

Marijuana Research and Trends

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The PREVENTION COUNCIL

Disclosures

- I have liberally borrowed from many excellent speakers and researchers- all in the public domain.



Trends

- All ages perceive marijuana as less harmful than in the past, teens and young adults appear to have the greatest change in attitude. (JAMA Psychiatry)
- Adults using marijuana has doubled over the past decade. (JAMA Psychiatry)
- Teens who see ads for marijuana are twice as likely to try marijuana. (Journal of Psychology and Addictive Behaviors)
- Use e-cigs to vape marijuana.
- Edibles
- Dabs/shatter/wax

Adolescent use

On an average day:

7,639 drank alcohol for the first time;

4,594 used an illicit drug for the first time;

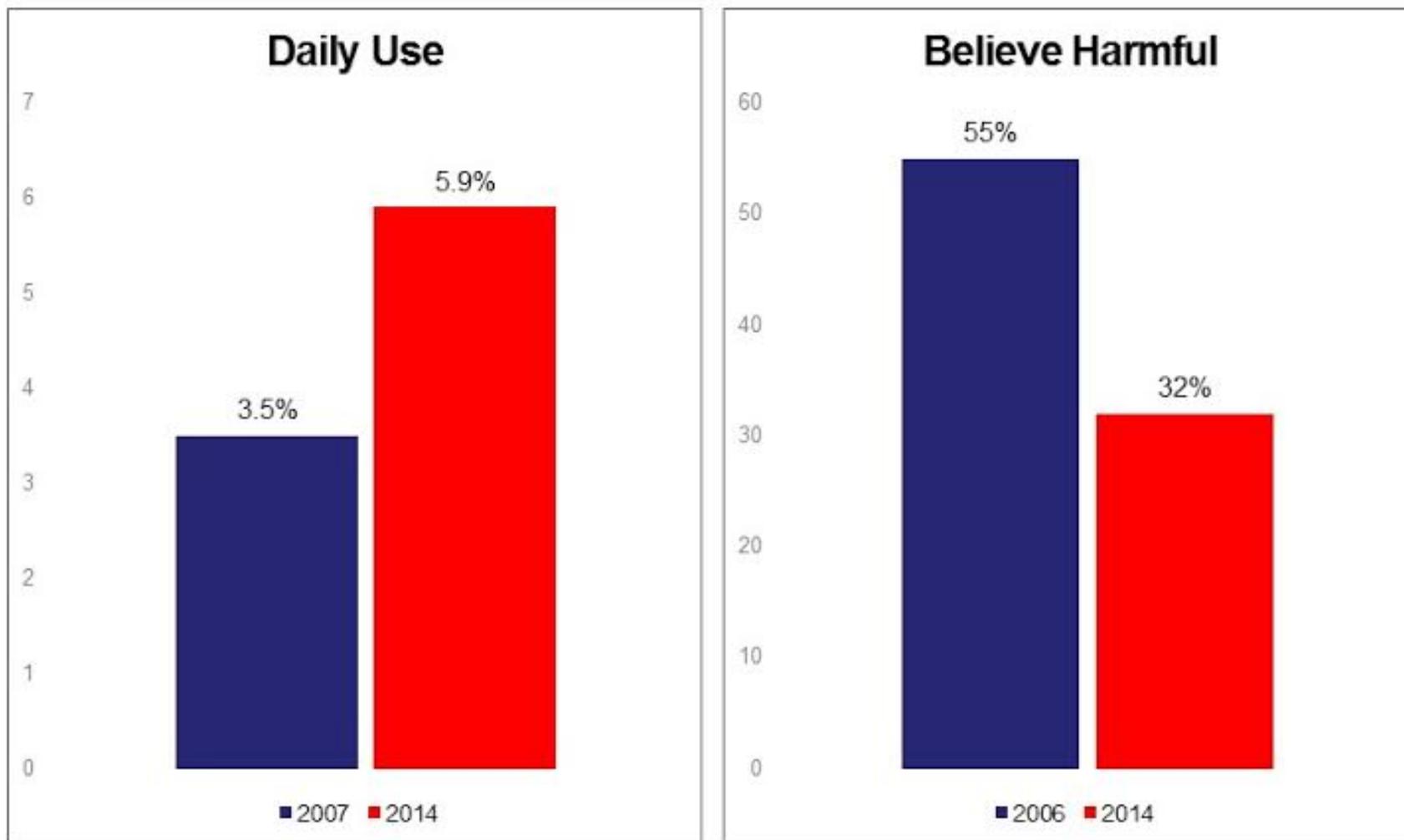
4,000 adolescents used marijuana for the first time;

3,701 smoked cigarettes for the first time; and

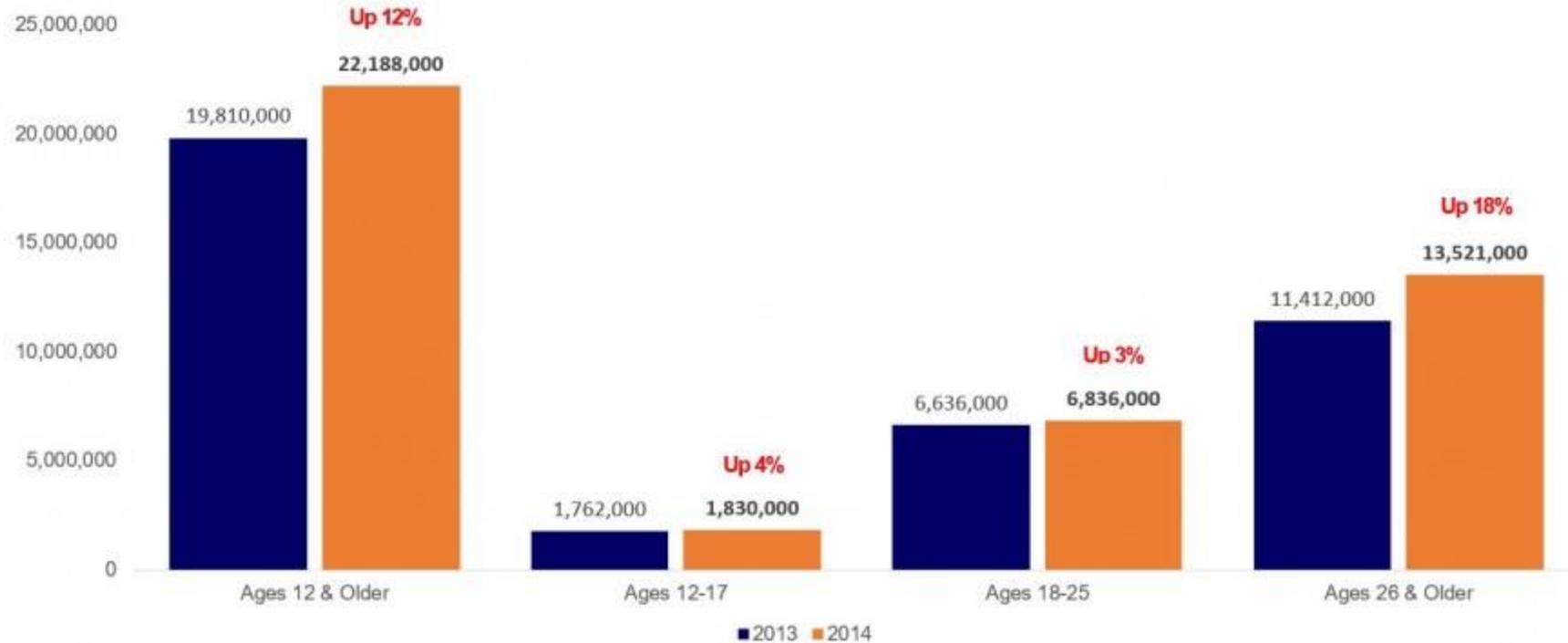
2,151 misused prescription pain relievers for the first time

Source: SAMHSA

College students' daily marijuana use highest since 1980



Past-month marijuana use up 12% nationwide during first year of legalization in Colorado, Washington



Source: 2014 National Survey on Drug Use and Health. Chart prepared by National Families in Action for The Marijuana Report.

“To provide some perspective, the number of adolescents using marijuana on an average day could almost fill the Indianapolis Speedway (seating capacity 250,000 seats) two and a half times.”

Source: SAMSHA

According to a [2013 UNICEF report](#) s only 5 percent of teens under age 16 smoked pot in Sweden, a country that does not allow medical or recreational use of marijuana. Compare this to the United States where the rate was 22 percent. In Colorado, teen use is as much as 50% higher than the national average. Some research indicates that rate was higher than the national average prior to legalizing marijuana for any purpose.



The term *medical marijuana* refers to treating a disease or symptom with the whole unprocessed marijuana plant or its basic extracts.

The FDA has not recognized or approved the marijuana plant as medicine.

However, scientific study of the chemicals in marijuana called *cannabinoids* has led to two FDA-approved medications in pill form.

Cannabinoids are chemicals related to *delta-9-tetrahydrocannabinol* (THC), marijuana's main mind-altering ingredient.

The body also produces its own cannabinoid chemicals.

Currently, the two main cannabinoids from the marijuana plant that are of interest for medical treatment are THC and *cannabidiol* (CBD).

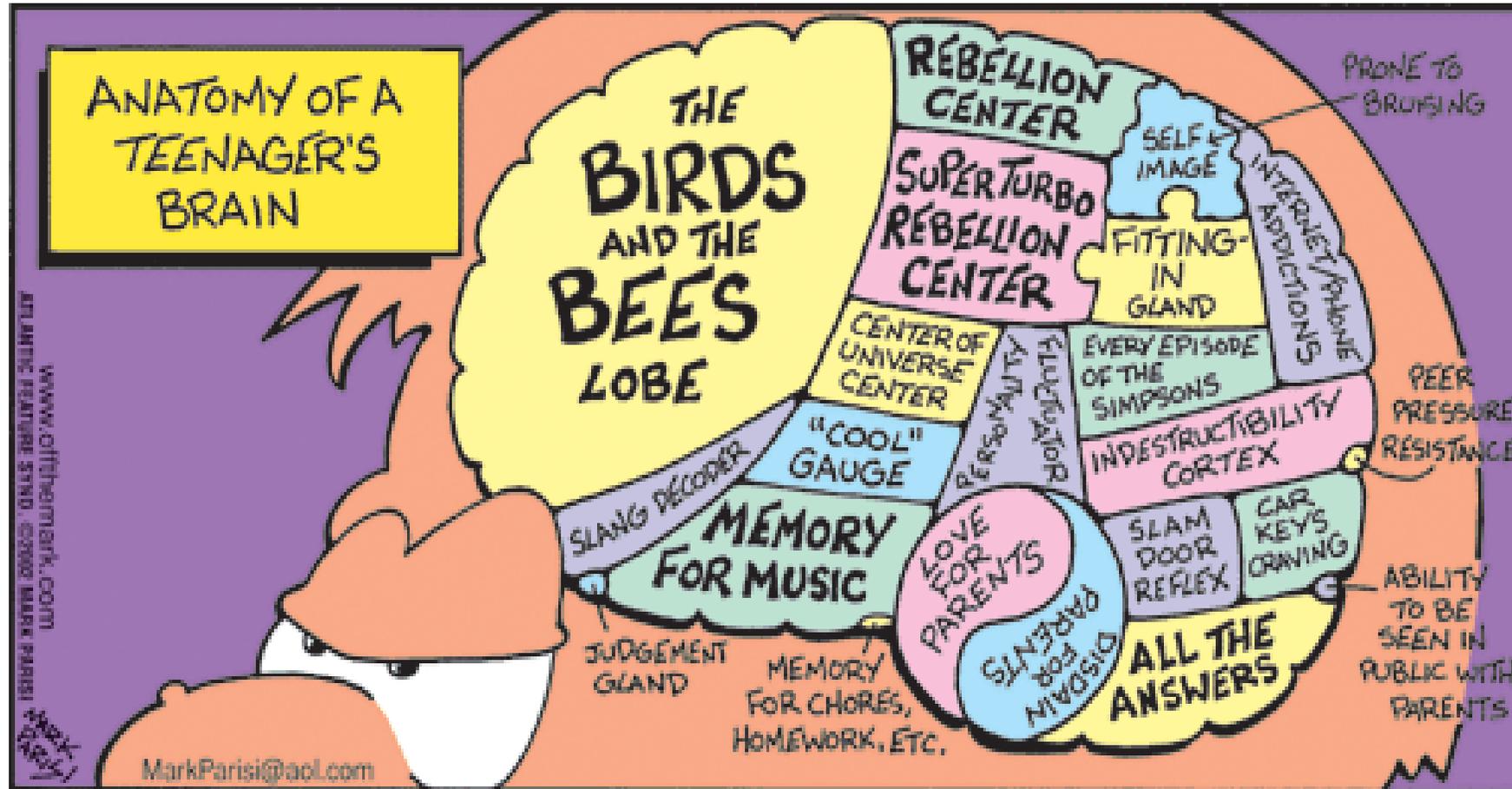
Scientists are conducting preclinical and clinical trials with marijuana and its extracts to treat numerous diseases and conditions.

Two FDA-approved marijuana drugs are dronabinol and nabilone, both used to treat nausea and boost appetite

Slide reproduced from NIDA

Medical uses for Marijuana

Greatest promise, as of now, is for certain childhood epilepsy conditions, nausea, inflammation and pain. Other conditions that may be helped and are being researched are mental disorders, substance abuse disorders, Alzheimer's, Multiple Sclerosis and HIV/AIDS. Also researching if certain extracts of the marijuana plant can reduce certain cancer cells. Currently evidence is showing purified extracts may slow the growth of some types of brain tumors though no human studies have been conducted



What kids tell me

- Everyone uses marijuana, more than drink (not true)
- Parents really don't mind or don't talk about it
- Hurts memory and motivation
- Drive better high
- No big deal

The effects on the teen brain are the same whether or not the drug is legal or if it is used under adult supervision!

Marijuana

Most commonly used illegal drug in the U.S.

For adolescents regular use can reduce one's ability to learn as if IQ is up to 20 pts less than reality.

Can distort perception, decrease coordination, create difficulty with problem-solving and thinking.

May **impair cognitive abilities** up to four weeks after last use.

Someone who smokes marijuana daily may be functioning at a reduced intellectual level most or all of the time.



"OH, MAAAN!.. THAT THING WAS YESTERDAY ??!"

**In an adolescent
the limbic
system rules!**

HAVE YOU NOTICED
THE ONLY COLLEGES
HE'S APPLYING TO ARE IN
WASHINGTON AND COLORADO?



Adolescents feel emotions
2-4x stronger than adults!
And rarely have context for those
emotions.

More info:

There is a growing body of evidence that adolescent use of marijuana doubles the risk of developing psychosis and increases the risk of developing anxiety disorders, depression and other mental health disorders. Still some discussion on correlation v. causation but some studies are leaning to causation.

New body of evidence shows PTSD is not helped with marijuana.

Research on adolescent rats shows marijuana use to significantly alter reward sights in the brain, leaving them more susceptible to self administration of other drugs.

More to Consider!

What is recreational use of
marijuana?

What is low risk use of marijuana? For adults?
For teens?

Pot and Driving

- Pot with alcohol doubles the odds of a crash beyond either alone.
- Driving within a few hours of using marijuana makes you twice as likely to have a crash as sober.
- Slows reaction time and judgement.
- Accurate testing for THC levels is not routine yet or easy and establishing a level that indicates impairment still not universally determined or used.
- Researchers are trying to develop a “breathalyzer” for THC.
- We need much more education and a stronger prevention message for drugged driving.

Who Is the audience?

Unintended consequences of legalization.

Marijuana Edibles





DEA





events & parties
littleflowerpot
www.littleflowerpot.com.my

Q and A

Or comment and discussion time!



The PREVENTION COUNCIL

Sources

- Substance Abuse and Mental Health Services Administration-SAMHSA
- National Institute on Drug Abuse-NIDA
- National Institute on Alcohol Abuse and Alcoholism -NIAAA
- MADD
- JAMA
- CDC
- Smart Approaches to Marijuana
- Themarijuanareport.org