation officer

CANNABIS USE AMONG YOUTH

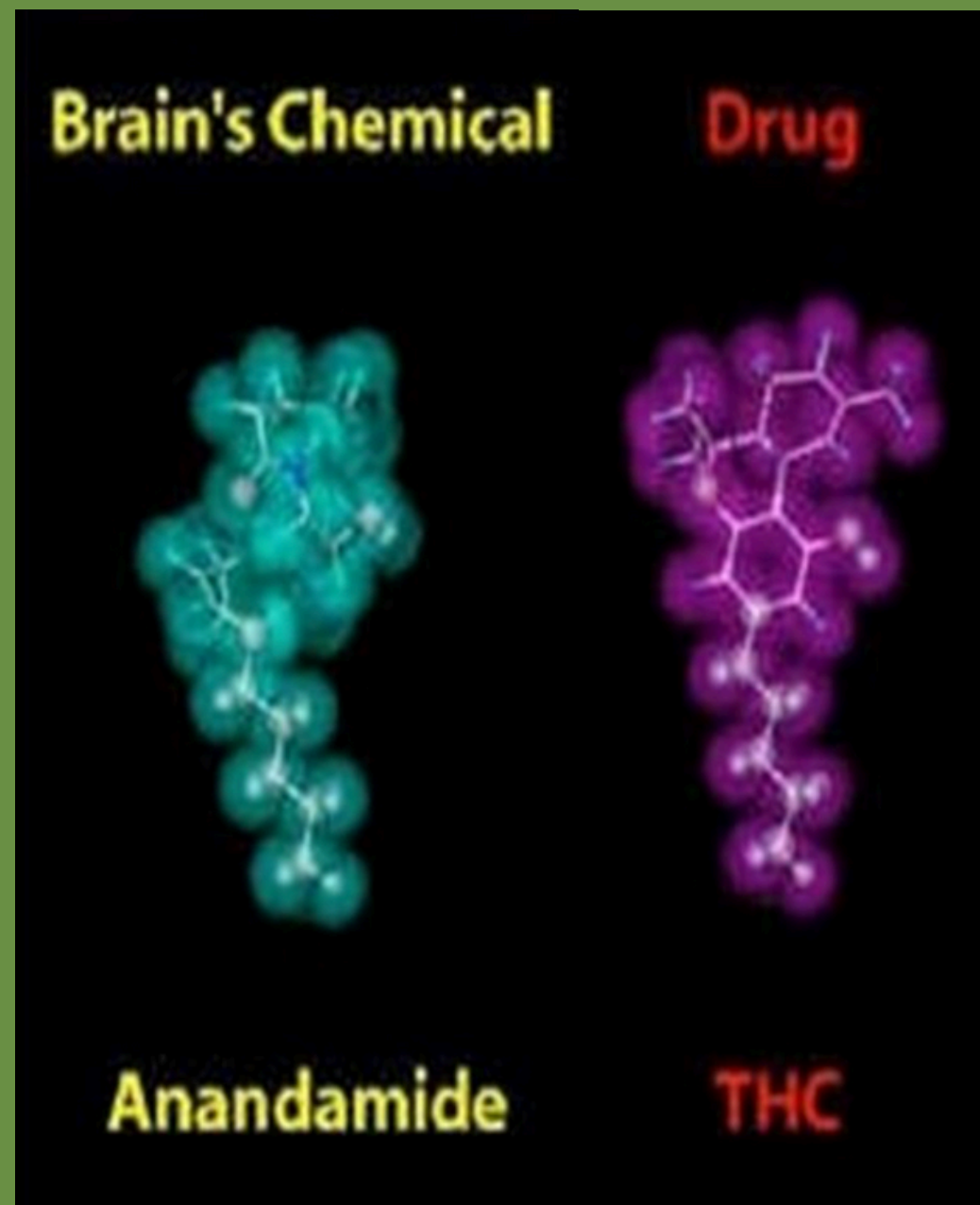
- In Nevada, 1 in 5 high school students currently use cannabis.
- Research shows that about 1 in 10 marijuana users will become addicted. When individuals begin using cannabis before the age of 18, that number rises to 1 in 6.
- Cannabis use may cause damage and physical changes to a teen's brain. As brain development continues until around their mid 20s, this damage can be permanent.
- Studies have revealed marijuana could lower teens' IQ. Students who use marijuana products regularly may have trouble concentrating, solving problems, learning new information, retaining information and new memories, paying attention and new memories, paying attention, and processing thoughts.
- Studies show that the top reasons why students use marijuana are to know what it's like, peer pressure, boredom, to feel better, and just to get high.

IN YOUR OPINION, WHAT ARE SOME WAYS MARIJUANA CAN AFFECT THE FOLLOWING?

- Relationships
- Work/School
- Physical Health
- Mental Health



NOW I KNOW THE LEGALITIES OF IT, BUT HOW DOES IT WORK? WHAT ARE THE RISKS?



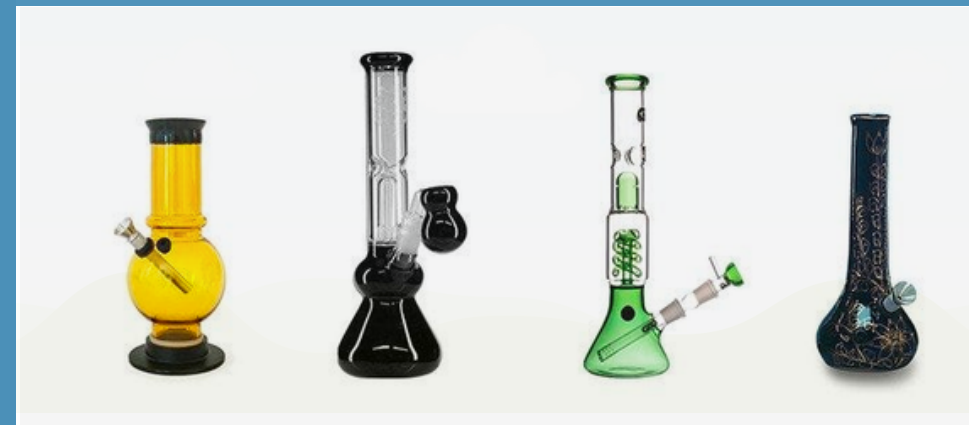
THC releases dopamine into the brain whether it is smoked or ingested allowing us to feel the high. It goes through the bloodstream before it reaches the brain. Depending on how it was consumed (whether smoked or eaten), the time for the effects to hit and how long they last varies.

The similarity in chemicals allows the body to recognize the drug which allows it to alter our brain.

MODES OF CONSUMPTION



Vape



Bong



Joint



Edibles



Dabbing



Tincture



KNOW THE RISKS OF MARIJUANA USE

- Causes permanent loss of 8 IQ points if used from a young age.
- Negative effects on brain development as the brain isn't fully developed until the age of 25
 - memory
 - attention span
 - learning
- Linked to depression, anxiety, possible suicide planning, and psychotic episodes.
- Impact on the brain varies on:
 - amount of THC consumed
 - how often it is used
 - age of first use
 - use of other substances



KNOW THE RISKS OF MARIJUANA USE CONTINUED

- Smoking affects the lungs like cigarettes
 - More likely to develop lung infections
 - Coughs (long-lasting or chronic)
- Can cause the heart rate to rise by 20 to 50 bpm or more for up to 3 hours
 - Risk of heart attack or stroke if you are older or have heart problems
 - Increased appetite
 - Sleepiness

KNOW THE RISKS OF MARIJUANA USE CONTINUED



- Driving under the influence
 - Slower reaction time (signal and sounds)
 - Lane weaving
 - Decreased coordination
 - Distorting perception
- Legalities of Driving Under the Influence:
 - Blood – at least 2 nanograms per milliliter, 5 nanograms per milliliter of marijuana metabolite
 - Urine – at least 10 nanograms per milliliter, 5 nanograms per milliliter of marijuana metabolite



KNOW THE RISKS OF MARIJUANA USE CONTINUED

- Being under the influence of MJ can put you at risk of pregnancy and STDs.
- Can possibly put you at risk for pregnancy complications.
- Some research shows newborns can have:
 - A lower birth weight
 - Abnormal neurological development
 - Attention
 - memory
 - Problem-solving skills
 - Behavior
- No matter how it was ingested, THC can have an effect on a baby (even breastfeeding)

SIGNS OF USE

- Noticing behavior changes may prevent the negative impact marijuana can have on students' lives. The following are changes that could indicate substance abuse or other problems that need to be addressed:
 - Lack of concern with hygiene and appearance
 - Unusual mood changes and disinterest in hobbies and extracurricular activities
 - Stressful or difficult peer relationships & Lowered academic success
 - Appear to be unusually happy and giggly
 - Uncoordinated movement & Forgetfulness
 - Bloodshot or red eyes & Regular use of eye drops and odor eliminating products
 - Strange smells on clothes and personal items
 - Possessing drug paraphernalia or items that support drug use

BEFORE WE END, HERE IS A SHORT VIDEO



LIST OF RESOURCES

Find a Treatment Facility	National Treatment Hotline	Crisis Support Services	Reno ASAP Alcohol and Drug Services
http://findtreatment.gov	1-800-662-4357	988 Text "care" to 839863	620-665-6446
Join Together Northern Nevada	Reno Behavioral Health	Northern Nevada HOPES	The Life Change Center
775-324-7557 505 S. Arlington Ave, Suite 110 Reno, NV 89509 www.jtnn.org	775-393-2200 6940 Sierra Center Pkwy Reno, NV 89511	775-786-4673 580 W. 5th Street Reno, NV 89503	775-355-7734 1755 Sullivan Lane Sparks, NV 89431
Washoe County Human Services	Quest Counseling & Consulting	Vitality	Willow Springs
775-785-8600	775-786-6880 3500 Lakeside Court, Suite 101 Reno, NV 89509	775-322-3668 1135 Terminal Way #208B Reno, NV 89502	1-800-448-9454 Youth Residential Treatment 690 Edison Way Reno, NV 89502

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