




The ATTC Network



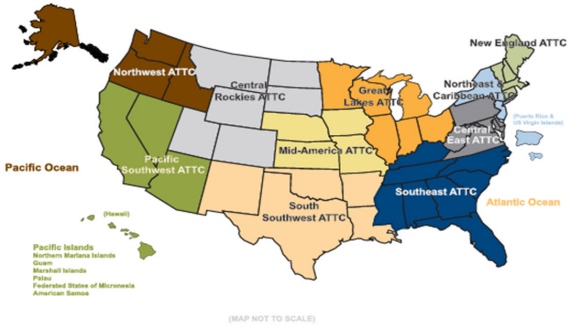
Ten Regional Centers

Four National Focus Centers


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

Two Centers of Excellence

- YMSM + LGBT
- PPW



(MAP NOT TO SCALE)



Northwest (HHS Region 10) ATTC
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

OREGON HEALTH & SCIENCE UNIVERSITY
ORHU

LEARNING OBJECTIVES

1. Survey the various options that fit the label, legalization
2. Describe Washington State's implementation of marijuana legalization
3. Identify early indicators to monitor the impact of marijuana legalization
4. Discuss Motivational Interviewing strategies to assist clinicians in providing behavioral health treatment in the era of legal cannabis

DEFINITION OF TERMS

- **Prohibition:** Laws and enforcement policies that lead to the arrest and prosecution of people who use, possess, and distribute marijuana
- **Decriminalization:** Elimination of penalties associated with possessing small amounts of marijuana; supply remains prohibited
- **Medical Marijuana:** Permits a narrowly defined market with a limited number of users, producers, and distributors identified by legally specified medical need
- **Legalization:** Broad term that defines a range of systems in which legal sanctions associated with producing, distributing, marketing, and selling marijuana are all removed, as well as penalties for adult possession

Source: www.nattc.org/marijuana/

VIDEO

- ***Marijuana Lit* from the ATTC Network:
Consequences of Legalization**

- www.nattc.org/marijuana/

MAIN POINTS

- The commercial sale model of marijuana legalization is one of many options.
- The effects of marijuana legalization are complex and will take time to accurately assess.
- Policies should be adjusted as new knowledge develops.

Sources: ATTC video; Caulkins et al 2015

FEDERAL STATUS OF MARIJUANA

“The Administration steadfastly opposes legalization of marijuana and other drugs because legalization would increase the availability and use of illicit drugs, and pose significant health and safety risks to all Americans, particularly young people.”

- Office of National Drug Control Policy: Marijuana
- <https://www.whitehouse.gov/ondcp/marijuana>

WASHINGTON STATE STATUS OF CANNABIS

- **1998:** Medical marijuana approved by I-692 for qualifying conditions
- **2012:** Retail marijuana approved by I-502 permitting retail sales of limited quantities of marijuana to adults 21+ beginning Jul 2014
 - Production and sales regulated by the Liquor & Cannabis Board (LCB)
- **2015:** *Cannabis Patient Protection Act* becomes law

Source: www.doh.wa.gov/YouandYourFamily/Marijuana



- **Apr 2015: Cannabis Patient Protection Act**
 - Merged medical and retail markets by adding MMJ to existing licensing and regulation of all marijuana producers, processors, and retail stores under the LCB
 - Established a medical marijuana authorization database
 - Created a medical marijuana consultant certification program

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

CANNABIS PATIENT PROTECTION ACT (CPPA)

- **Effective Jul 2015:**
 - PTSD and TBI added as qualifying conditions for MMJ
 - Regulations on authorizations include that:
 - Exams be performed at the practitioner's permanent business location
 - Practitioners who write more than 30 authorizations per month must report the number to the DOH
 - Practitioners may not have a practice that consists primarily of authorizing MMJ
 - Butane extraction is prohibited unless the person is a processor licensed by the LCB

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

CANNABIS PATIENT PROTECTION ACT (CPPA), continued

- **Effective Jul 2016:**
 - All MJ producers, processors, and retail stores are licensed by LCB
 - Retail stores may get a MMJ endorsement
 - All MJ products must be tested for safety and THC/CBD levels, accurately labeled, and sold in child-resistant packaging
 - Patients and designated providers may be added to a database by presenting their authorization to a licensed retail store with a MMJ endorsement
 - "Entered" in the database allows the person to purchase 3x the current limits without sales tax

ADULTS AGE 21+ ARE LEGALLY AUTHORIZED TO POSSESS AND USE:

- One ounce of useable marijuana
- 7 grams of marijuana concentrate/extract for inhalation
- 16 ounces of marijuana-infused product in solid form
- 72 ounces of marijuana-infused product in liquid form
- Marijuana-related drug paraphernalia

Source: WA State Liquor & Cannabis Board

And what about growing marijuana for personal use? Is that legal now?

YES

- People with medical MJ authorization may:
 - Grow in their home or as a cooperative member
 - Possess 6 plants for personal medical use and up to 8 oz of usable marijuana produced from their plants

NO

- Home grown marijuana for recreational use, as well as for sale, remains illegal.
- Recreational use marijuana must be purchased from a state-licensed retailer.

Source: WA State Liquor & Cannabis Board

EARLY INDICATOR: MARIJUANA EXPOSURE AND WASHINGTON POISON CENTER CALLS

- Since legalization in 2012, there have been annual increases in calls to WPC regarding MJ exposure.
- In 2015, there were 272 calls:
 - 97 cases of marijuana in plant form
 - 86 cases of marijuana edibles
 - 32 cases of marijuana concentrate
- Of those 272 exposures, 46% (126) were in pediatrics (< 19 years old).
- The majority of calls were regarding 13-19 year olds who had been exposed to some form of marijuana.

Source: www.wapc.org

UPCOMING LABELING FOR MJ EDIBLES

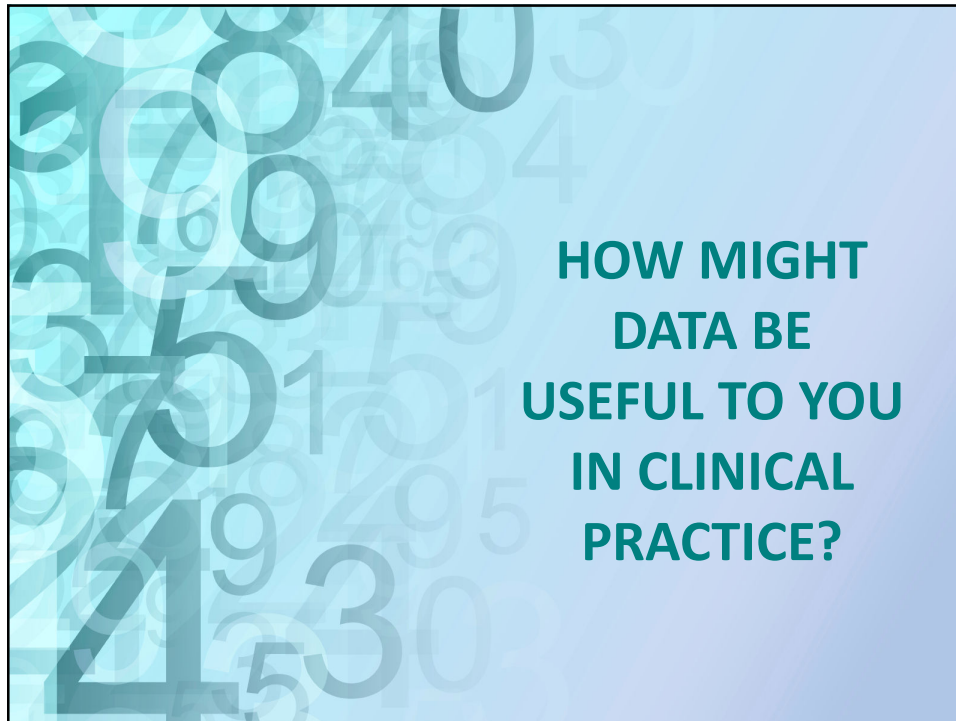


EMERGENCY
(800) 222 1222

- Warning symbol on all edible products
- Developed by Washington Poison Center
- Rules effective Jan 17, 2017 with 90-day grace period for compliance
- Free and confidential emergency helpline
- www.wapc.org/notforkids

EARLY INDICATOR: YOUTH & ADULT RATES OF MJ USE: NATIONAL & WA STATE SURVEYS

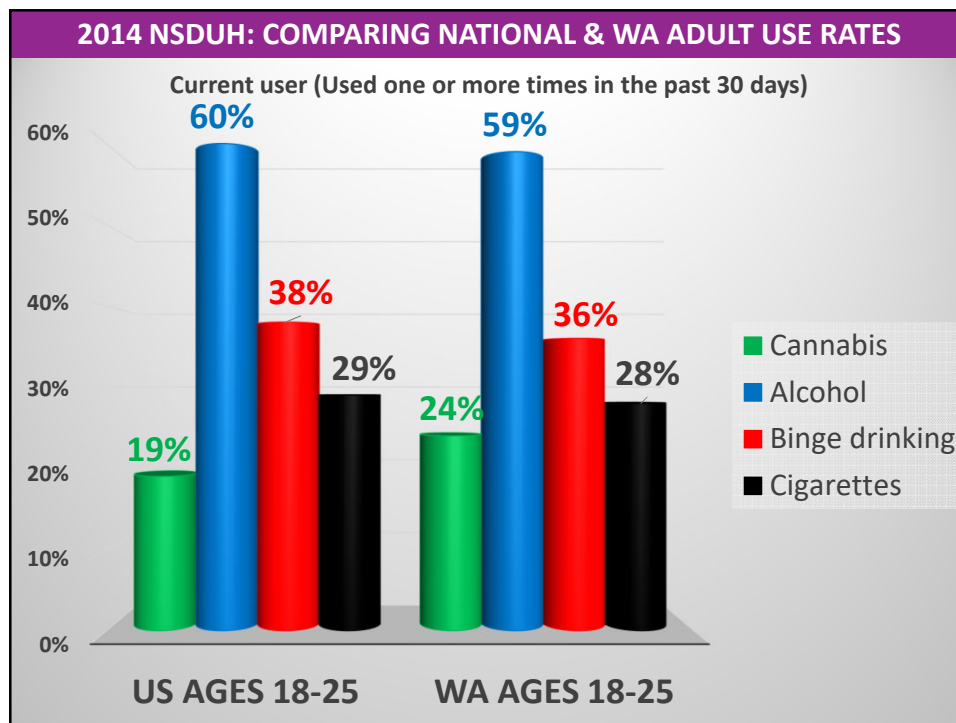
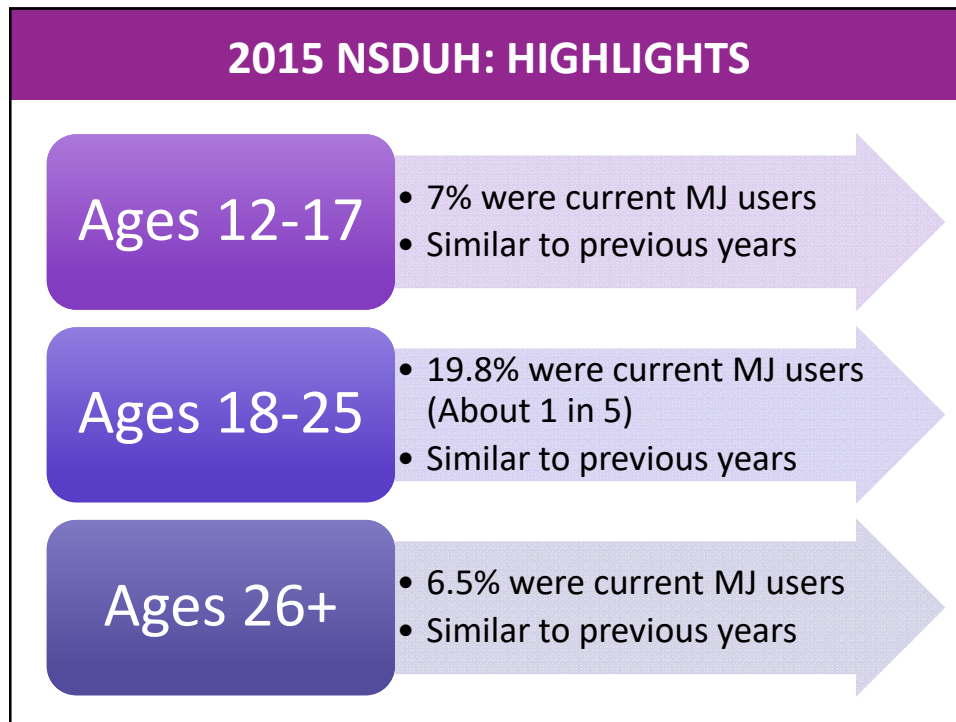
- **National Survey on Drug Use and Health (NSDUH)**
 - Conducted annually, the NSDUH collects national and state data of people aged 12+ on the use of tobacco, alcohol, illicit drugs, and mental health in the US
 - <https://nsduhweb.rti.org/>
- **Washington State Healthy Youth Survey (HYS)**
 - Conducted in even-numbered years, the HYS measures health risk behaviors that contribute to morbidity, mortality, and social problems among WA youth. Behaviors surveyed include alcohol, marijuana, tobacco and other drug use; mental health; and other topics.
 - <http://www.askhys.net/>

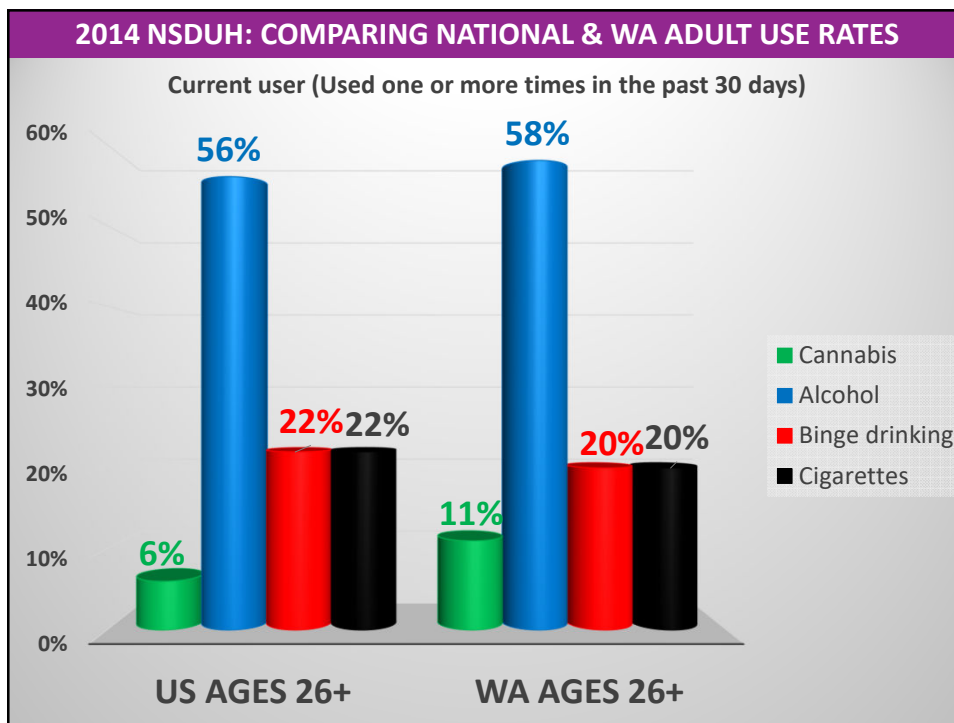
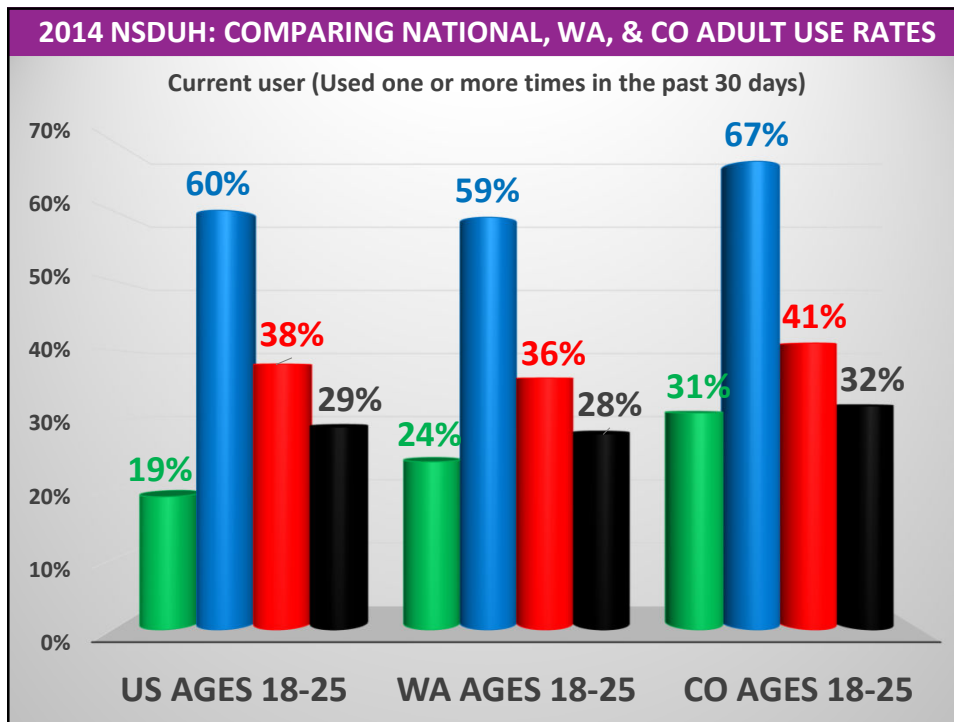


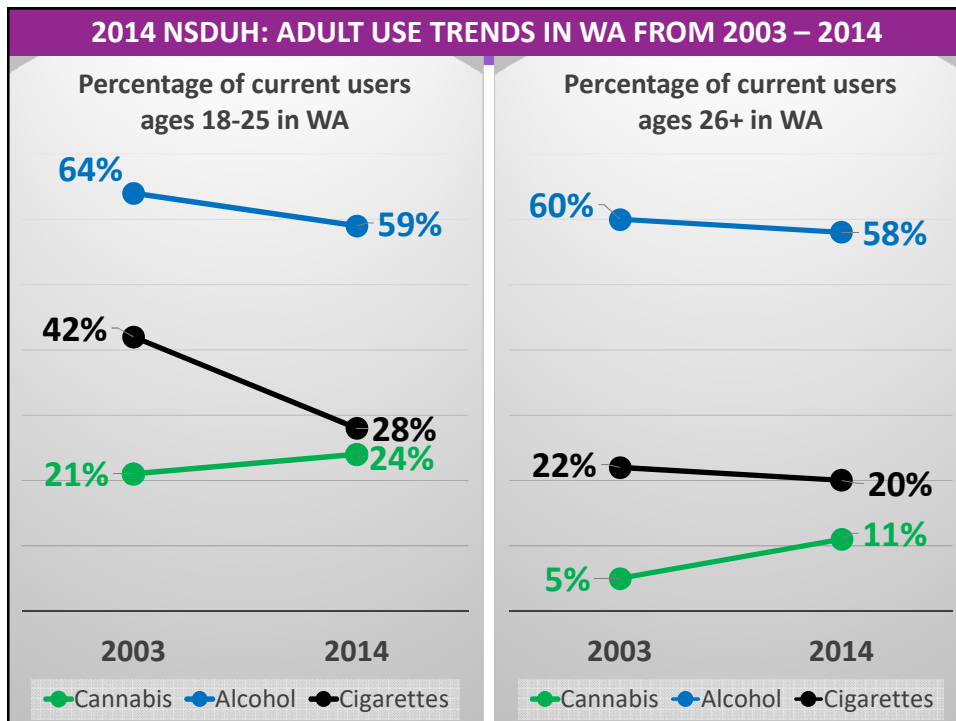
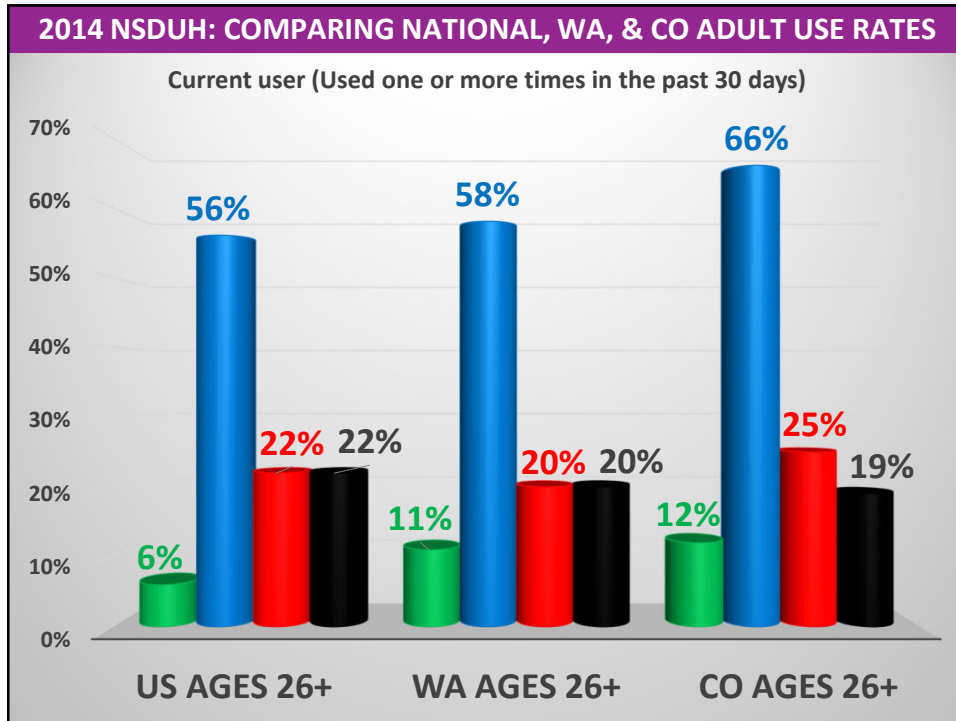
2015 NSDUH: HIGHLIGHTS

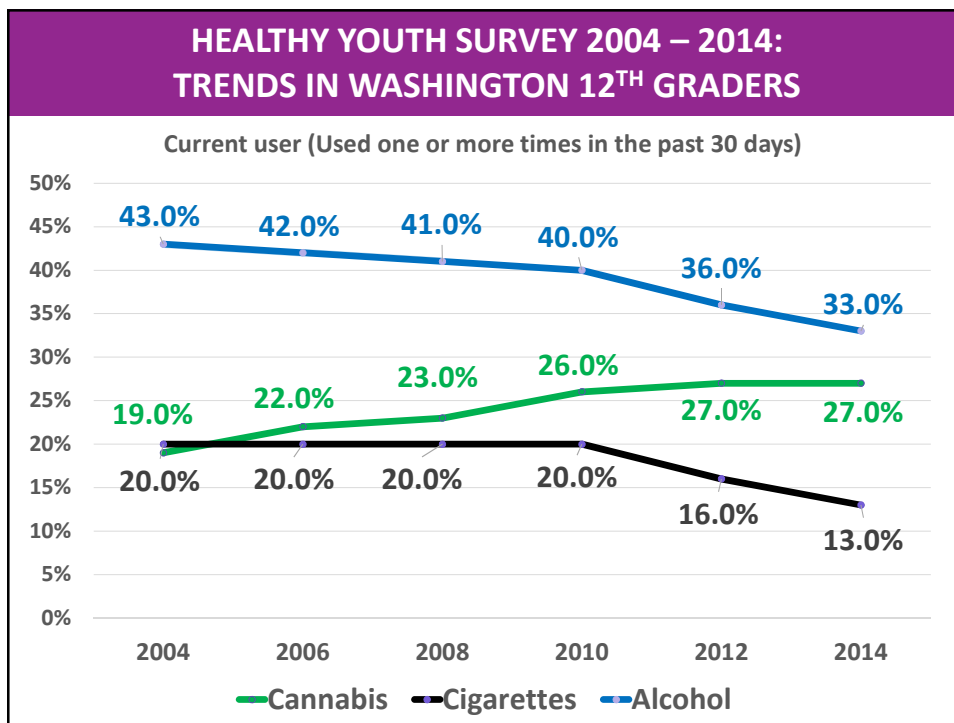
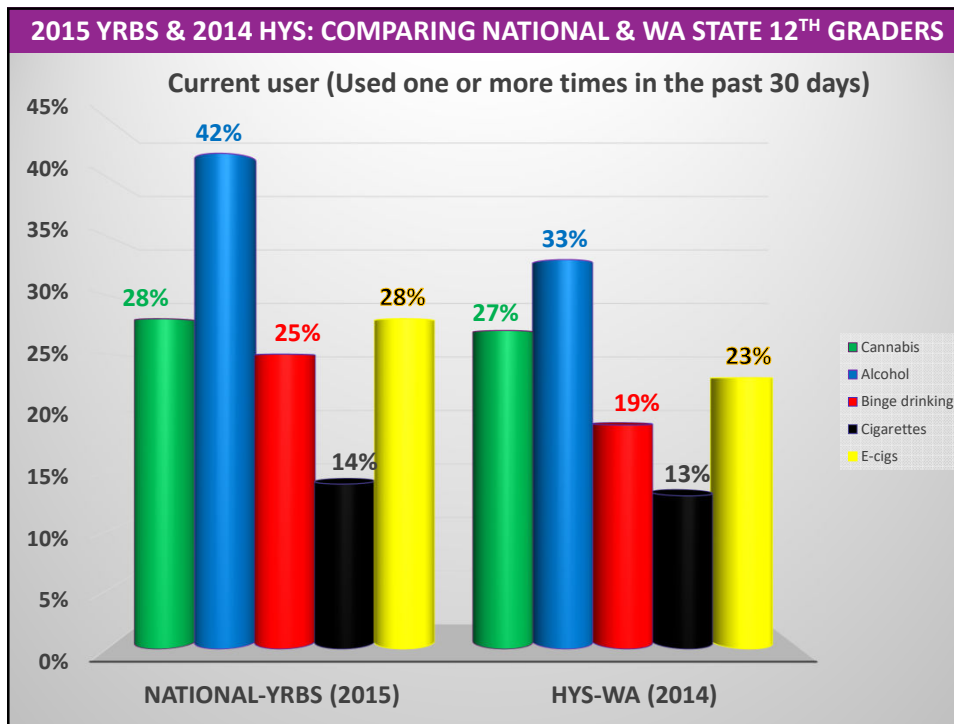
- About 1 in 10 Americans (10.1%) aged 12+ reported using an illicit drug in the past 30 days (27 million people).
- The illicit drug use estimate for 2015 continues to be driven primarily by marijuana use and the nonmedical use of prescription pain relievers:
 - 22.2 million people aged 12+ were **current marijuana users**, defined as using one or more times in the past 30 days (8.3%)
 - 3.8 million people aged 12+ reported current nonmedical use of prescription pain relievers

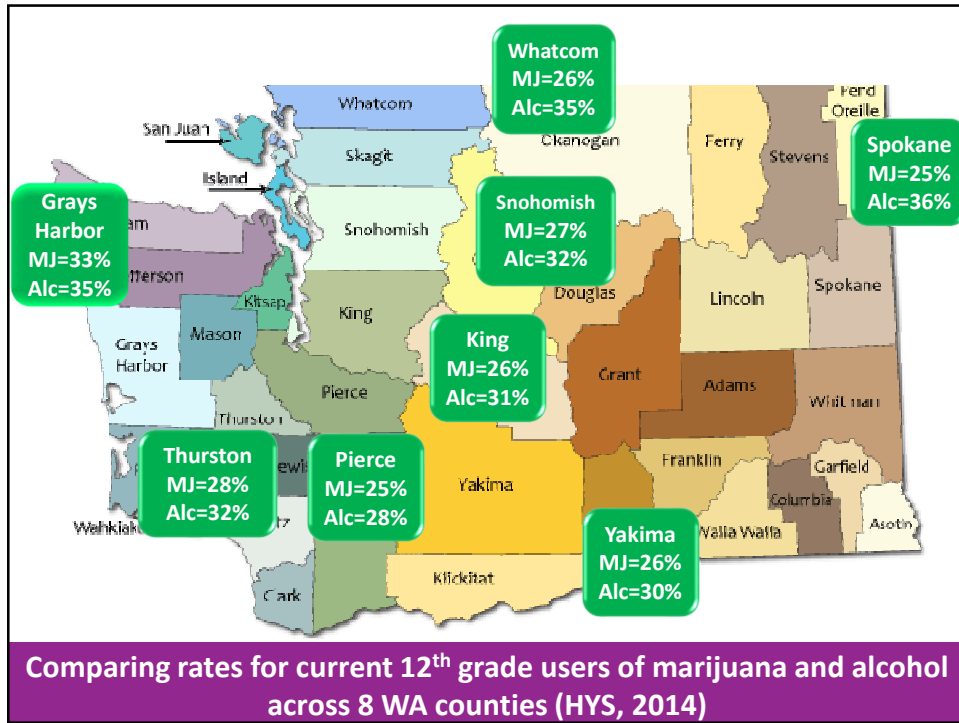
Source: www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015/NSDUH-FFR1-2015.pdf





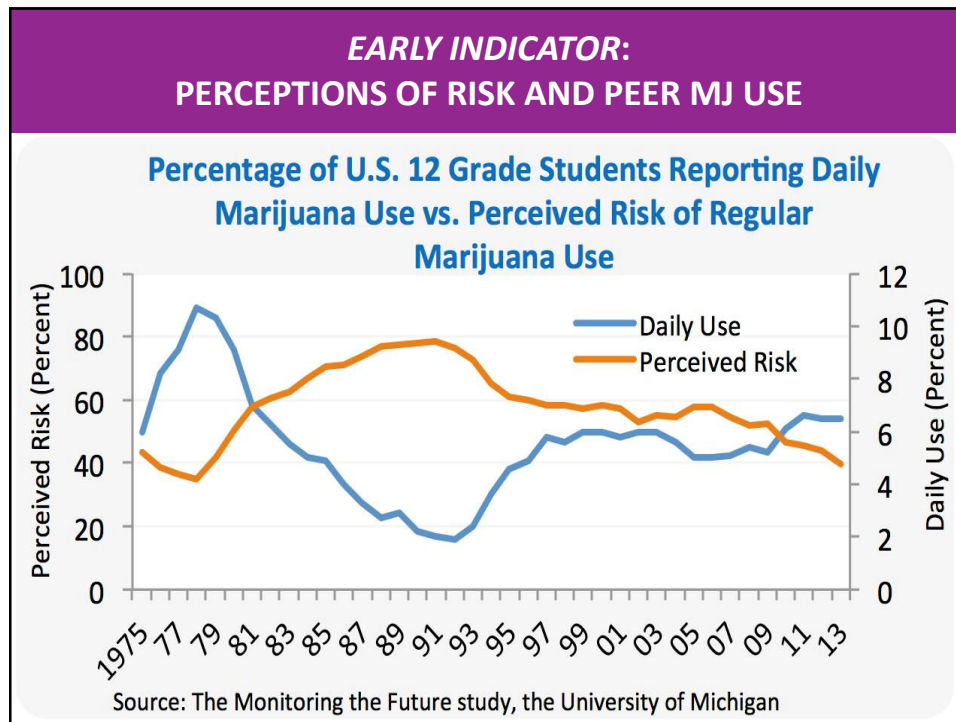






HOW MIGHT DATA BE USEFUL TO YOU IN CLINICAL PRACTICE?

The graphic features the text 'HOW MIGHT DATA BE USEFUL TO YOU IN CLINICAL PRACTICE?' in white, bold, uppercase letters on a black background. To the right, a dark background is filled with various blue and white numbers of different sizes and orientations, representing data points.



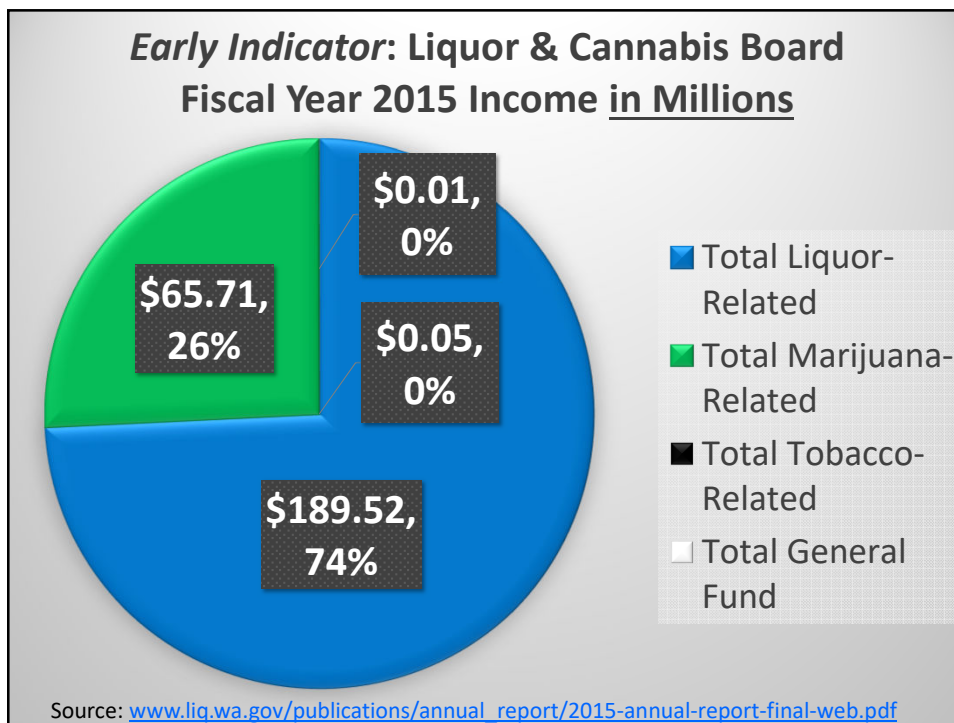
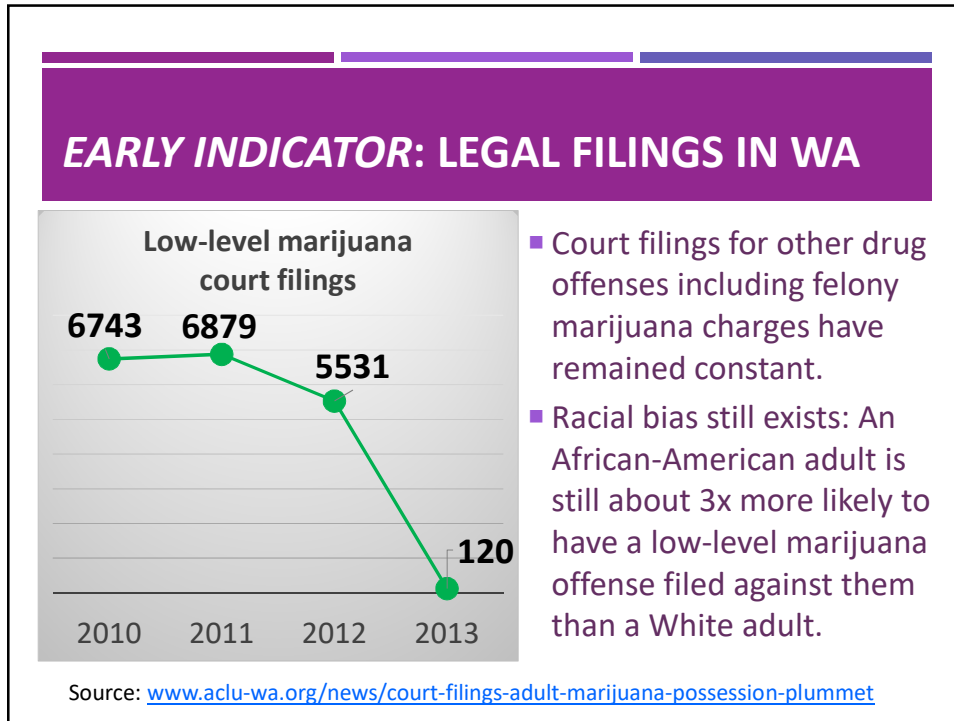
Young people tend to overestimate how many of their peers *DO* use marijuana, and underestimate the number that do *NOT* use.

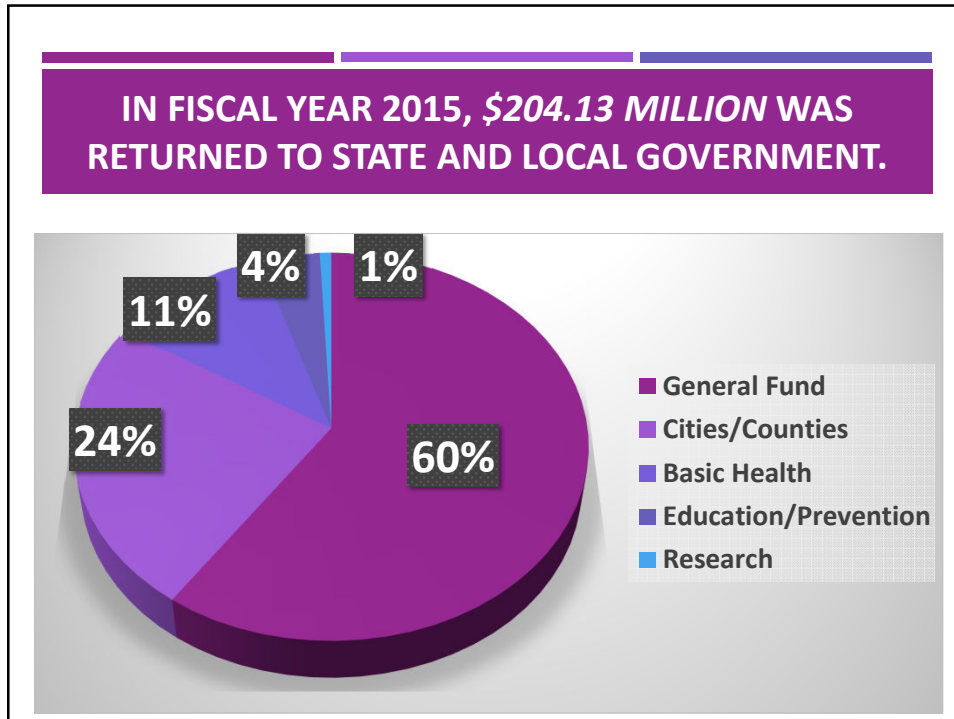


The Young Adult Health Survey (YAHS) asked 2101 WA State residents ages 18-25 about actual vs perceived marijuana use among peers their age:

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

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





A CLOSER LOOK AT FISCAL YEAR 2015 RETAIL SALES

- Generally, more populous counties tended to have higher total sales and more retailers, as the LCB portioned licenses based on population.
- Note the exceptions in the table.

COUNTY	PER CAPITA SALES
King	\$24.39
Pierce	\$20.39
Snohomish	\$24.08
Spokane	\$47.14
Clark	\$56.93

Source: WSIPP (Sep 2015): I-502 Evaluation Plan and Preliminary Report on Implementation

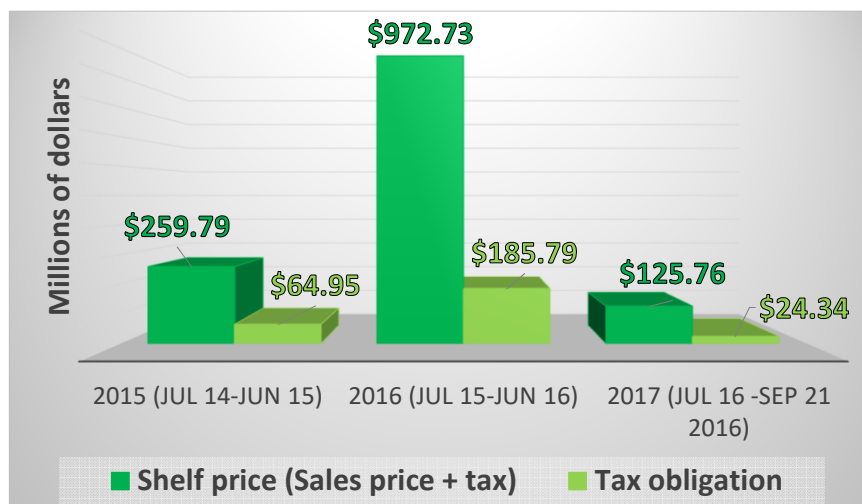
ANOTHER EXCEPTION RELATED TO FISCAL YEAR 2015 RETAIL SALES

COUNTY	PER CAPITA SALES	# RETAILERS
Klickitat	\$65.80	3
Clark	\$56.93	7
Jefferson	\$51.23	2
King	\$24.39	34
Spokane	\$47.14	14

Three counties with the highest per capita sales are Klickitat, Clark, and Jefferson. Yet, these counties have a smaller number of retailers.

Source: WSIPP (Sep 2015): I-502 Evaluation Plan and Preliminary Report on Implementation

EARLY INDICATOR: FY MARIJUANA RETAIL SALES & EXCISE TAXES



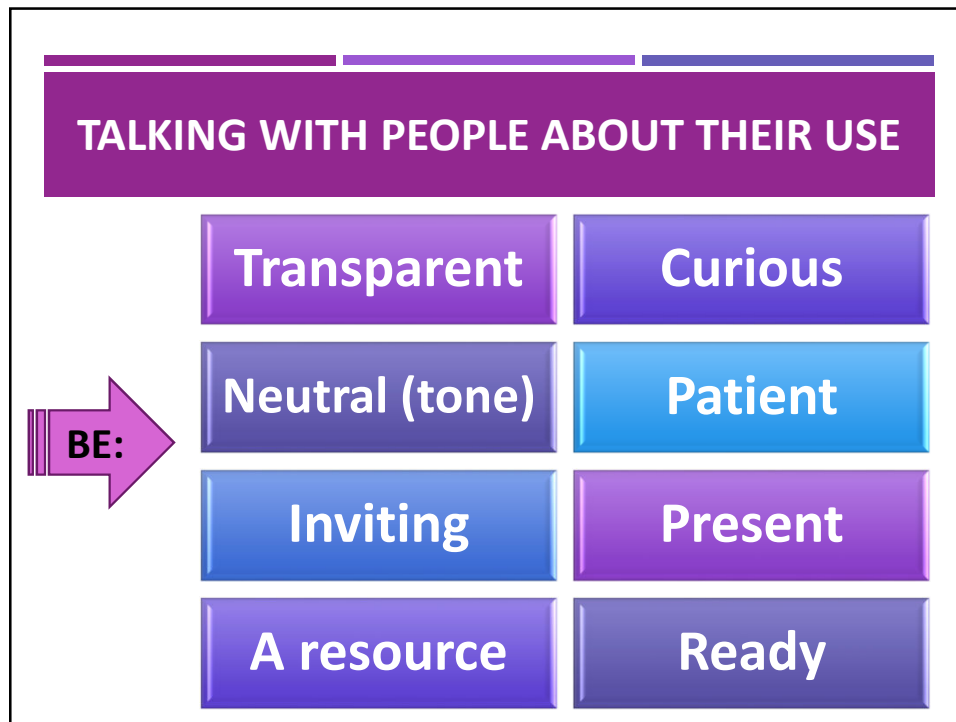
Source: www.lcb.wa.gov/mari/dashboard

Commercial models of legalization aim to maximize profits. Daily or near daily users account for 80% of marijuana consumption, and roughly half meet criteria for SUD either with marijuana or another substance (Caulkins et al 2015).



Mr. Mackey, the School Counselor from South Park, says...





A FEW *MOTIVATIONAL INTERVIEWING* STRATEGIES TO TRY

Reflections

- **Simple reflections** are a restatement or a rephrasing, staying close to what the person said; useful in acknowledging Sustain Talk (ST) without eliciting more
- **Double-sided reflections** are useful when a person is *ambivalent*; that is, when they see reasons to stay the same (ST) and reasons to change (CT)
- **Forward-moving reflections** go beyond what the person said; they test your hypothesis about what you think the person means and guide the conversation toward change

A FEW *MOTIVATIONAL INTERVIEWING* STRATEGIES TO TRY

Affirmation

- A reflection focused on a person's strength, skill, ability, or value.
- Essential qualities: Specific, meaningful, accurate

Emphasize autonomy

- Statement acknowledging that the decision to change resides within the person

MOTIVATIONAL INTERVIEWING TOOL FOR EXCHANGING INFORMATION



Source: Rollnick & Miller, 2013

ELICIT:
ASK PERMISSION. CLARIFY NEEDS.

“Would you like to know about...”

“What do you already know about...”

“What information can I help you with?”

Miller & Rollnick, 2013, p. 139

PROVIDE:
PRIORITIZE. BE CLEAR. SUPPORT AUTONOMY.

Focus on what the person wants to know.

Avoid jargon; use plain language.

Offer small amounts, with time to reflect.

Acknowledge freedom to disagree/ignore.

Miller & Rollnick, 2013, p. 139

ELICIT:
ASK FOR THE PERSON'S UNDERSTANDING AND RESPONSE.

Reflect reactions that you see.

Ask open-ended questions.

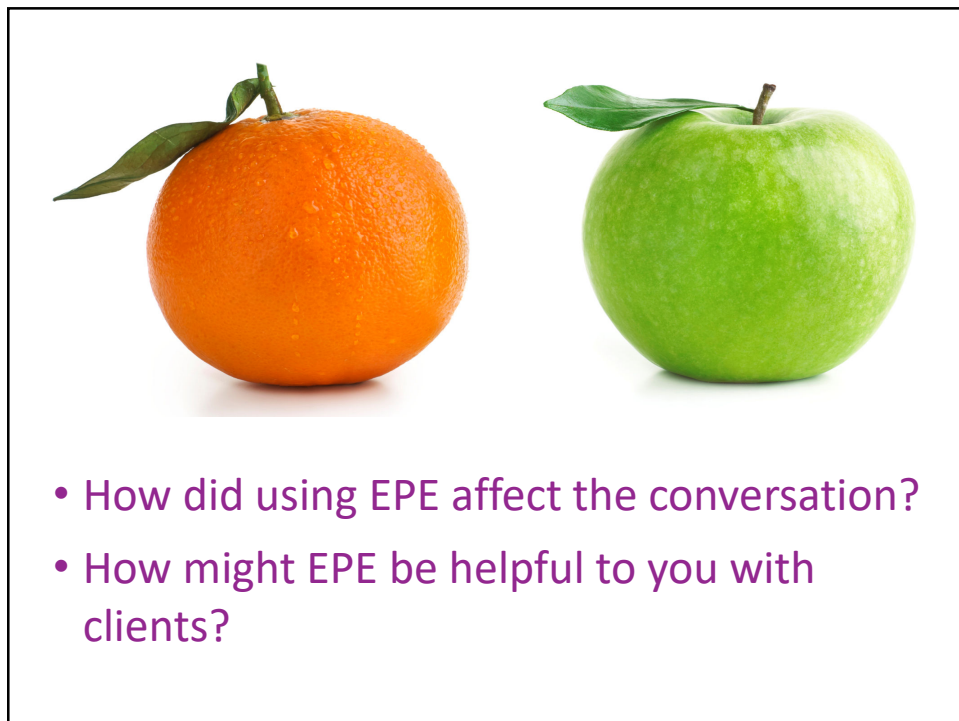
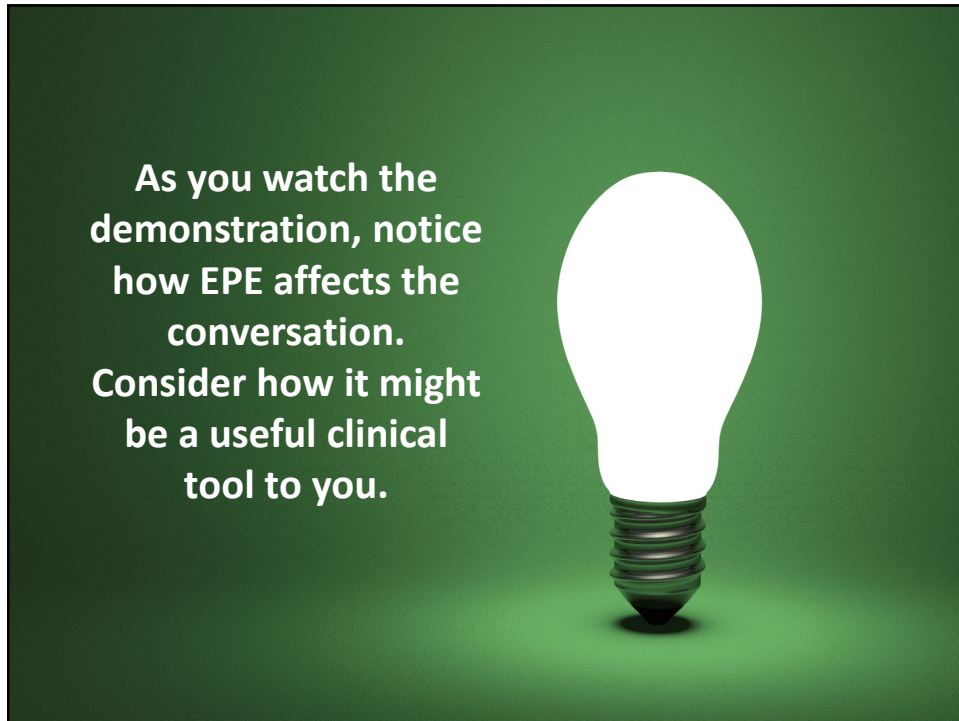
Allow time to process and respond.

Miller & Rollnick, 2013, p. 139

SUMMARIZE AND ASK A KEY QUESTION

- Summarize the conversation, with particular attention to Change Talk.
- The key question is short and simple:
 - “What do you think you’ll do?”
 - “Where does all this leave you?”
 - “What might be the next step?”
- Be careful not to pressure, or push for commitment.
 - ~~“What are you going to do?”~~
 - “What do you think you might do?”

Miller & Rollnick, 2013, p. 265



Looking toward the future

- WSIPP is charged with preparing outcome studies that identify causal effects of I-502 on outcomes, including:
 - Use and disordered use of cannabis and other drugs
 - ED visits involving cannabis
 - Traffic accidents and fatalities involving cannabis impairment
 - Criminal charges involving cannabis and other drugs

WASHINGTON STATE RESOURCES

- University of Washington Alcohol & Drug Abuse Institute: www.learnaboutmarijuanawa.org
- WA State Institute for Public Policy: <http://www.wsipp.wa.gov/>
- Washington State Department of Health
 - www.doh.wa.gov/YouandYourFamily/Marijuana
- Washington State Liquor & Cannabis Board: www.liq.wa.gov/
- ACLU of WA State: www.aclu-wa.org/issues/drug-policy

NATIONAL RESOURCES

- ATTC Network's Marijuana Lit
 - www.nattc.org/marijuana/
- ATTC Messenger article: *Clinical conversations about Cannabis: Using Elicit-Provide-Elicit* (Jun 2015)
 - <http://www.attcnetwork.org/find/news/attcnews/epubs/addmsg/June2015article.asp>
- NIDA Research Report Series: Marijuana (Rev Aug 2016)
 - <https://www.drugabuse.gov/publications/research-reports/marijuana/letter-director>

Visit Us Online!

- Upcoming trainings
- The range of training and technical assistance services we offer
- Resources and links on key topics

www.attcnetwork.org/northwest



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ATTC Addiction Technology Transfer Center Network
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