WELCOME!

Joe Eberstein – Program Manager, Center for Community Research, Marijuana Prevention Initiative
Problem Statement: High levels of marijuana use by youth (12-25) in the county negatively affect overall health and contributes to family and community problems.

Other Initiatives:
- Binge Underage Drinking
- Meth Initiative
- Prescription Drug
I deal with Facts!

You can have disagreements and still be friends.

You will never convince everyone one of your position, that’s OK!

Be open to new ideas.

Think outside the box!
Most kids do not use drugs!
Addiction of any kind can impact your future!

- Interfere with family and relationships
- Job prospects
- Educational performance
- Health
Many substances can be addictive, whether legally distributed or not.

- Alcohol
- Prescription Medicines
- Marijuana
- Tobacco
IF YOU NEED MEDICAL ADVICE GO TO YOUR DOCTOR!
EVERYONE REACTS DIFFERENTLY TO DRUGS AND ALCOHOL!

- Metabolism - Your Body
- Family History
- Environment
THE MARIJUANA PLANT
The pot/cannabis plant has over 400 chemicals.

Delta 9 THC (Tetrahydrocannabinol) is the chemical responsible for most of marijuana's high.

Some chemicals from the pot plant may help control seizures and aid with appetite.

(Dronabinol to treat nausea caused by chemotherapy and boost appetite in patients with AIDS wasting syndrome and Nabilone - MS)

You do not need the psychoactive components to get the medical value!!!!!!!
TROUBLING TRENDS

- Availability of High Potency Product.
- Products that look like baked goods and candy.
- Vaping devices that conceal the product being vaped.
CONCENTRATES - WAX, BUTANE HASH OIL, EDIBLES
(BUD CONTAINING – 26% THC, CONCENTRATES MAY CONTAIN 30 - 99%)
MARIJUANA AND HEALTH
Marijuana is the primary drug of choice for youth ages 12-17 in county funded drug treatment,

“8 out of every 10 youth were admitted for marijuana addiction in 2016.”
Critical growth phases take place at the following times:

- In Utero
- 0-3 years
- Adolescence (12-25)

“The brain is particularly susceptible at these critical times to environmental influences”.
Heavy Marijuana use appears to have a significant effect on adolescents’ brain structure and development.

Use is associated with:

- Attention & Motivation
- Memory
- Planning
- Slower brain-processing power

Increased use may interfere with sleep patterns, increase anxiety/paranoia and depression.

Drug use is associated with:

- Decrease academic performance
- Mental Health Issues
- Truancy issues and non participation in healthy activities

Sources: Arria et al., 2013; Fergusson et al. 2003; Hunt et al., 2010; Medina et al., 2007; SAMHSA, 2009
The most common reasons of seeing marijuana users in the ER:

1. Cannabinoid Hyperemesis
2. Psychosis
3. Chest pain

Treatment Providers - Drug tests showing much higher THC levels relative to creatinine ratio.
CANNABINOID HYPEREMESIS

- Abdominal pain
- Severe nausea and vomiting
- Desire to take hot showers!

The only remedy is laying off the pot!
BUTANE HASH OIL
EXPLOSIONS SAN DIEGO

Butane hash oil lab explosions on the rise locally
Uses butane gas to extract a potent liquid out of the plant.
IF YOU SEE THESE AT YOUR COMPLEX OR HOUSE NOTIFY AN ADULT!
90% 2\textsuperscript{ND} AND 3\textsuperscript{RD} DEGREE BURNS

Fully Involved Apt/Unit

Victim 90% 2\textsuperscript{nd} & 3\textsuperscript{rd} Burns

BHO Fire Injury
EDIBLES
- No quality assurance!
- No potency limits!
- No sanitary requirements!
- No labeling requirements!
- No advertising requirements!
- Oil can be whipped into a *budder* and cooked into products like brownies, cookies, etc.
- Sprayed onto generic candies
- Vaped in vape pens
- Made into drops known as tinctures
EDIBLE EFFECTS

- May not feel anything for **30 to 60 minutes** (on a full stomach may take nearly two hours to feel full effects).

- The high can last **4 to 8 hours** while the effects from smoking can wear off in an hour or less.
A cookie or candy may be meant for multiple doses.
Edible doses are processed by the liver before entering the bloodstream, THC consumed as edibles produce high levels of 11-OH-THC (active metabolite), while smoked cannabis, which goes directly from the lungs to the brain via the bloodstream and does not enter the liver, produces lower levels.
SIDE EFFECTS

- Hallucinations
- Paranoia
- Anxiety
- Panic
- Depression
Marijuana brownies sicken Crawford High students


SAN DIEGO — Five students got sick at Crawford High School Friday after eating marijuana-laced brownies, a school district official said.

All five were taken to Rady Children’s Hospital for treatment. They were reported to be in stable condition.

The students at the school in the El Cerrito neighborhood reported to staff that they had eaten the brownies, then felt ill, said San Diego Unified School District spokeswoman Linda Zintz.

School staff called for paramedics about 12:30 p.m. and school district police began an investigation.

Zintz said she had no information about where the teens got the brownies and whether they were eaten on or off-campus.

School Principal Richard Lawrence sent recorded voice messages to parents Friday afternoon, saying five students taken to the hospital as a precaution after ingesting marijuana brownies were in stable condition and expected to be released from the hospital in the evening.

“Please take the time to speak to your son or daughter about ingesting food from other people,” Lawrence’s message said. “Students should not take nor eat food from others regardless of how it may appear. Drugs come in different forms and formats and there’s also concerns about unknown allergens. We must be proactive for
VAPING
Vaping devices can be used for many drugs and may look like familiar products.
E-CIGS, VAPE PENS

- No odor!
- Vape a variety of drugs.
- No easy way to test what is in them.
- Explosion risk!
Vaper Severely Injured When His E-Cigarette Blows Up In His Face, Creating A New Hole In His Mouth

BY BRANDON WENERD - 09.10.15

There's a lot of fuss about whether or not vaping is safer than smoking. We've posted like four articles on the subject in the past year here at BroBible (here, here, here, and here). It's a contentious subject with no clear answers. The only conclusion is that both have their inherent risks that all users should be aware of.

The story of 23-year-old James Lauria is an awful one, however. According to Fox 5 DC, he was casually vaping when his e-cigarette device exploded in his face.

“It's just a normal day,” explained James. “I'm at work and things quieted down and I stepped away for a second like I always do. Next thing I know, it exploded and I was on my way to a hospital in an ambulance, and that is the last thing I remember.”
Man catches fire after e-cigarette explodes in his pocket at petrol station - video

E-cigarette explosions prompt three lawsuits in California

A 16-Year-Old Teen Suffered Second Degree Burns When an E-Cigarette Exploded in His Face

E-cigarettes are all the rage these days, as the grim fates of chain smokers make traditional drugs increasingly unpopular. But as researchers continue to look into whether the e-cigarette presents the same risks as its predecessor, it would seem there's another horrifying hazard e-cigs pose that cigarettes never did: explosions.

Such was the fate of 16-year-old Ty Greer, a teen in Alberta, Canada, who suffered second degree burns and broken teeth after his e-cigarette spontaneously exploded just inches from his mouth while he was using it in his car.

"It hit my kid's face on fire, burstled two teeth out," Perry Greer, Ty's father, told the Canadian Press. "It burned the back of his throat, burned his tongue very badly. If he wasn't wearing glasses, he possibly could have lost his eyes... He wanted to die. That is how much pain he was in."
SPICE
These chemicals are similar to marijuana, THC, but affect brain receptors differently.

Some synthetic drugs are 100X stronger than marijuana.

Synthetic cannabinoids are produced as an oil or a crystalline powder that can easily be sprayed on plant material.
WHAT IS SPICE?

- A chemical sprayed on plant material.
1. Spice is “not” pot, spice is a chemical sprayed on a plant material that may resemble marijuana herb.

2. Spice is “not” plant-based; there are no naturally occurring spice plants or spice chemicals found on earth. Many Spice chemicals are produced in labs and smuggled in from countries like China.

3. Spice has “no” other use other than to get people high. There are no benefits to using Spice, not even accidental ones.

4. Spice is “not” without risk. Many first time users of Spice have ended up in emergency rooms with severe hallucinations, excited delerium, paranoia, heart attack, seizures, vomiting, kidney failure and death.
BE AWARE!
Be Careful What You Post ONLINE!

Be aware of who you are talking to!
Future jobs can search 7 – 10 years into your social media history.

Law Enforcement, Military and other agencies can look at your history.

Some schools are starting to ban phones on school property.
TESTING
THC can stay in your system for 30 – 40 days.

Many people develop a tolerance to weed and need increasingly higher amounts.
DRUG TESTING AND FUTURE EMPLOYMENT

“Limiting your Future”

- Department of Defense – All Branches
- All Federal Government
- State of CA Department of Parks and Recreation
- San Diego County
- City of San Diego
- Driver/pilot/train conductor (airlines, Amtrak, bus services, trucking, shuttles, etc.)
- San Diego Unified Port District
LOCAL EMPLOYERS THAT DRUG TEST

- Sea World
- San Diego Zoo
- Hilton
- Westgate Hotels
- Rancho Valencia Resort and Spa
- Stone Brewing Company
- Grande Colonial (NINE-TEN Bar)
- Best Buy
- United Health Group
- San Diego Home Caregivers
- SDGE
- McDonalds

Pot Use May Be Limiting Your Future

Did you know that using marijuana can hurt your career plans?
- Heavy marijuana use is associated with higher rates of skipping class, lower GPAs, and failure to complete college.
- Colleges that receive federal funding do not allow marijuana use, sale or possession on campus even with a medical recommendation.
- All athletic organizations including Major League Baseball the NFL, NBA, NHL and Olympics have drug testing requirements.
- Many local employers such as Sea World, San Diego Zoo, Hilton, Macy's, Best Buy and San Diego Gas and Electric have pre-employment drug testing.
- All Federal Government employees, including those at the Department of Defense and Department of Transportation, and anyone that drives a commercial vehicle is subject to random drug testing.
- Both San Diego County and the City of San Diego have pre-employment drug testing.

Remember that your actions today may affect your options tomorrow. If you need to talk to someone about your marijuana use, call the access & crisis line (888) 724-7240.

MPI
Marijuana Prevention Initiative
San Diego County

For More Information Contact:
Joe Eberstein, Program Manager
jeberstein@consulting.org 619-528-2235
Center for Community Research
San Diego County Marijuana Prevention Initiative

*Anna et al., 2013; Hunt et al., 2010.*

Funded by the County of San Diego, Health and Human Services Agency
HAVE A ROUTINE!

- Exercise
- Have healthy hobbies
- Monitor your video game play, get Sun!
KEY TAKE AWAY’S!

- If you need medical advice go to your primary care physician.
- Everyone reacts differently to different substances.
- **Maintain a healthy routine and habits.** (Exercise)
- Do not operate or get in a vehicle while on alcohol or drugs.
- A single edible candy/cookie may be meant for multiple doses. (High THC levels)
- If you suspect or see any butane manufacturing, BHO paraphernalia, leave the location immediately and call law enforcement!
Multiple resources, info cards, data, PowerPoints available for download.

Half day trainings available marijuana, RX and synthetics.
QUESTIONS?

Joe Eberstein, Program Manager
Center for Community Research, Inc.
San Diego County Marijuana Prevention Initiative

For more information regarding youth marijuana use visit www.mpisdcountry.net

Office: 619-528-2235