




16 Facts for Clinicians in the Era of Legal Cannabis
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 WA State Co-Occurring Disorders & Treatment Conference
 Yakima, WA: Oct 12, 2015

Northwest (OHHS Region 10) **ATTC** Addiction Technology Transfer Center Network
 FUNDING PROVIDED BY THE NATIONAL INSTITUTE ON DRUG ABUSE AND THE NATIONAL HEALTH SERVICE ADMINISTRATION

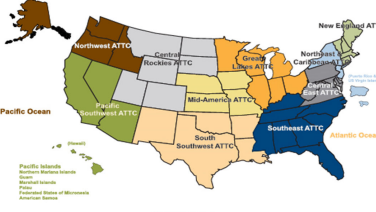
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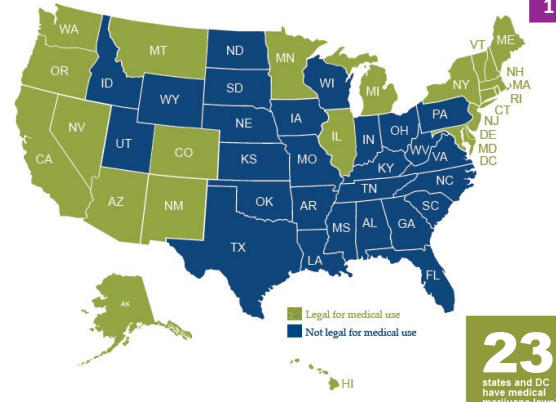
Ten Regional Centers
Four National Focus Area Centers

- SBIRT
- Hispanic and Latino
- Native American-Alaska Native
- Rural and Frontier



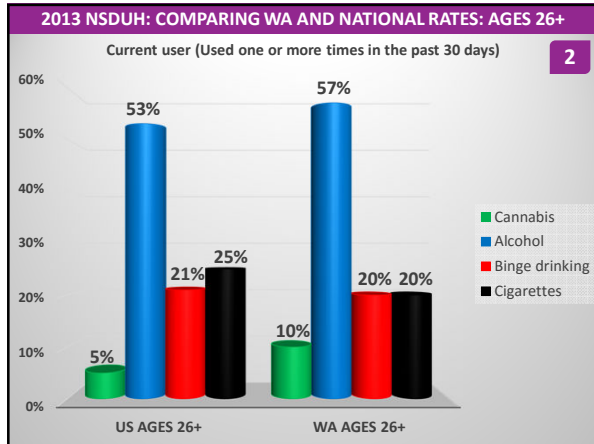
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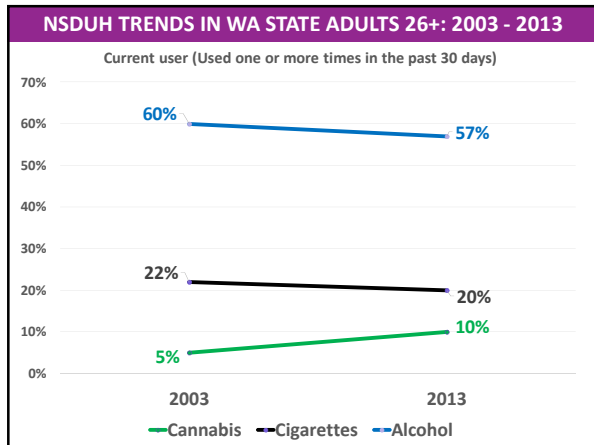
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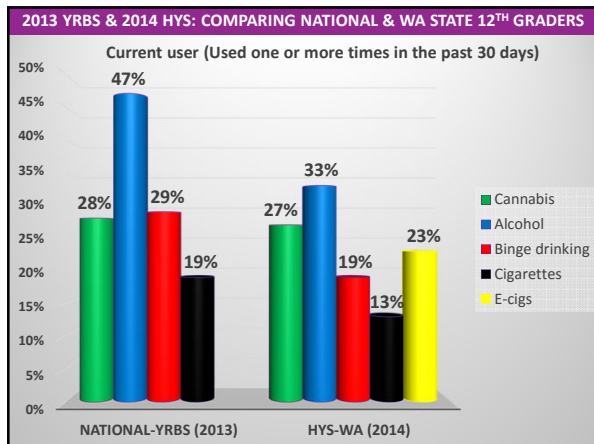


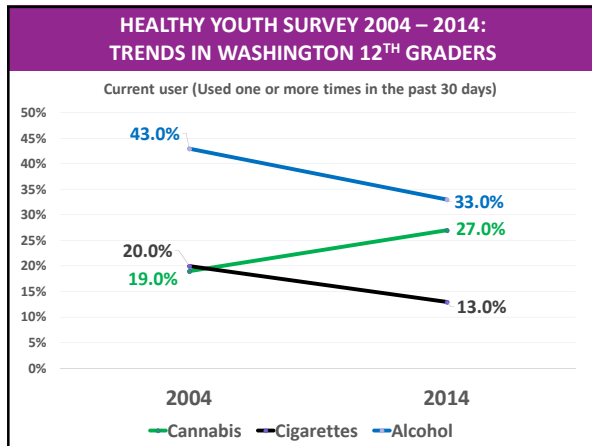
23 states and DC have medical marijuana laws?

http://attnetwork.org/marijuana/docs/MJMedicalInfographic_Final.pdf









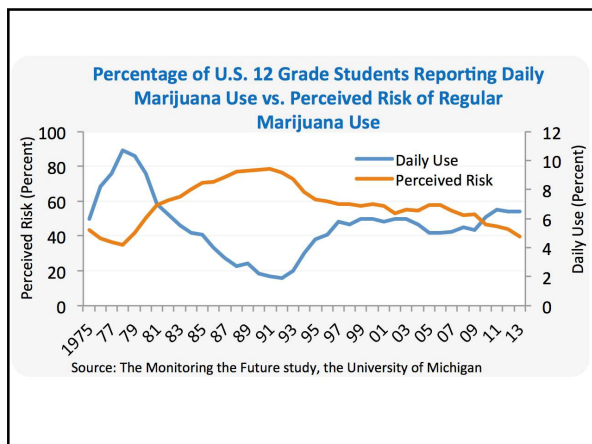
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Young people tend to overestimate how many of their peers *DO* use marijuana, and underestimate the number that do *NOT* use.

The Young Adult Health Survey (YAHS) asked 2101 WA State residents ages 18-25 about actual vs perceived marijuana use among peers their age:

- 56% reported never using marijuana
- Only 2.4% perceived that their peers never used marijuana

<http://learnaboutmarijuanawa.org/factsheets/YAHS%20Marijuana.pdf>

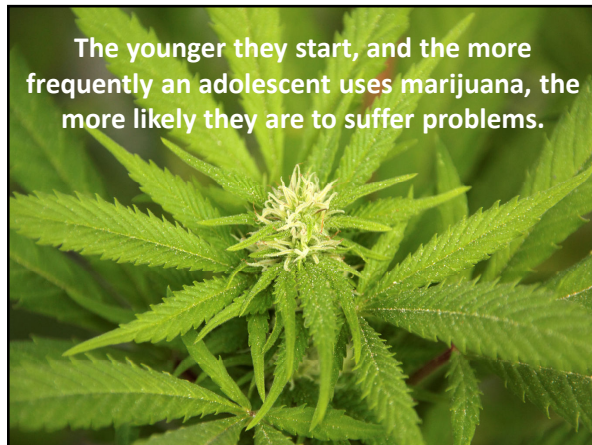


ADOLESCENTS WHO USE MARIJUANA ARE AT GREATER RISK OF...

- Risky sexual behavior which can lead to STIs or unplanned pregnancy
- Academic problems (e.g., dropout, increased absences)
- Legal problems, delinquency
- Driving under the influence of MJ more than doubles the risk of an accident
- Increased likelihood of suffering mental illness such as depression, anxiety, psychosis, or other mental illness
- Lowered educational and occupational aspirations

Budney, Roffman, Stephens, & Walker. (2007); UW ADAI Fact Sheet: Marijuana & Adolescents, 2013.

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RISK OF ADDICTION

- 9% of those who experiment with marijuana will become addicted
- About 17% for those who start using as teenagers
- 25-50% among those who smoke daily

Source: Volkow et al., NEJM, 2014.

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IS THERE A LINK BETWEEN MARIJUANA USE AND MENTAL ILLNESS?

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- “Several studies have linked marijuana use to increased risk for mental illnesses, including psychosis (schizophrenia), depression, and anxiety, but whether and to what extent it actually causes these conditions is not always easy to determine. The amount of drug used, the age at first use, and genetic vulnerability have all been shown to influence this relationship” (p. 8).
- NIDA Research Report Series: Marijuana. 2015.



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- Existing studies of prenatal exposure to cannabis have shown that babies respond differently to visual stimuli, tremble more, and have a high-pitched cry, which could indicate problems with neurological development.
- About 1/3 of THC in the mother’s blood is estimated to cross the placental barrier.
- More research is needed to separate the effects of marijuana from other environmental factors.

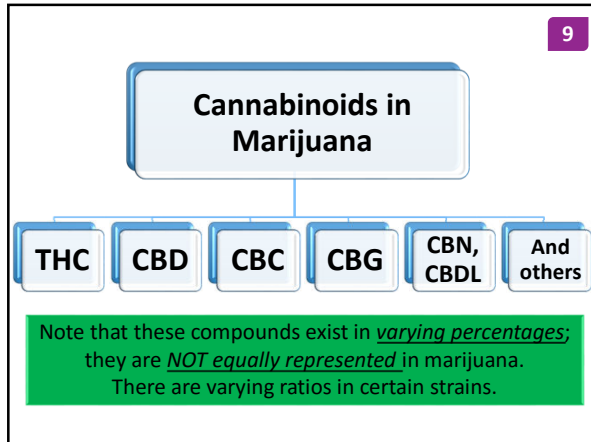
Source: <http://attcnetwork.org/marijuana/docs/PerinatalMarijuana.pdf>

Governor Inslee signed into law the *Cannabis Patient Protection Act* in April 2015. Highlights:

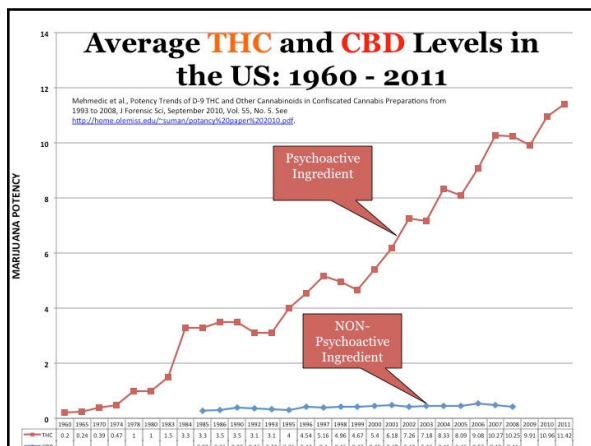
- Medical MJ is added to regulation of all MJ producers, processors, and retail stores under the LCB
- Establishes rules for authorizers
- Creates a medical MJ authorization database
- Establishes a medical MJ consultant certification program



www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/MedicalMarijuanaCannabis









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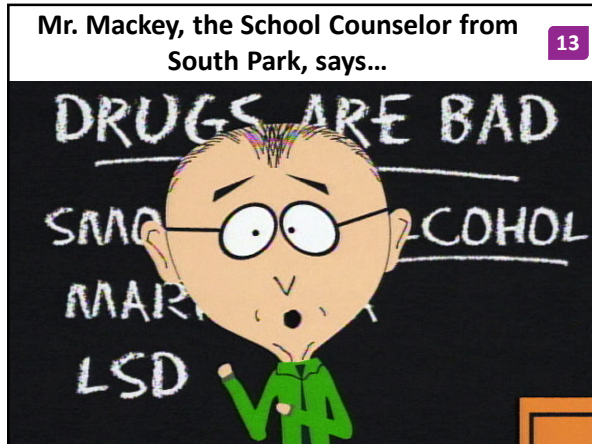
- **Medical marijuana** refers to the whole unprocessed marijuana plant or its extracts
- Not recognized or approved as medicine by FDA currently
- Researchers are interested specifically in the therapeutic properties of two abundant cannabinoids: THC and CBD.



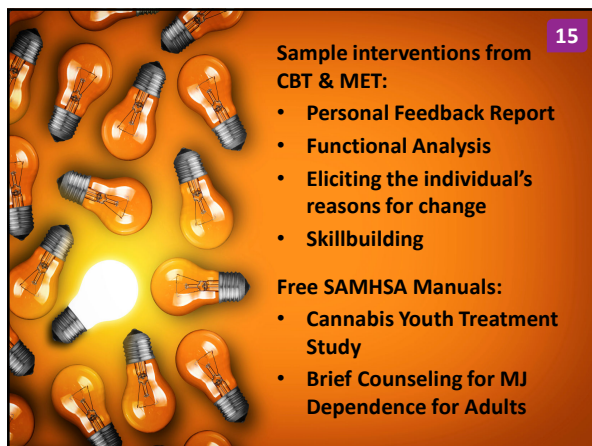
Source: NIDA: Apr 2015. "Is Marijuana Medicine?"



CBD moderates the psychoactive effects of THC.







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Addiction Technology and Transfer Center (ATTC)
Marijuana Lit: attnetwork.org/marijuana/

University of WA Alcohol & Drug Abuse Institute
learnaboutmarijuanawa.org

National Cannabis Prevention & Information Centre
ncpic.org.au



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www.attnetwork.org/northwest

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