

**Marijuana:
Parenting for Prevention in
2020**

**Christine Storm, MPH
Caron Treatment Center**

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**Next
Webinar**

**Parent COVID 19
Survival Guide to Teen
Screen time and
Gaming Excess!**

Monday, May 18, 2020
2:00pm – 3:00pm ET

Clifford Sussman MD, PLLC
Child and Adolescent Psychiatrist

Register at www.operationparent.org

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**OPERATION
PARENT**

Operation Parent's mission is to love and support parents by providing real world information, connection, and hope.

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Christine Storm, MPH

- Caron Treatment Centers
- Director of Community Education
- 16 years at Caron in prevention/early intervention

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Learning Objectives



- Parents will understand the vital role they play in preventing teen marijuana use and gain skills in having effective conversations and setting expectations.
- Parents will be able to identify current marijuana trends and paraphernalia.
- Parents will gain knowledge of the potential impact of marijuana use on memory, motivation, mental health, physical health and driving skills.
- Parents will identify signs and symptoms of marijuana use in teens and actions they can take if concerns arise.



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Remember the "good old days?"



- We talked on telephones
- Gossip was spread by word of mouth
- We socialized in person
- We played outside until dark
- Our nicotine was smoked, and marijuana was weak

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Today




- We communicate through devices
- Gossip, pictures and other info can be sent to many in an instant
- Social media dominates
- More time spent indoors
- Nicotine, marijuana and other drugs, can be vaped

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What percentage of 12th graders have ever used marijuana? (MTF)




- 27%
- 30.1%
- 43.7%
- 56.3%




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More 8th graders were using marijuana in 1999 than in 2019 (MTF)



- True
- False

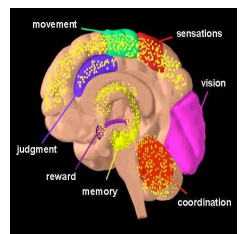
Lifetime Use of Marijuana				
	1991	1999	2009	2019
8 th grade	10.2	22	15.7	15.2
10 th grade	23.4	40.9	32.3	34
12 th grade	36.7	49.7	42	43.7




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What is THC?

- The psychoactive drug in the cannabis plant that causes the "high"
- The plant has been engineered to have more THC than ever before
- THC lingers in the brain and body
- It is a mixed action drug with properties of stimulants, depressants and hallucinogens



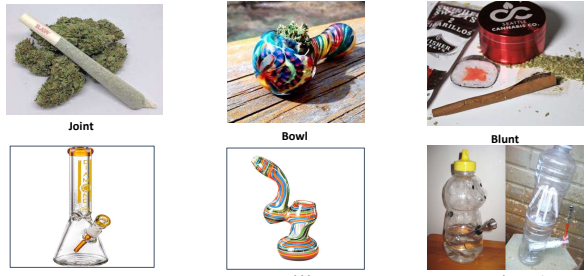
THC acts on numerous areas in the brain (in yellow). NIDA



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Methods of Consumption: Smoked

Flower Marijuana Average THC Potency ~ 17%



Joint, Bowl, Blunt, Bong, Bubbler, Homemade creations

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Methods of Consumption: Vaporized









Dry Herb/Flower Vapes



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Methods of Consumption: Vaporized

Concentrates: Average THC Potency ~ 60-90+

 CRUMBLE Dried oil with a honey-comb consistency.	 CRYSTALLINE/ SUGAR Isolated cannabinoids in their pure crystal structure.	 DISTILLATE Refined cannabinoid oil free of taste, smell and flavor.	 ROSIN End product of cannabis being squeezed under heat and pressure.
 BUBBLE HASH A process using ice and mesh screens pull out whole trichomes into a paste.	 SHATTER A golden, translucent, and brittle concentrate made with solvents.	 BADDER/BUDDER Whipped under heat, this concentrate has a cake batter-like texture.	 DRY SIFT/KIEF Flower is ground and sifted, leaving behind complete trichome glands.

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Methods of Consumption: Vaporized

Wax/Dab Pens




Dab Rig

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Methods of Consumption: Vaporized


THC Oil Pens: Average THC Potency ~ 15-90+




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Lung Injury Outbreak: EVALI







CDC and FDA recommend that people not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, family, or in-person or online dealers.

Vitamin E acetate should not be added to any e-cigarette, or vaping, products. Additionally, people should not add any other substances not intended by the manufacturer to products, including products purchased through retail establishments.- CDC



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Black Market Products Most Linked to EVALI

 Dank (56%)	 TKO (15%)
 Rove (12%)	 Smart Cart (13%)

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Methods of Consumption: Eaten/Edibles






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What about CBD?

- Cannabidiol is being touted as a magical elixir
- Potentially promising treatment for many ailments
- More research is needed
- Largely unregulated; purity levels are in question
- May interact with medications
- Talk to your doctor

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Caution!

The Teen Brain is Under Construction

- Wired to Take Risks
- Emotion over Logic
- Reward Over Risk
- Group Oriented

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Drugs Can be Tools with Many Functions

- Relaxation & pleasure
- Socialization
- Avoidance of emotional pain
- A way to forget about problems
- Satisfy curiosity
- Avoid alienation
- Find excitement
- Achieve an advantage
- Feel like part of the crowd
- Go to sleep, or wake up
- Cope with failure
- Relieve boredom
- Rebel

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Dangers of Marijuana Abuse

- 1** Addiction
 - Rise in THC potency = rise in addiction rates
 - 1 in 6 teens who use regularly become dependent.
 - Psychological dependence AND physical dependence.
- 2** Learning
 - THC impacts the Hippocampus, where memory is formed.
 - Interferes with problem solving.
 - Amotivational syndrome.
- 3** Driving
 - Impairs judgment, alertness, concentration, coordination, and reaction time.
- 4** Mental Health
 - High potency can bring on acute psychosis.
 - Often used to cope with mental health.
 - Chicken and the egg phenomenon.

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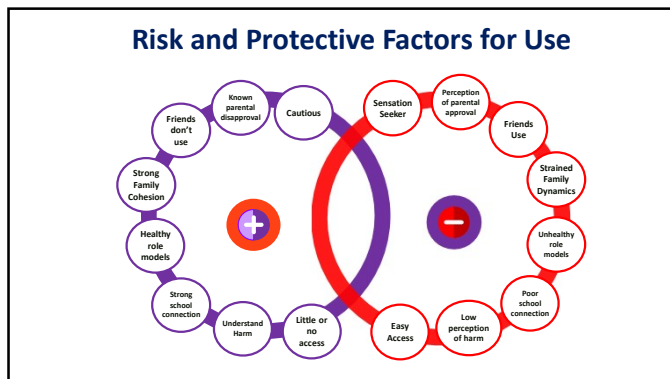
Low Perception of Harm

- Legalization of Recreational Use- 11 states plus DC
- Medical Marijuana- 33 states
- Decriminalization- 15 states
- Normalized

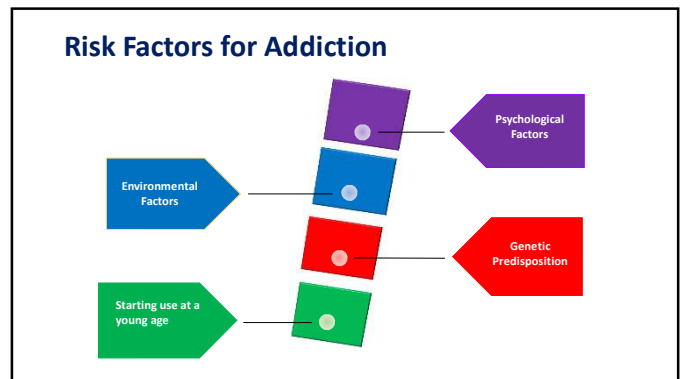
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It's everywhere...

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Warning Signs of Possible Marijuana Use

<p>Physical Changes</p> <ul style="list-style-type: none"> Bloodshot eyes Increased appetite Slowed reaction time Dry mouth Impaired coordination Sleepiness Odor of marijuana 	<p>Behavior and Attitude Changes</p> <ul style="list-style-type: none"> Withdrawing from family Secretiveness and lying Abrupt change in friends Apathetic Needing more \$ Defensive Nervous or paranoid behavior 	<p>Productivity Changes</p> <ul style="list-style-type: none"> Decline in school performance Dropping activities Less motivation Memory impairment
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Paraphernalia and other Signs

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What to do if you Suspect Use

- Wait until you are calm and have a plan
- Don't talk to them while they are under the influence
- Ask your child if they are using ...& why
- Investigate further
- Enforce consequences for negative behavior
- Follow through on the established plan
- Seek a professional behavioral health assessment
- Get help from a treatment or counseling organization or support group for yourself

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Talk Early and Often

Parents- you are the #1 Influence on your child's relationship with Drugs and Alcohol.

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Conversation Tips

- Be clear about your views
- Don't lecture
- Be positive
- Keep an open mind
- Put yourself in your teen's shoes
- Know what you want to accomplish
- Be calm and relaxed
- Use active listening



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Conversation Starters

- "If there's drinking or marijuana use at the party, what will you do?"
- "What do you think about marijuana and kids who use it?"
- "If your friends wanted to try a drug, how would you handle that?"
- "Tell me about his/her parents."
- "What are you and your friends looking forward to this year? How would getting into trouble for alcohol or drugs change those plans?"
- "We didn't have social media when I was your age. How does that factor into your social life and views on marijuana?"
- "What's the hardest thing you deal with when it comes to just being yourself around your friends?"



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Rolling with Push Back

- "I know, I know. You've talked with me about this before."
- "I'm only doing it once in a while on weekends, so it's not a big deal."
- "Would you rather I drink alcohol? Weed is so much safer."
- "Marijuana is a plant. It's natural. How harmful could it be?"
- "But it's legal in some states; why would they make something legal that could hurt me?"
- "I don't know what to say when other kids ask me to use."
- "I'm sure *you* smoked weed when you were younger."
- "Everyone smokes weed."



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You Aren't Alone...

The Search Institute, Keep Connected
<https://keepconnected.searchinstitute.org/>

The Partnership for a Drug-Free Kids
<http://www.drugfree.org>

National Institute on Drug Abuse
<http://www.drugabuse.gov/parents-teachers>

Get Smart About Drugs
<https://getsmartaboutdrugs.com>

SAMHSA: Talk. They Hear You
<http://www.samhsa.gov/underage-drinking>

You got This!



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