

Current Trends in Marijuana Use: Prevention Efforts

Vista Forum

October 16, 2019

MPI Funded by the County of San Diego, Health and Human Services Agency, Behavioral Health Services



Happy to be here!

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Prop. 64 Advisory Board Member

SAMSHA Region 9 PTTC Advisory Board Member

Important to know!

- THC products and vaping devices have never been fully researched to determine safety protocols.
- From a national level the FDA does not test marijuana products for human consumption because they have ***no medical value***.
- State by State testing of marijuana is spotty at best!

Change in methods of ingestion

In the 1980's marijuana's THC content on average was 5-10%.

Mostly herb or plant form **smoked in blunt or bong.**



Today's marijuana potency in herb can be upwards of 25% and oils and waxes 30 - 99%. **Eating, vaping, drops/tinctures**

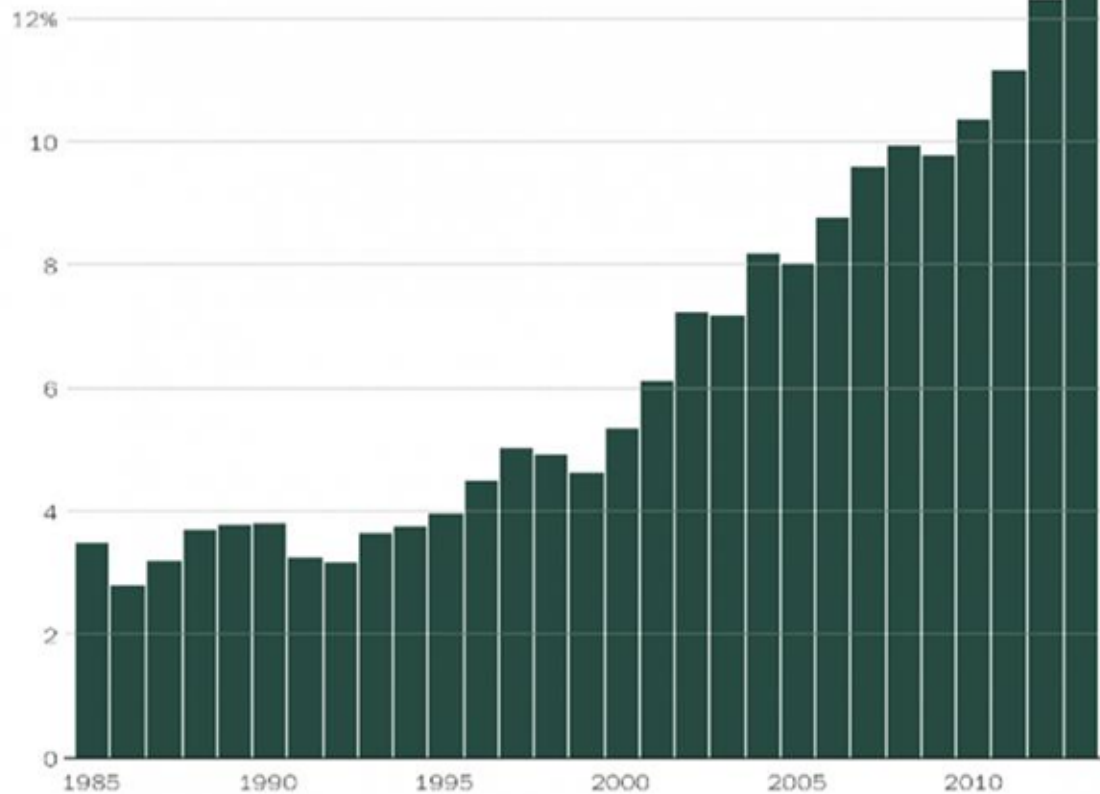




Highest potency in history

Weed is getting stronger

Average THC percentage in federal seizures of imported marijuana, 1985 – 2013



WASHINGTONPOST.COM/**WONKBLOG**

Source: White House Office of Nat'l Drug Control Policy

Why is potency so high?

- Increasing potency due to:
 - **Big Industries getting involved (Hiring scientists and researchers to make more potent products).**
 - Cross breeding
 - Improved gardening techniques
 - Genetic modification of plants
 - Extraction methods
 - Consumption methods (edibles, vaping)



Concentrates - Wax, Hash Oil, Edibles

(bud containing – 26% THC, concentrates can contain 30-99%)



Cannabis Use Disorder

- Americans who reported using marijuana in the past year more than doubled between 2002 and 2013, and the increase in marijuana use disorders during that time was nearly as large.

Cannabis use disorder

Cannabis use disorder, a cannabis-related disorder coded as 305.20 for mild or 304.30 for moderate or severe, is defined by *DSM-5* as the following:

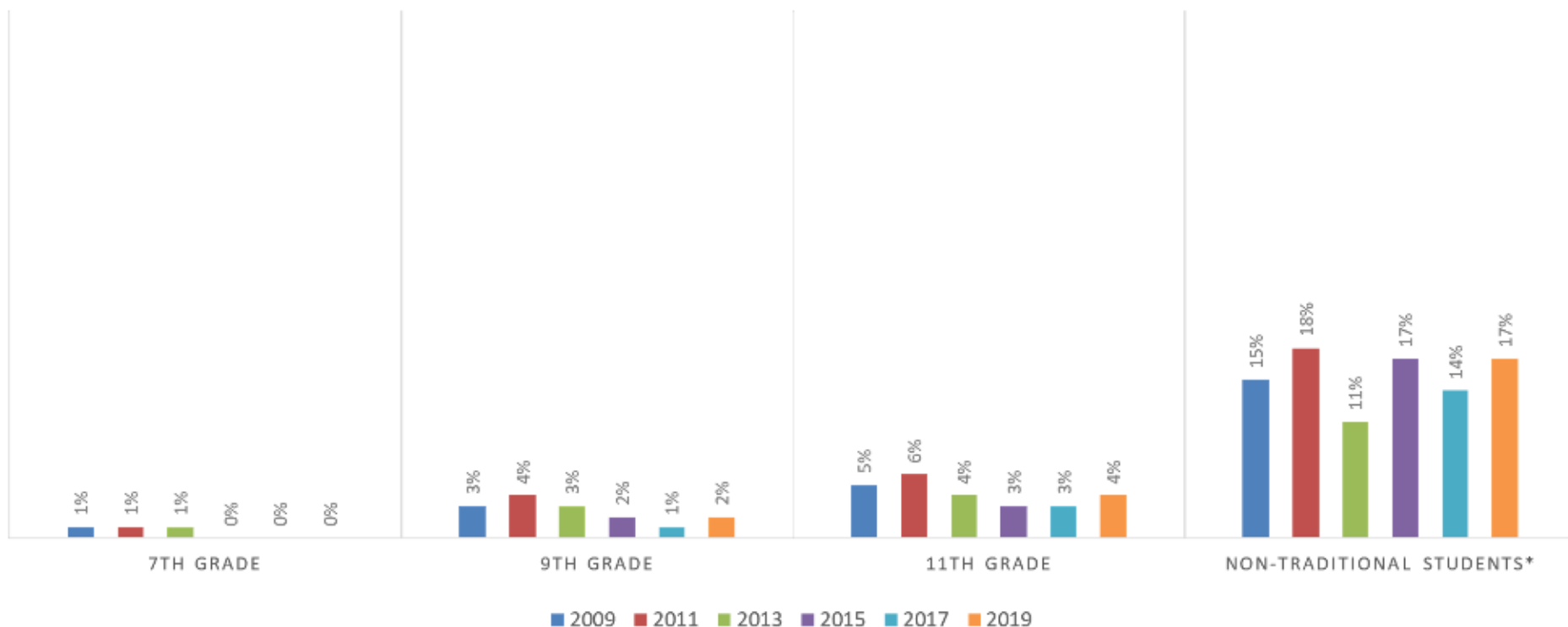
- A problematic pattern of cannabis use leading to clinically significant impairment or distress, as manifested by at least 2 of the following, occurring within a 12-month period:
 - Cannabis is often taken in larger amounts or over a longer period than was intended.
 - There is a persistent desire or unsuccessful efforts to cut down or control cannabis use.
 - A great deal of time is spent in activities necessary to obtain cannabis, use cannabis, or recover from its effects.
 - Craving, or a strong desire or urge to use cannabis.
 - Recurrent cannabis use resulting in a failure to fulfill major role obligations at work, school, or home.
 - Continued cannabis use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of cannabis.
 - Important social, occupational, or recreational activities are given up or reduced because of cannabis use.
 - Recurrent cannabis use in situations in which it is physically hazardous.
 - Cannabis use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by cannabis.
 - Tolerance, as defined by either a (1) need for markedly increased cannabis to achieve intoxication or desired effect or (2) markedly diminished effect with continued use of the same amount of the substance.
 - Withdrawal, as manifested by either (1) the characteristic withdrawal syndrome for cannabis or (2) cannabis is taken to relieve or avoid withdrawal symptoms



Local Data

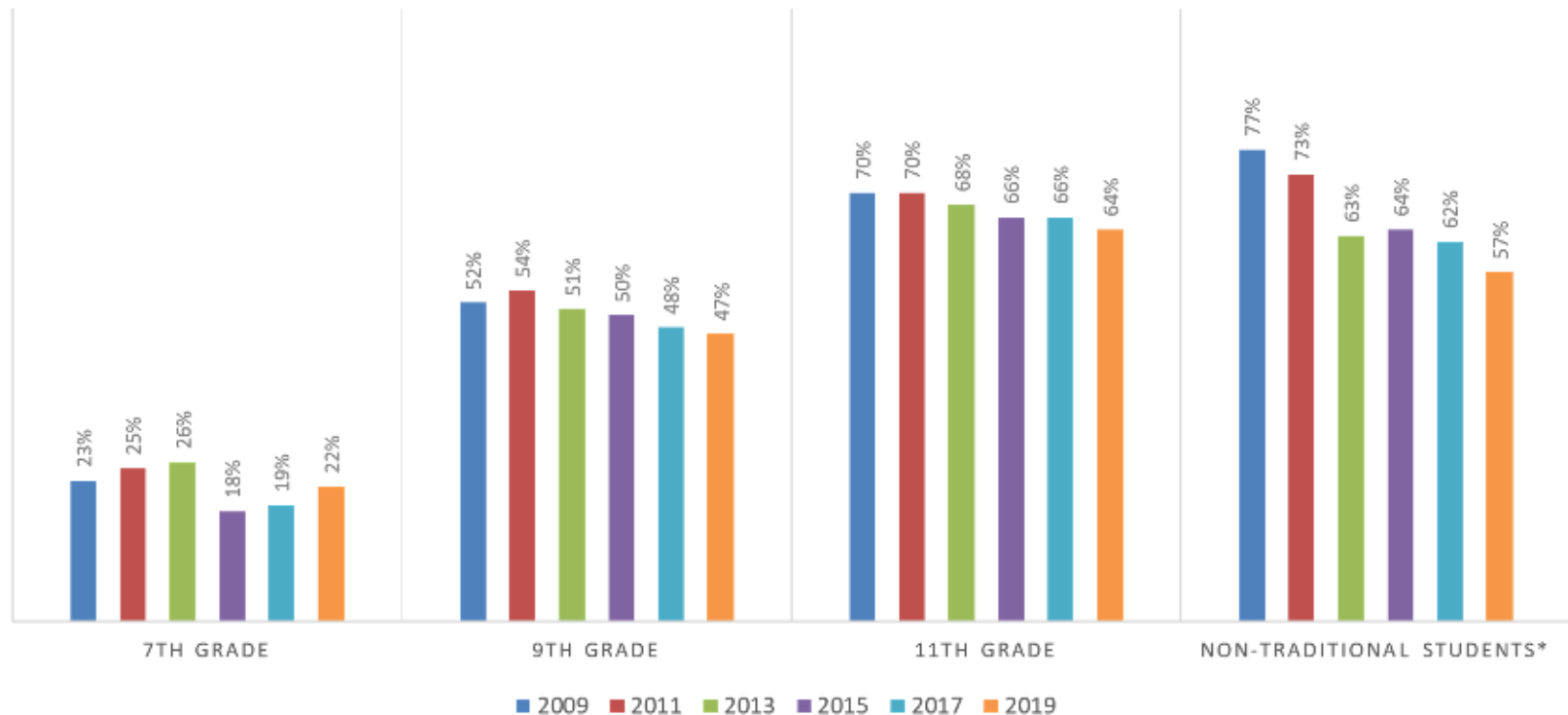
DAILY MARIJUANA USE AMONG SAN DIEGO COUNTY YOUTH:

% OF STUDENTS REPORTING SMOKING POT 20 OR MORE TIMES IN THE PAST 30 DAYS



*The response rate for non-traditional students participating in the 2013 Survey was lower than in 2009, 2011, 2015, 2017 and 2019 which may in part account for the decrease in ease of access rates among this population in 2013.

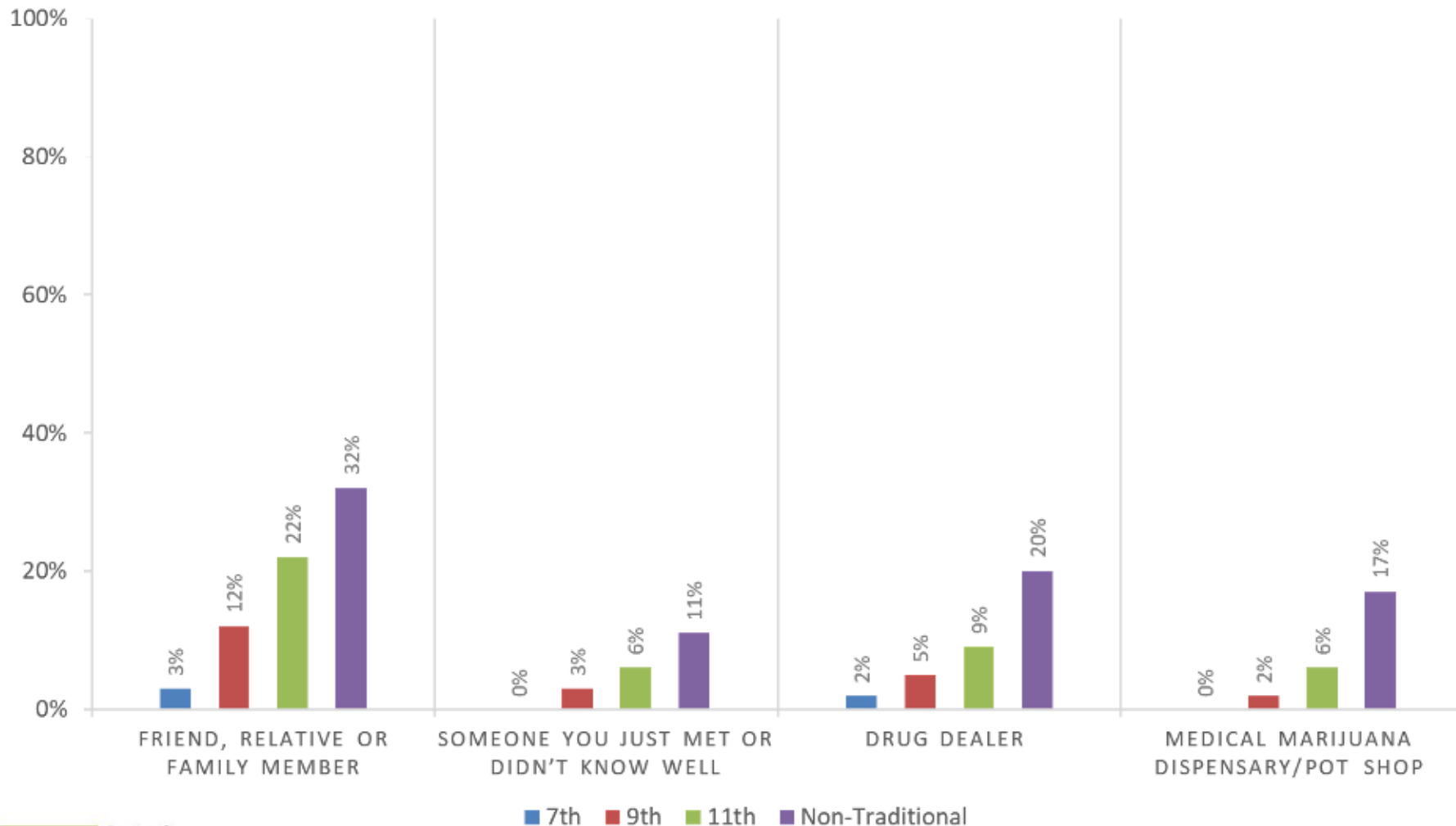
Perception of Harm Among San Diego County Youth: % OF STUDENTS REPORTING PEOPLE GREATLY RISK HARMING THEMSELVES PHYSICALLY OR IN OTHER WAYS BY USING MARIJUANA OCCASIONALLY



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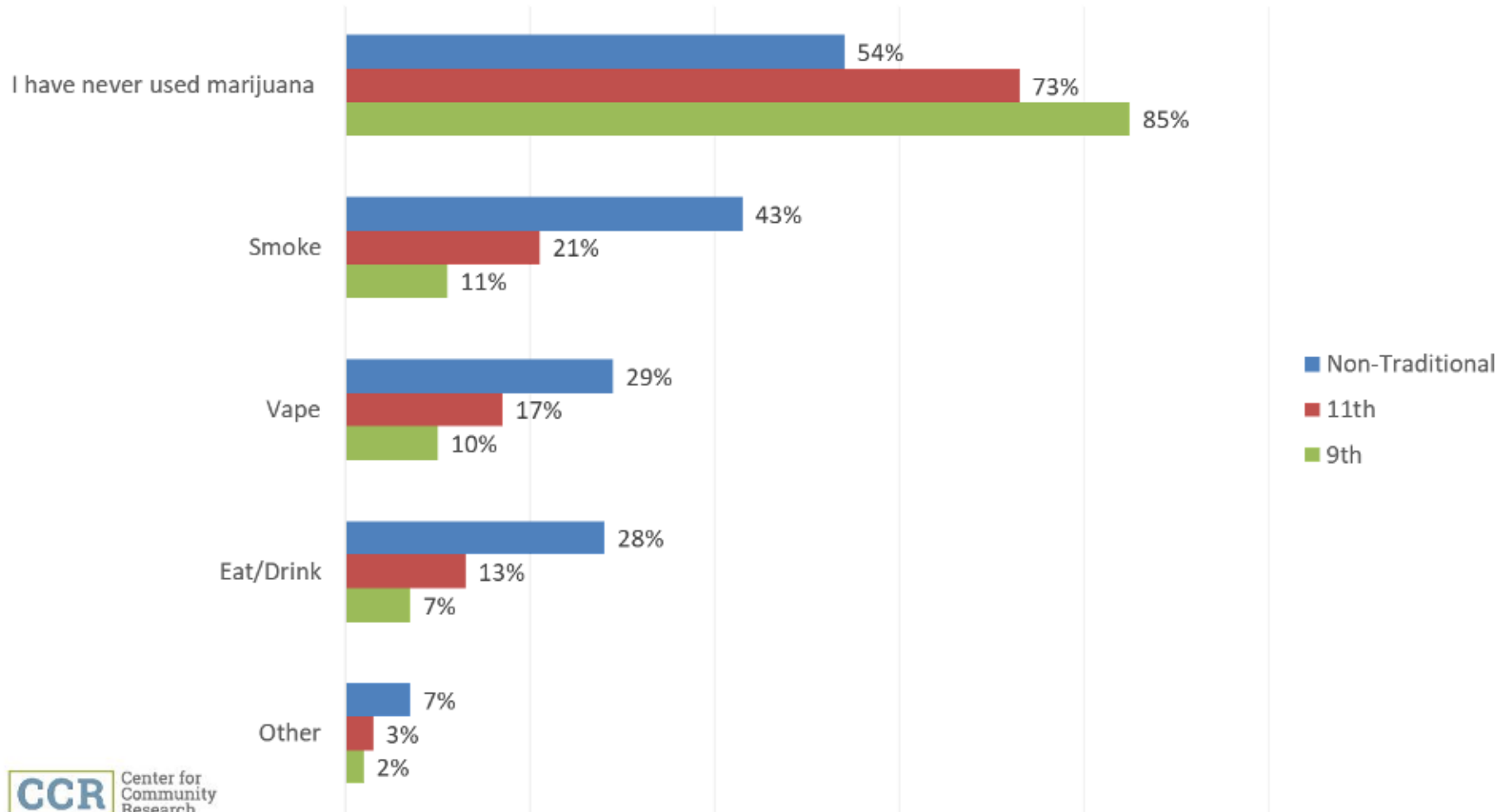
Access to Marijuana Among San Diego County Youth: Where youth are accessing marijuana – top four mentions

Where youth are accessing marijuana – top four mentions

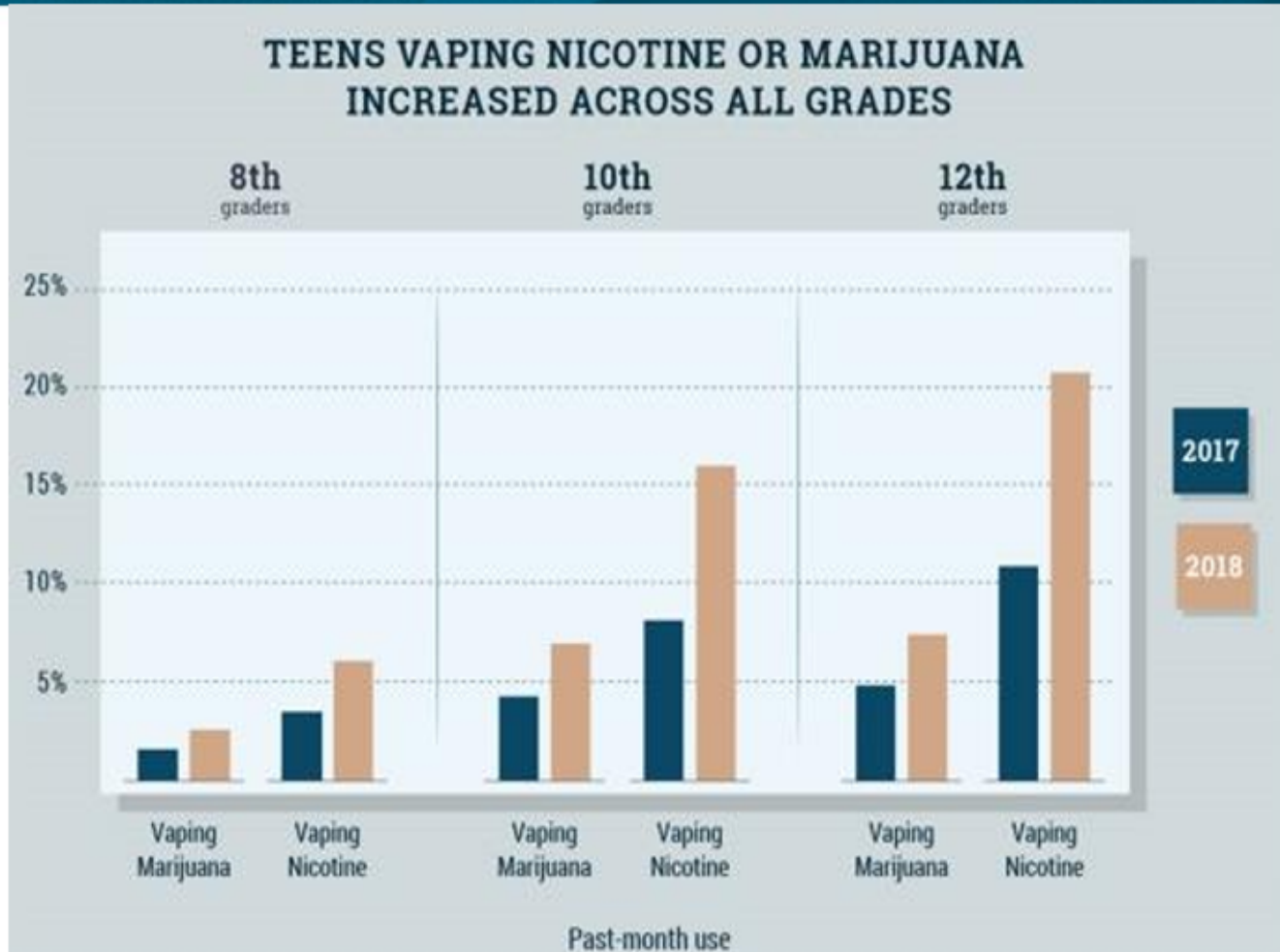


How Youth are Using Marijuana - San Diego County

If you ever used marijuana or concentrated marijuana, how did you consume it?



Vaping as a Method of Marijuana Consumption Is Increasing Among Teens



SD County Treatment - 2018

- Marijuana is the **primary drug** of choice for youth ages (12-17) in SD County drug treatment.
- Higher use rate than alcohol for this age group.
- Treatment providers observing higher level THC ratios in urine drug tests.

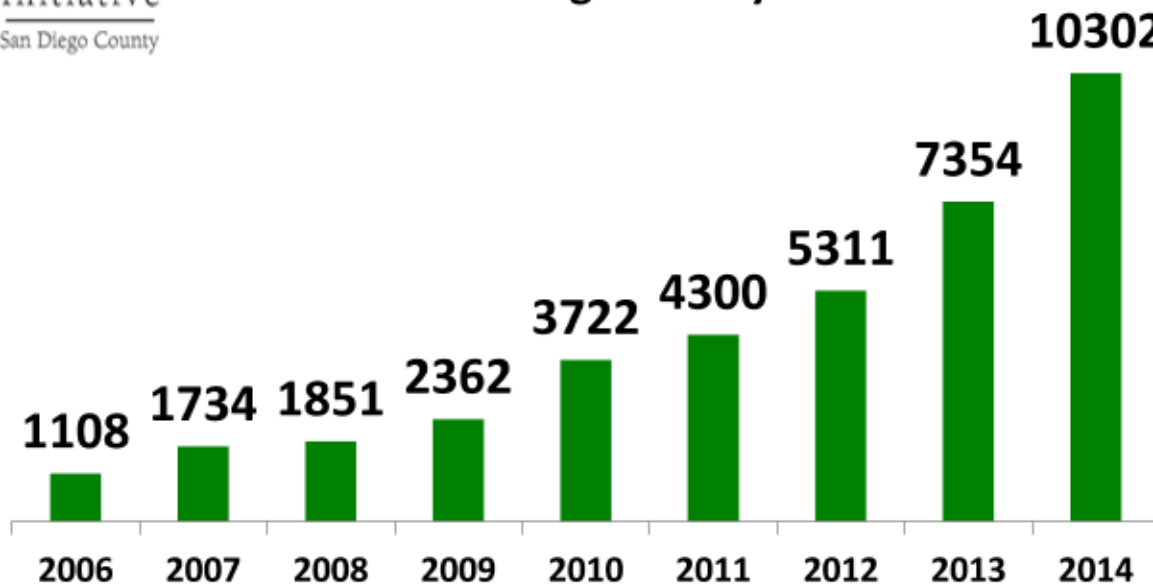


ED Visits for Cannabis-Related Diagnoses Increasing in San Diego County

MPI
Marijuana
Prevention
Initiative
San Diego County

Emergency Department Visits with
Cannabis Related Diagnosis
San Diego County

Up 830%



Vaping Respiratory Illness Data

- 20 deaths as of October 12, 2019
- Over 1000 hospitalized Nationally
- About 80% of individuals have reported using THC cartridges.
- Average age of patients is 23.
- No uniform testing for product safety!



Surgeon General Statement- August 2019

HHS.gov U.S. Department of Health & Human Services

Office of the Surgeon General

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U.S. Surgeon General's Advisory: Marijuana Use and the Developing Brain

I, Surgeon General VADM Jerome Adams, am emphasizing the importance of protecting our Nation from the health risks of marijuana use in adolescence and during pregnancy. Recent increases in access to marijuana and in its potency, along with misperceptions of safety of marijuana endanger our most precious resource, our nation's youth.

KNOW THE RISKS. TAKE ACTION. PROTECT OUR FUTURE.



Background

Marijuana, or cannabis, is the most commonly used illicit drug in the United States. It acts by binding to cannabinoid receptors in the brain to produce a variety of effects, including euphoria, intoxication, and memory and motor impairments. These same cannabinoid receptors are also critical for brain development. They are part of the endocannabinoid system, which impacts the formation of brain

“No amount of marijuana use during pregnancy or adolescence is known to be safe.”

Until and unless more is known about the long-term impact, the safest choice for pregnant women and adolescents is not to use marijuana.



What you can do!

“Good News” - Schools: Trainings, Forums

Local schools allowing increased drug education and outreach! Our partners include the DEA, UCSD, SDCOE, Regional Providers, DFC’s, Health experts and McAlister Institute.

- Our information is pulled from reliable sources and the latest research.
 - Consistent
 - Uniform
 - Based on Science
- In combination with Teen recovery centers located at certain school sites making treatment available.

GOOD SAMARITAN LAWS

- Do not fear calling 911 if you or friend need help!
- Good Samaritan policies protect the caller and overdose victim from arrest and/or prosecution for simple drug possession, possession of paraphernalia, and/or being under the influence.



When In Doubt – Drug Test!

- If your child is obtaining a driving permit, drug test.
- There are over the counter drug tests available.
- Synthetic drug testing is more expensive but available.



Become A Speaker or Public Health Educator

During youth forums:

- Ask the youth – “Do you have addiction in your family”

Share a personal story – become human!

- Know the science, discuss like you are teaching a class.
- Have a positive take away! And allow questions?????????
- Have resources available for treatment

Parents

- Be aware of changes in grades, sleep, clothing, friends and new purchases.
- Ask about use and get educated!
- Have a doctor ask about use.
- Get involved, join a PTA, attend school board meetings, speak at city council.

Upcoming Summits: Nov 5 - 8

Register Now!

Western States Marijuana Summit

November 5-6, 2019

San Diego, CA

Westin San Diego

Topics Include:

- State Updates
- The Adolescent Brain
- Educating vs. Lobbying
- Ecology and Human Safety
- Emergency Department Cases
- Traffic Safety
- Vaping
- National Updates
- Jail and Prison intake data
- Extraction Labs and Public Safety
- Psychology of Addiction



Register Here:

Western States Marijuana Summit

\$245 pre-registration \$295 at the door

**Rooms will be available for all attendees at the Government Rate*

[Westin San Diego](#)

MPI Resources Available

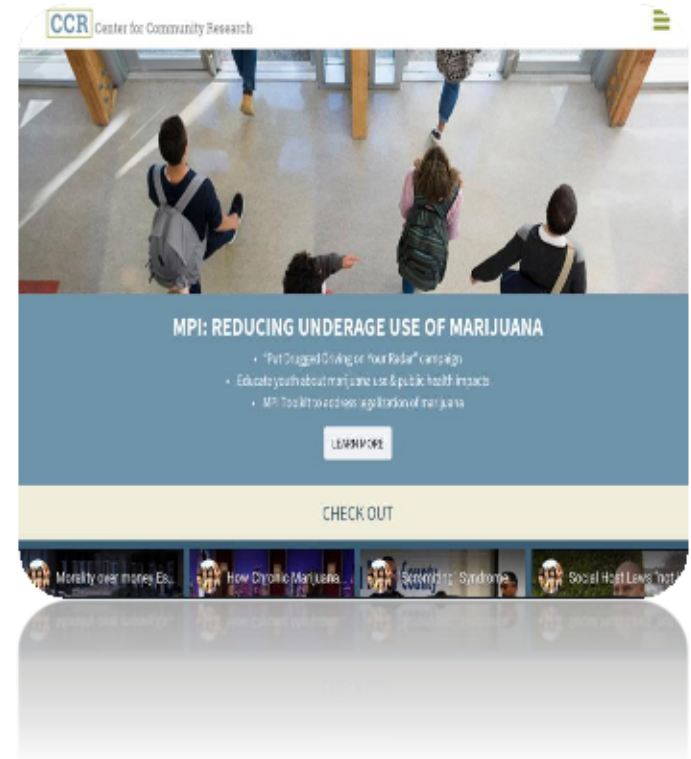
MPI provides TA to prevention groups, schools and civic organizations.

Examples:

- Information and data for download.
- Drugged Driving Campaign
- Check out our - MPI Prevention TOOLKIT.

Visit our MPI website & YouTube page:

<http://www.ccrconsulting.org/mpi>



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Questions?