Understanding the Progression

Brief intervention:
Schools, courts, pediatric clinics, emergency rooms, mental health clinics

Intensive Treatment

Drug Involvement

Adapted from Broadening the Base of Alcohol Treatment (IOM)
First Specific Drug Associated with Initiation of Illicit Drug Use 2013

- Marijuana: 70.3%
- Pain Relievers: 12.5%
- Inhalants: 6.3%
- Tranquilizers: 5.2%
- Stimulants: 2.7%
- Hallucinogens: 2.6%
- Sedatives: 0.2%
- Cocaine: 0.1%

2.8 million initiates of illicit drugs

National Institute on Drug Abuse, 2015
What is Marijuana?

- Marijuana is the most commonly abused illicit drug in the United States.
- It is a dry, shredded green, brown or gray mix of flowers, stems, seeds and leaves from the hemp plant, *Cannabis sativa*.
- The main active chemical in marijuana is delta-9-tetrahydrocannabinol, or THC for short.
- It contains more than 800 other chemicals.
How is Marijuana being grown?

- Hydroponics

Growing marijuana hydroponically simply means that you grow the plants in an inert, sterile growing medium instead of in soil.

- Hydroponics introduces the water, nutrients and air to the roots through the growing mediums

- Many other drugs are being added into the plant.
Potency of Seized Marijuana in the U.S.

103% increase from 1998-2008

Source: University of Mississippi, National Center for Natural Products Research, Potency Monitoring Project Quarterly Report 107 (January 2010)
Short-term Effects

Marijuana intoxication can cause:
- Reduced inhibition
- Distorted perceptions - sight, sound, time, touch
- Impaired coordination
- Difficulty with thinking and problem solving
- Interferes with learning and memory
- Can make driving dangerous
- Causes increased heart rate
- Anxiety
- Paranoia

Adolescents who use marijuana are more likely to experience...

- Symptoms of dependence
- Emergency room visits
- Dropping out of school
- Behavioral problems
- Fighting
- Non-drug related legal issues
- Other legal problems
- Arrests
DABS

- A highly concentrated version of THC known as Butane Hash Oil, Dabs, or Wax is made using highly explosive butane.

- Extremely potent; 1-2 drops of oil can equal the amount of 1 joint.

- Oil is then put into a Vaporizer, E-cigarette/g-pen, or food.
K2 Spice

Slang Terms:
Black Mamba, Bliss, Bombay Blue, Fake Weed, Genie, Spice, Zohai

• Marketed as incense, packaging actually reads “not for human consumption”. This is a loophole used to sell it legally
• “Safe Marijuana”
• Appearance: Herb-based product, sprayed with different cannabinoid chemicals
• Effects look similar to schizophrenia
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:

1. Cannabis is often taken in larger amounts or over a longer period than was intended.
2. Unsuccessful efforts to cut down or control cannabis use.
3. A great deal of time is spent in activities to obtain cannabis, use cannabis, or recover from its effects.
4. Craving, or a strong desire or urge to use cannabis.
5. Cannabis use resulting in a failure to fulfill major role obligations at work, school, or home.
6. Continued use despite having recurrent interpersonal problems.
7. Important social, occupational, or recreational activities are reduced because of use.
8. Recurrent cannabis use in situations in which it is physically hazardous.
9. Cannabis use is continued despite knowledge of having a recurrent physical or psychological problem.
10. Tolerance, as defined as either:
    1. need for markedly increased cannabis to achieve intoxication
    2. markedly diminished effect with continued use of the same amount of the substance.
11. Withdrawal, as manifested by either:
    1. withdrawal symptoms or
    2. cannabis use to avoid withdrawal symptoms

To be coded as:
305.20 Mild: 2-3 symptoms.
304.30 Moderate: 4-5 symptoms.
304.30 Severe: 6 or more symptoms.
Marijuana Treatment Admissions

Treatment Admissions per 100,000 population, TEDS, SAMHSA, 2010
Driving after marijuana use is more common than driving after alcohol use

College and high-school seniors who drove or rode with a driver after marijuana use

<table>
<thead>
<tr>
<th>ALCOHOL</th>
<th>MARIJUANA</th>
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<tbody>
<tr>
<td>7%</td>
<td>31%</td>
</tr>
<tr>
<td>18%</td>
<td>43%</td>
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<tr>
<td>9%</td>
<td>12%</td>
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College Students
Of students who used in the past month, nearly 1 in 3 drove after marijuana use and nearly 1 in 2 rode with a driver who had been using.³

High-School Seniors
In the past 2 weeks, 1 in 8 drove after marijuana use and 1 in 5 rode with a driver who had been using.⁴

High-school seniors who smoke marijuana are 2x more likely to receive a ticket and 65% more likely to get into a car crash than those who don’t smoke.¹

Develop Social Strategies
✓ Offer to be a designated driver
✓ Have the designated driver take all car keys
✓ Avoid driving to parties where drugs and alcohol are present
✓ Talk to friends about the risks of drugged driving

¹ NHTSA, 2020; ² SAMHSA, NSDUH, 2014; ³ Whitehill et al., 2014; ⁴ O’Malley & Johnston, 2013
MARIJUANA

2013 Monitoring the Future Survey Results

College Student Group

In 2013, 36 percent of college students said they used marijuana in the past year, compared to 30 percent in 2006.

Non-College Group

The rate of daily marijuana use for the non-college group is about twice as high as the rate for the college student group.

DAILY MARIJUANA USE among college students is at its highest level in THREE DECADES

Source: Monitoring the Future Data, http://www.monitoringthefuture.org
Why drugs?

Why might people use drugs?
Coping Skills

Unhealthy Coping Skills
- Substance Use / Self-Medication
- Emotional Eating
- Gambling
- Over spending
- Sexual Obsessions
- Feelings of Inadequacies / Low Self-Worth
- Anger Management Issues / Rage

Healthy Coping Skills
- Exercise
- Communication (peers, professionals, family, supports)
- Relaxation techniques (meditation, quiet time, spiritual practice, activities of enjoyment)
- Acceptance (does not mean likability)
- Mindfulness
- Self-expression/Creative expression
THANK YOU

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