

Beyond "Just Say No": Youth as Assets in Marijuana Use Prevention & Intervention

Juvenile Justice Vision 20/20

Jessica Neuwirth, Retail Marijuana Education Program Coordinator
Colorado Department of Public Health and Environment



Who am I?



Building a Framework for Public Health & Retail Marijuana



CDPHE & RETAIL MARIJUANA

Enact the will of the
people while preserving
public health

Educate for safe, legal and
responsible use



ROLES OF CDPHE

1. Medical Marijuana Registry
2. [Marijuana Health Monitoring and Research](#)
3. [Retail Marijuana Education and Youth Prevention](#)
4. Laboratory: MJ Lab Inspections, MJ Ref Lab
5. Consultation: Edible Safety, Proper disposal of waste



Statewide Coordination



Trend Data & Health Effects



Responsive Regulatory Framework



A Quick Poll



Kahoot.it

What we'll talk about today

1. Marijuana 101
2. Lessons learned from legalization in Colorado
3. Impacts of legalization on Juvenile Justice
4. How to prepare yourself and your organization
5. Resources to pull from

What I expect from you

1. Dive in
2. Try on the coat
3. Connect with your neighbors
4. Connect to the work you do



How do you typically come into contact
with marijuana on the job?

Why are youth using marijuana?

Marijuana 101





Cannabis sativa
Cannabis indica
Hybrid

Cannabinoids
–THC
–CBD



METHODS OF USE

- Smoking
- Edibles
- Concentrates
 - Wax
 - Oil
- Vaping
- Dabbing

JOINTS



PIPES/BONGS



VAPORIZING



DABBING




EDIBLES




10 mg of THC = 1 serving
Use childproof packaging

UNIVERSAL SYMBOL






Flower or bud:
Average THC level = 17%
Typical joint - 500 mg marijuana
Average joint about 85 mg THC



Edibles:
Average THC level = 62%
Serving sizes limited to 10 mg THC



Concentrates:
Average THC level is 62%
Dabs, vape pens, tinctures



CBD

Brief History on Legalization



Medical Marijuana	Retail Marijuana
<ul style="list-style-type: none"> ○ 2000- Amendment 20 ○ 2009- CO Medical Code: Commercialization 	<ul style="list-style-type: none"> ○ 2012- Amendment 64 ○ 2014- Retail establishn open

Interaction with Federal Laws

Marijuana remains illegal under federal law, where it's still classified as a controlled substance.

Specific considerations under federal law:

- Federal employees are not allowed to use marijuana.
- Lose federal financial aid opportunities for any marijuana possession charges.
- Marijuana users may be rejected from purchasing a firearm during the application process.
- Use or possession charges may mean that you lose your federal housing benefits.
- Illegal on federal land, including national parks, ski slopes, military bases.

Colorado Regulations Abide by 2013 Cole Memo



State vs. Local Control



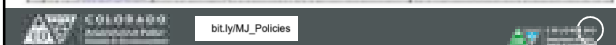
Learnings from Alcohol & Tobacco

THE 4 P'S

Effective Policies & Programs to Restrict Youth Access & Exposure to Drugs/Alcohol

Approaches for Marijuana

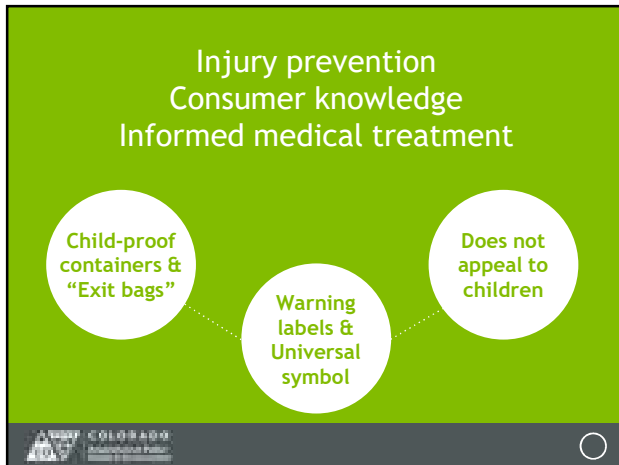
Policy	Program	Outcome
Restricting access to alcohol and tobacco products, including through age restrictions, is a key strategy to reduce youth use and exposure.	Implementing age restrictions and other measures to limit youth access to alcohol and tobacco products.	Reduced youth use and exposure to alcohol and tobacco products.
Restricting access to alcohol and tobacco products, including through age restrictions, is a key strategy to reduce youth use and exposure.	Implementing age restrictions and other measures to limit youth access to alcohol and tobacco products.	Reduced youth use and exposure to alcohol and tobacco products.
Restricting access to alcohol and tobacco products, including through age restrictions, is a key strategy to reduce youth use and exposure.	Implementing age restrictions and other measures to limit youth access to alcohol and tobacco products.	Reduced youth use and exposure to alcohol and tobacco products.













Price Recommendations:

1. Earmark Excise or Sales Tax for Prevention Efforts Dedicated to a Specific Agency
2. Balance taxes with black market concerns



Issues with Enforcement

Use ≠ Impairment ≠ Conviction

Shifting Norms vs. Black Market

National Institute on Drug Abuse
U.S. Department of Health and Human Services
○

What do we know about health effects of marijuana use?

NIDA: How the Brain Responds to Marijuana



YOUTH AND MARIJUANA: BRAIN

- Brain development is not complete until age 25.
- For the best chance to reach their full potential, youth should not use marijuana.



YOUTH AND MARIJUANA: SCHOOL

- Youth who use marijuana regularly are more likely to:
 - have a hard time learning,
 - have problems remembering,
 - have lower math scores;
 - and have lower reading scores.

Slide 41

- 2 Do you want me to include a youth development piece in the Start the Conversation section? Or does it make sense to add it here or not at all?

Lorin Scott-Okerblom - CDPHE, 4/2/2018



YOUTH AND MARIJUANA: ADDICTION

- Marijuana has addictive properties.
- It is harder to stop using if started at a younger age.



YOUTH AND MARIJUANA: RISKS

- Youth who use substances- even occasionally- may be more likely to do other risky things later in life.
- This may include use of alcohol, tobacco and other drugs.

Youth Know the Consequences



CONSEQUENCES FOR YOUTH USE



Breaking family/
community
rules



Breaking school/school
activity rules

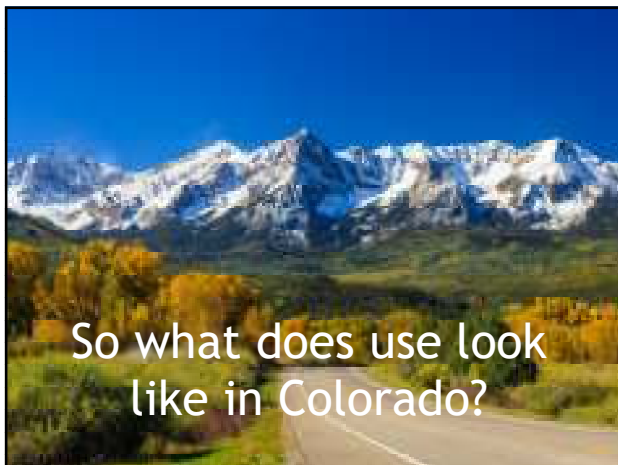


Breaking
CO laws



Breaking
federal laws



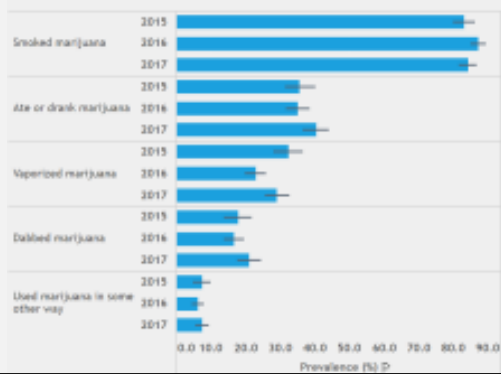


So what does use look
like in Colorado?

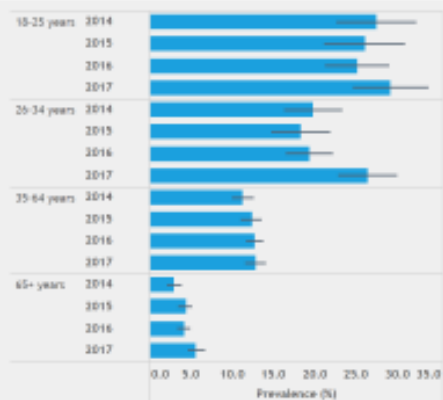
Daily Adult Marijuana Use in Colorado



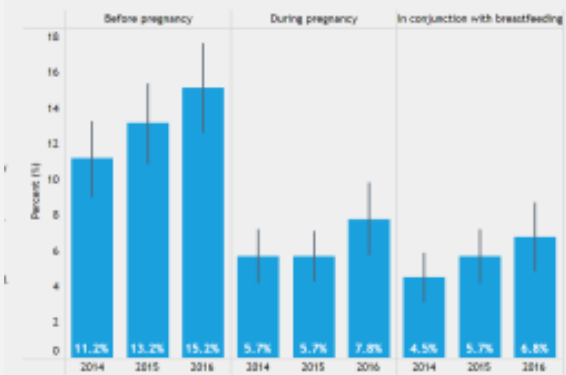
Methods of Use among Colorado Adults



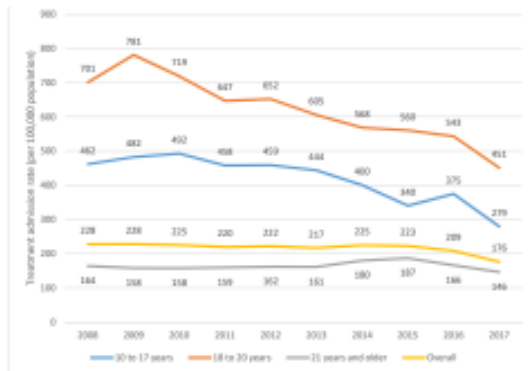
Current marijuana use by age



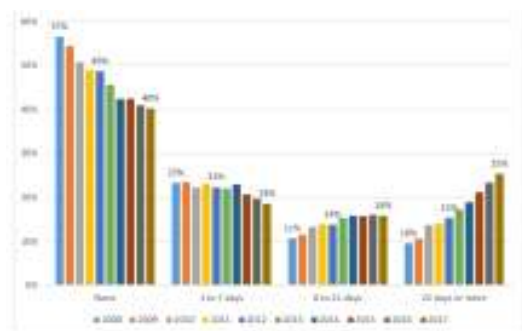
Marijuana use among pregnant and breastfeeding women



Treatment Admissions Rates for Those Reporting MJ as Primary Drug of Abuse



Among Treatment Clients, Reported MJ Use by Frequency of Use



Source: Colorado Department of Public Health, Office of Behavioral Health, Drug-Related Expenditure Data System, Reported by the Division of Treatment Services.

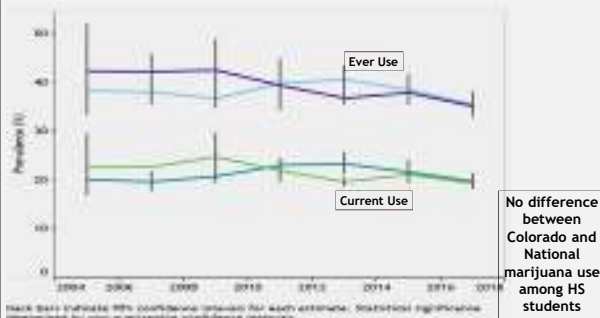
What do we know
about youth use of
marijuana?



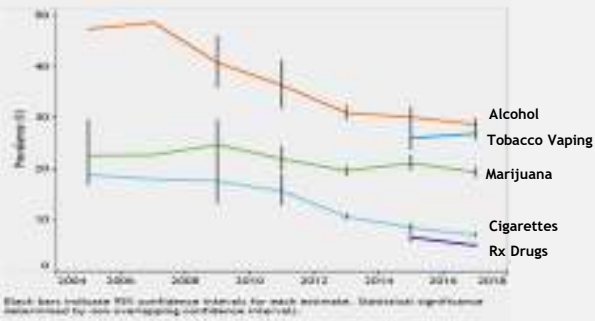


Advisory Committee: multi-disciplinary group that includes 40+ school/district staff, local public health, and community partners.

Marijuana use for high school students in Colorado compared to the national prevalence



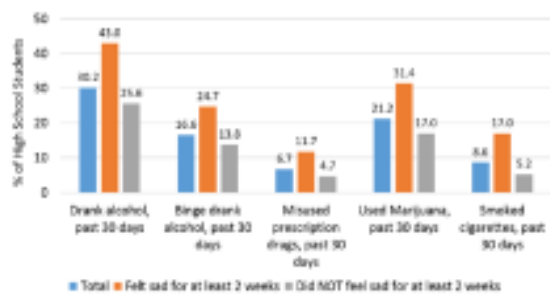
Produced by ECHOH, CDPHE 2017; HKCS 2005-2017 & YRBS 2005-2017



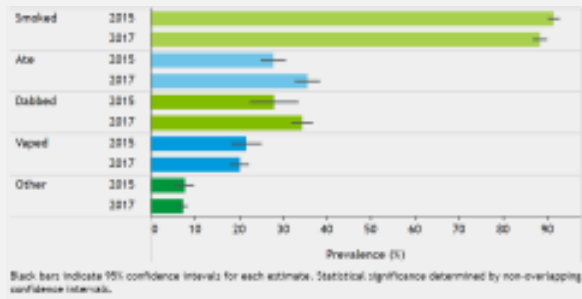
30-day Marijuana Use Among



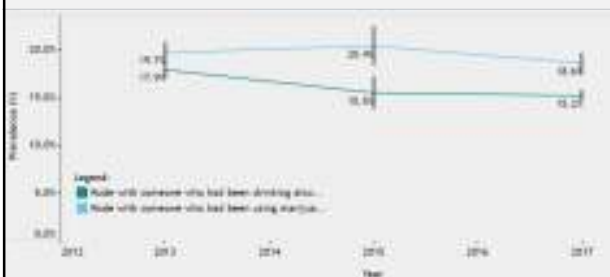
Colorado High School Students Substance Use & Reported Sad Feelings



Methods of Marijuana Use For High School Students who reported current use



HS Students who Rode with a High or Drunk Driver



Pair & Share

- What data strikes you?
- Does any of this data surprise you?
- Does this match your experience?

Break: Teachers Guess Who's High

Note: There is some profanity in this video

Youth Prevention

Shared Risk & Protective Factors



Social Norms



Economic Stability



Resilience

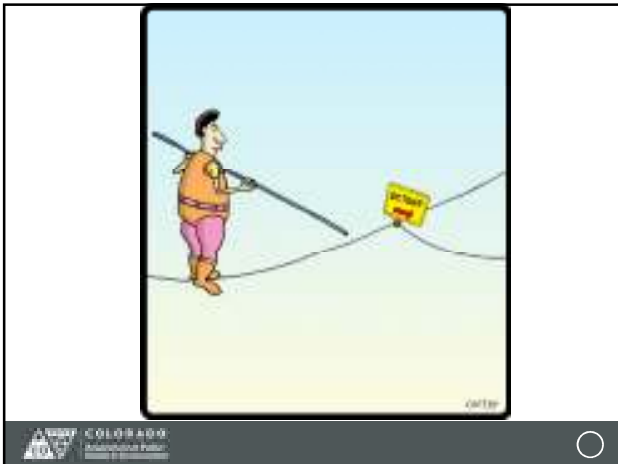


Connectedness



Behavioral Health









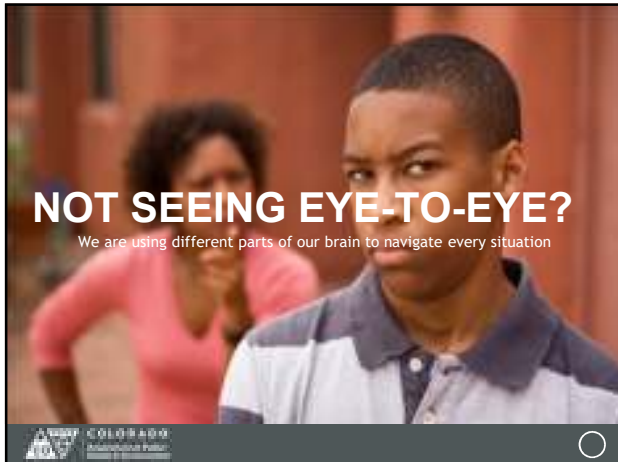
THE CASE FOR UNDERSTANDING

- Adolescence is a time of growth and change.
- Ages 9-25.
- Typically the healthiest time in life, yet disease and death rates increase 200-300% during this time.

Ronald E Dahl, M.D. (University of Pittsburgh Med. Center)

THE POWER OF THE ADOLESCENT BRAIN





ACTIVITY: HOW WE PERCEIVE RISK

STEP 1	STEP 2	STEP 3
Go meet someone new(ish) and share with them at least one risk you took as an adolescent.	Now, share a risk that you took in the last year.	How was your perception of "risk" different/same?

KNOW WHAT YOU'RE WORKING WITH

1

Start with a developmental lens.

2

There are EIGHT tasks that every young person undergoes developmentally, including cognitive development.

TURNING THE TABLES: 8 DEVELOPMENTAL TASKS

- Adjusting to physical changes
- Adjusting to sexually maturing body & feelings
- Developing and applying abstract thinking skills
- Defining a personal sense of identity
- Adopting a personal value system
- Renegotiating relationships with caregivers
- Developing stable and productive peer relationships
- Meeting demands of increasingly mature roles & responsibilities



Why do teens choose to use?
Or not use?



What youth say / why they use

1 / Youth that use marijuana or used marijuana in the past said that they did so to **relieve stress**.

2 / Marijuana use is a **social activity**, a way to spend time with friends. And most believe (or want to believe) that they could control themselves from allowing MJ to take over their lives. They also see it as **less dangerous than alcohol**.

3 / **Older friends/siblings use**.

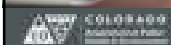


Formative Research

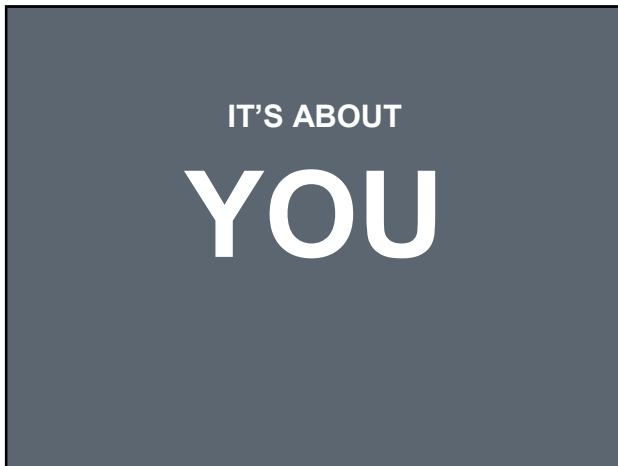
Asked young people,
what do you think about...

- Marijuana in Colorado?
- Health statements?
- Why do you use?
- Why don't you use?

Focus Groups & In-depth Interviews
Rural and Urban Youth
Ages 12 - 20









ADULTS CAN HELP REDUCE YOUTH MARIJUANA USE

-  **Supportive Teachers:** Youth who agree that teachers care and encourage them are 1.7x LESS likely to use.
-  **Talking with Parents:** Youth who can ask a parent/guardian for help are 1.6x LESS likely to use.
-  **Family Rules:** Youth who have clear family rules are 1.7x LESS likely to use.
-  **Parents' Opinion:** If a parent feels like it's wrong, their children are 4x LESS likely to use.

 **COLORADO**
Agricultural Policy
Division of Agriculture

KNOWN PROTECTIVE FACTORS

-  **Students who have an adult to go to for help and those who feel safe at school are less likely to attempt suicide or feel sad or hopeless [7].**
-  **Students who participate in extracurricular activities or sports teams and those who get at least 8 hours of sleep at school nights have improved mental health indicators [7].**
-  **Students who get mostly A's and B's or think school work is important for later in life are less likely to feel sad or hopeless or attempt suicide [7].**

 **COLORADO**
Agricultural Policy
Division of Agriculture

Trusted Adult TV ad



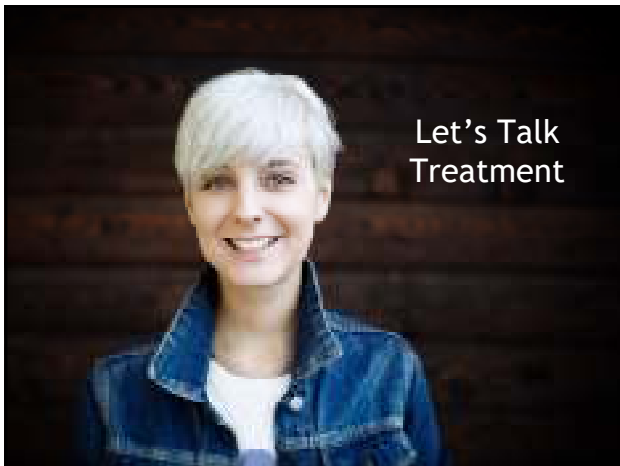
 **COLORADO**
Agricultural Policy
Division of Agriculture

Community Education



COLORED
African American
Hispanic/Latino
Asian/Pacific Islander
Native American/Alaska Native
Other

Let's Talk Treatment



CLINICAL IMPACTS

- Increased disclosure of use
- Increased screening
- Intake & discharge procedures include MJ & MMJ
- Personal ideology clashing with legal environment
- Reevaluation of "child endangerment"

BARRIERS & OPPORTUNITIES

- Practice change takes time
- Linking physical and mental health care
- Patient disclosure of use
- Need for specific and relevant education

Positive Youth Development



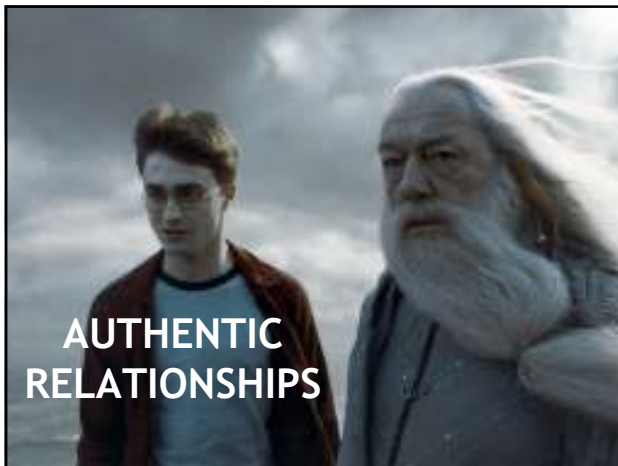
WASH STATE
WASH STATE
WASH STATE

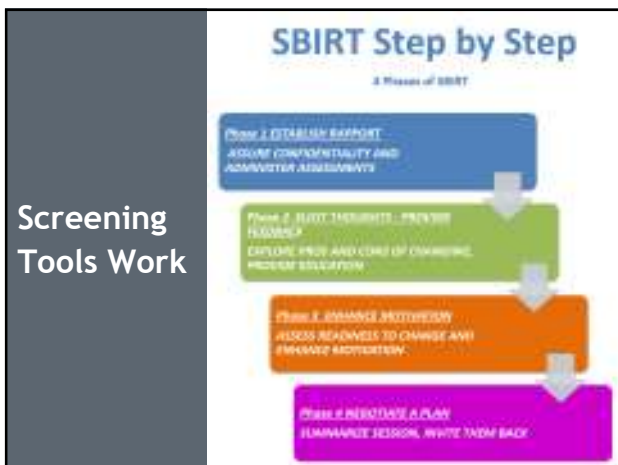


SKILLS









Clinical Guidelines

- Screening Questions
- Effects of Marijuana
- Mandatory Reporting Laws
- Second Hand Smoke
- Driving
- Accidental Ingestion
- Resources



Research Based Programs Effective for Reducing Marijuana Use/Abuse

Treatment	
Adolescent Assertive Continuing Care (AAC)	●
Adolescent Community Reinforcement Approach (A-CRA)	●
Functional Family Therapy (FFT) for adolescents with substance use disorder	●
Multidimensional Family Therapy (MDFT)	●
Multidimensional Treatment Foster Care	●
Multisystemic Therapy (MST) for juveniles with substance use disorder	●
Teen Marijuana Check-Up (TMCU)	●
● Evidence-based ● Research-based ● Promising Null Null outcomes See details	

IT'S ABOUT
YOU

Thank you

Jessica Neuwirth

Prevention Services Division

Colorado Department of Public Health and Environment

Jessica.neuwirth@state.co.us