MARIJUANA AND YOUR HEALTH

Youth Presentation

January 21, 2016

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

MOST KIDS DON’T 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
EVERYONE REACTS DIFFERENTLY TO DRUGS AND ALCOHOL USE!

- Metabolism - Your Body
- Family History
- Environment
THE MARIJUANA PLANT
3 TRENDS OF CONCERN

- Higher Potency Products available.

- Products that look like baked goods and candy.

- Vaping devices that conceal the product being vaped.
Several chemicals in the plant, over 400!

Some of the chemicals are being tested for medical purposes, for people with seizures and to help with appetite.

Not all, of the chemicals in the plant have medical value and some are hazardous especially to developing brains. (THC – tetrahydrocannabinol).

Delta 9 THC (Tetrahydrocannabinol) is the chemical responsible for most of marijuana's high.
CONCENTRATES SUCH AS WAX, BUTANE HASH OIL, EDIBLES MAY CONTAIN HIGHER THC LEVELS.
MARIJUANA AND THE BRAIN
Marijuana reacts differently on developing brains.

Stay away from other substances as well!
Marijuana use is associated with:

- Attention and memory problems
- Sleep issues
- Difficulty problem-solving
- Mental Health Issues
- High rates of skipping class
- Lower rates of college entrance
- Failure to complete college

Sources: Arria et al., 2013; Fergusson et al. 2003; Hunt et al., 2010; Medina et al., 2007; SAMHSA, 2009
ADDICTION RATES
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 2015.”
Many people who smoke marijuana have lung issues including chronic bronchitis. Marijuana smoke has all of the same cancer causing carcinogens.

Too much marijuana has resulted in Cyclical Vomiting Syndrome, severe abdominal pain and vomiting.
BUTANE HASH OIL
Uses butane gas to extract a potent liquid out of the plant.

VERY DANGEROUS PROCESS!
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}\textsuperscript{e} Burns

BHO Fire Injury
EDIBLES
SDCOE AND MPI CW6 - VIDEO
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.
HOW MUCH IS TOO MUCH?

- The pot infused cookie contained as much THC as six high-quality joints.
- Takes longer to feel the high, people ingest more than recommended
- Severe Hallucinations
- Consumed 5 peach tart candies
- Each candy containing 10mg of THC.
- Started becoming jittery and speaking incoherently.
- Shot himself
San Ysidro High School two 14-year females took three of these lozenges at school: One had elevated heart rate of over 150 beats per minute, constricted pupils, cold sweats. The other girl had a decreased heart rate, extremely low blood pressure and dilated pupils.

Originated from San Diego based online company "Kind Bake"

45% THC
SIDE EFFECTS

- Hallucinations
- Anxiety
- Panic
- Depression
Most people don't realize when we smoke pot, 80% of the chemical responsible for the high is burnt off.

When eating cannabis we can absorb most of the chemical.
NO ONE KNOWS WHAT IS IN THEM!

“Everyone is making their own batch”

No agency is currently checking the safety of these products!!!!!
The body’s response when consuming too much alcohol is to vomit, when taken with marijuana can inhibit an individual’s ability to vomit.

- This may lead to alcohol poisoning!
- Alcohol enhances the THC levels in the blood.
WAX MARIJUANA USE IN THE VAPORIZER KNOWN AS DABBING
California law prohibits the sale of e-cigarettes to minors (California Health and Safety Code § 119405).
TANK-STYLE DEVICES
Vaping devices can be used for many drugs and may look like familiar products.
A LOT WE DO NOT KNOW?

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.”
PUT DRUGGED DRIVING ON YOUR RADAR!
No drugs are allowed on school property, including the bus.
SOCIAL MEDIA
- 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.
THINKING DOWN THE ROAD!

Be Careful What You Post ONLINE!
Exercise

Have healthy hobbies

Set a routine

Monitor your video game play, get Sun!
FOR TEENS

- Do not eat items that were given to you by strangers.
- Posting activities on social media sites that future employers can see may hurt your job prospects.
- Do not become a victim of peer pressure.
- Stay away from vaping devices!
- Do not operate or get in a vehicle if someone is using drugs or alcohol.
- If you need help for addiction tell an adult/family member/teacher.
- If you suspect or see any butane manufacturing, BHO paraphernalia, leave the location immediately and call law enforcement!
“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 GPA, 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.
Multiple resources, info cards, data, PowerPoints available for download.

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

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

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