Youth Marijuana Use & Vaping
Know the Facts!

State PTA Conference
May 16, 2020

MPI Funded by the County of San Diego, Health and Human Services Agency, Behavioral Health Services
Very Happy to be here!

Joe Eberstein

Program Manager for Center for Community Research, San Diego County Marijuana Prevention Initiative

Prop. 64 Advisory Board Member

SAMSHA Region 9 PTTC Advisory Board Member
Stay Informed & Open-Minded

**Confirmation bias** – in this world of mass media we undervalue evidence that contradicts our beliefs and overvalue evidence that confirms them. We filter out inconvenient truths and arguments on the opposing side.

As a result, our opinions solidify, and it becomes increasingly harder to disrupt established patterns of thinking.
“No amount of marijuana use during pregnancy or adolescence is known to be safe.”

Until and unless more is known about the long-term impact, the safest choice for pregnant women and adolescents is not to use marijuana.
Trends

35% THC - I AM THE HIGHEST IN CALIFORNIA
 THC, CBD and vaping devices have never been fully researched to determine health impacts. Particularly high potency THC!

From a national level the FDA does not test marijuana products (THC, CBD) for human consumption because it remains a Schedule 1 substance (i.e., no medical value)

CBD is often classified as a supplement therefore FDA does not have jurisdiction.
According to High Times, White Fire OG – Test data shows THC potential of this hybrid, with average levels falling between 22-30%.
In the 1980’s marijuana’s THC content on average was 5-10%. Mostly herb or plant form smoked in blunt or bong.

Today’s marijuana potency in herb can be upwards of 25-30% THC and oils and waxes 30 - 99% THC. Eating, vaping, drops/tinctures.
Extraction Process

Butane hash oil lab explosions on the rise locally
Crude Oil – Upwards of 80% THC, cartels are using their clippings to make the crude oil and flooding the market. This product is cheap and potent and mostly sold through social media, costing $50 a cartridge.
Concentrates - Wax, Hash Oil, Edibles

(bud containing – 26% THC, concentrates can contain 30-99%)
Public Health Data
We are learning more about the risks

➢ 30 years ago we knew little about the effects of marijuana.

➢ People were always saying we don’t have enough research.

➢ Marijuana use associated with stomach issues, mental health, testosterone levels, memory, brain development, pregnancy, respiratory issues.

➢ The data is there we just need know what we are looking for.
Local emergency department discharge data also points to an increased trend in marijuana related harms. The most recent available data show a 170% increase in the number of people who were discharged from emergency departments with cannabis listed as the primary diagnosis.

Between 2008 and 2018, the number of persons discharged from Emergency Departments in San Diego County with cannabis listed as a primary diagnosis increased 776%, from 77 in 2008 to 675 in 2018. The number of persons discharged from San Diego County Emergency Departments with cannabis as a primary or secondary diagnosis combined increased 479%, from 1,851 in 2008 to 10,719 in 2018.
Marijuana’s Effects

Pot is associated with a range of side effects:

- Panic attacks
- Seizures
- Hallucinations
- Psychosis
- Sedation
- CH syndrome
- Dry mouth
- Heart palpitations
- Cognitive impairment and slower reaction times
Shining a Light on Marijuana’s Effects
New Cannabis Hyperemesis Treatment Guidelines

➢ Treatment should focus on the need for cannabis cessation.

➢ Capsaicin is a readily available topical preparation that is reasonable to use as first-line treatment.

➢ Emergency physicians should avoid prescribing opioids if the diagnosis of Cannabis Hyperemesis Syndrome (CHS) is certain and educate patients that cannabis cessation is the only intervention that will provide complete symptom relief.

➢ New treatment guidelines published here: https://escholarship.org/uc/item/59z5q826
Marijuana Human Exposure Cases for San Diego County

The below graph displays the number of cases (unique individuals) handled by the California Poison Control Center for calls related to marijuana exposure from persons living in San Diego County. Each year displayed includes all persons (of any age) and dispositions/outcomes for the cases, including cases “resolved on-site” (i.e., from the location of the call), “treated/released from health care facility,” and “admitted to health care facility.” There has been a 43% increase since the implementation of Prop 64 in 2016 (from 88 in 2016 to 126 in 2019).

180% increase in marijuana exposure cases in San Diego County handled by the California Poison Control Center since 2011.
Marijuana is the primary drug of choice for youth ages (12-17) in San Diego County drug treatment.

Marijuana is the primary drug for our juvenile involved youth. (SANDAG)

Treatment providers observing higher level THC ratios in urine drug tests.
➢ Increased among teens and adults aged 26 and older.

➢ Signs of problematic use include increased tolerance, repeated attempts to control use or quit, spending a lot of time using, social problems due to use, and ignoring other activities in order to use.
Marijuana Use Is Increasing Among Pregnant Women

Among pregnant women, marijuana is the most used illicit drug.

Risks of maternal marijuana use: health issues in infancy; behavioral and cognitive issues through adolescence and early adulthood.

National Survey on Drug Use and Health, SAMHSA
Slide source Dr. Roneet Lev
Prenatal Exposure to Marijuana

Source: WEB | PDF
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CBD Information
CBD-infused products are being sold everywhere in California — but are they legal?

By Laura Newberry Los Angeles Times (TNS) 11 hrs ago

LOS ANGELES — Greg and Gary Avetisyan make no secret of it: They proudly sell all manner of products infused with CBD, from essential oils to bath bombs to fruity teaklike beverages that promise calming relief in a frantic world.

CBD, short for cannabidiol, is a molecule derived from cannabis. But unlike its chemical cousin THC, it won't get you high. What it might do, according to some research, is alleviate anxiety, seizures, chronic pain and dozens of other ailments.

The Avetisyan brothers' belief in the alleged benefits of the extract is so steadfast that they opened California's first CBD-only store, Topikal, in Tarzana last year and opened a second along the Venice Beach boardwalk in April.

In the eyes of California, however, the Avetisyans' products are being sold illegally, even though they are non-psychoactive.
CBD stands for cannabidiol. It is a cannabinoid in the same chemical family as THC.

It is the second most prevalent chemical of the active ingredients of marijuana.

CBD is a component of marijuana (one of hundreds), by itself it does not cause a “high.” CBS counteracts the high from THC.

Source: Dr. Peter Grinspoon Harvard Health » Cannabidiol (CBD) — what we know and what we don’t - Harvard Health Blog
CBD has been touted for a wide variety of health issues, but the strongest scientific evidence is for its effectiveness in treating childhood epilepsy syndromes, such as Dravet syndrome and Lennox-Gastaut syndrome (LGS).

Recently the FDA approved the first ever cannabis-derived medicine for these conditions, Epidiolex, which contains CBD.

Source: Dr. Peter Grinspoon Harvard Health » Cannabidiol (CBD) — what we know and what we don’t - Harvard Health Blog
The drug, Epidiolex, is derived from cannabidiol (CBD), and contains less than 0.1 percent of tetrahydrocannabinol (THC).

The drug's approval permits its use in patients aged two years and older with Dravet Syndrome (DS) and Lennox-Gastaut Syndrome (LGS), both rare childhood-onset forms of epilepsy that are among the most resistant to treatment.
CBD side effects

➢ Side effects of CBD include nausea, fatigue, irritability and can increase the level in your blood of the blood thinner coumadin.

➢ A significant safety concern with CBD is that it is primarily marketed and sold as a supplement, not a medication.

➢ Currently, the FDA does not regulate the safety and purity of dietary supplements. So you cannot know for sure that the product you buy has active ingredients at the dose listed on the label.

Source: Dr. Peter Grinspoon Harvard Health » Cannabidiol (CBD) — what we know and what we don’t - Harvard Health Blog
The bottom line with CBD we need more research!

Without sufficient high-quality evidence in human studies we can’t pinpoint effective doses. Given that most CBD is currently available as an unregulated supplement, it’s difficult to know exactly what you are getting. If you decide to try CBD, talk with your doctor — if for no other reason than to make sure it won’t affect other medications you are taking.
➢ There is no uniform testing of CBD products to ensure consumer safety and dosage.
➢ Can you trust the label?
➢ THC is often present in products claiming to be pure CBD.
➢ In some products labeled CBD, no amounts of CBD were present.
Marijuana & Mental Health
After ingestion of an edible there may be no effect 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.

Edibles can be very potent!
THC and Mental Health

➢ Studies have shown that THC can awaken pre-existing mental health issues in people with a genetic history of mental health disorders.

➢ Specifically, psychosis related to schizophrenia.

➢ Paranoia, anxiety, panic, hallucinations and delusions are some possible side effects.
CDC Warning—Psychotic Episode Risk

➢ College student ate an entire marijuana cookie that had been purchased from a licensed and legal pot shop in Colorado, despite the clerk having advised that it be split up and consumed in small portions.

➢ Soon after he began to exhibit what witnesses described as erratic behavior, then, the Denver coroner’s report, “The decedent eventually reportedly jumped out of bed, went outside the hotel room and jumped over the balcony railing.”

➢ The coroner acknowledged at the time that marijuana intoxication was a contributing factor.
Several studies have found that more frequent use of pot is associated with a higher risk of psychosis or losing touch with reality.

Consuming pot daily and especially using high-potency products increases the odds of having a psychotic episode.
Marijuana use and schizophrenia: New evidence suggests link

Written by Yvette Brazier

Published: Monday 26 December 2016

A new study, published in *Psychological Medicine*, has added to the body of evidence pointing to a link between schizophrenia and the use of cannabis.

Recent research suggests that not only are people who are prone to schizophrenia more likely to try cannabis, but that cannabis may also increase the risk of developing symptoms.

Studies show that cannabis use is more common among people with psychosis than in the general population, and that it may also increase the risk of psychotic symptoms.

Its use has been linked to symptoms of psychosis, such as paranoia and delusional thinking, in up to 40 percent of users.

Earlier this year, scientists warned that young people who use cannabis could be putting themselves at risk of psychotic disorders. People with schizophrenia appear to have a higher chance of experiencing psychosis if they use cannabis.

Previous warnings had voiced concerns regarding the particularly powerful strains of cannabis, such as "skunk," currently circulating among young people.
Controlled studies have not been conducted to evaluate the safety or effectiveness of medical marijuana for PTSD. Thus, there is no evidence currently that marijuana is an effective treatment for PTSD.

In fact, research suggests that marijuana can be harmful to individuals with PTSD.
Prevention Efforts
You have the right to be Drug Free and Healthy!
➢ Healthy Choices Campaign!

➢ Geared toward middle school and TAY youth.

➢ Before you start using consider the consequences and alternatives.

➢ Focus on positives!
San Diego County
Marijuana Prevention Initiative
2020 REPORT

Local Data: Community Survey
This San Diego County Community Survey was developed by the Center for Community Research (CCR) in collaboration with members of the San Diego County Prevention System to systematically collect and assess alcohol and other drug-related (AOD) perceptions and opinions. The findings from the Community Surveys have allowed the Prevention System to monitor trends and track changes in community AOD-related perceptions and opinions over time and to identify emerging issues of concern.

Perception of Harm. Overall, perceptions related to the harmfulness of using marijuana have decreased since the first survey administration in 2011 for all marijuana-related items, except for use of marijuana under the age of 21.

11% decrease in perception of harm of using edible marijuana products among San Diegans following implementation of Prop 64.

3 out of 4 San Diegans agree that using marijuana under the age of 21 is harmful to health.

8% decrease in perception of harm of using marijuana every day or every week among San Diegans following implementation of Prop 64.

Support for Policy. Overall, support for local laws regulating marijuana businesses has remained high since the first survey administration in 2011 and support for local bans on marijuana businesses has decreased significantly following implementation of Prop 64 in 2016.

10% decrease in support of a local ban on marijuana businesses among San Diegans following implementation of Prop 64.
Social Host Ordinances hold adult party hosts accountable for underage alcohol use.

Amended versions of the ordinance include *marijuana and controlled substances*.

Most of San Diego County’s cities have adopted the new language.
State law prohibits billboards within 1,000 feet of schools, playgrounds or daycares.

“We are not taking away the right to advertisement. We are trying to restrict the right to advertise where our children and communities live, work and play,” said Central Region Prevention Coalition.
North County teens rally against drugged driving

San Diego County teens rallied on some North County streets Friday, alerting drivers about the dangers of “drugged driving” ahead of California’s new recreational marijuana laws.

SAN DIEGO (NEWS 8) - San Diego County teens rallied on some North County streets Friday, alerting drivers about the dangers of “drugged driving” ahead of California’s new recreational marijuana laws.

Brandon Bazan, a San Marcos Mission Hills High School sophomore, said he didn’t think about the dangers until he had family and friends die from drugged driving.
E-cigarette or vaping product use-associated lung injury (EVALI)
Is vaping a good alternative to smoking?

Based on projected models, it is estimated that for every 1 adult who quits cigarettes using e-cigarettes, 80 adolescents who never smoked will eventually become daily cigarette smokers through e-cigarette use.

Source: Sonjeli. Qualifying population level health benefits and harms of e-cigarette use in the US. PLOS.
EVALI – E-Cig Vaping Associated Lung Injury

- 47 deaths as of February 2020
- Nationally over 2785 hospitalized with 46 in San Diego.
- About 90% of individuals have reported using THC cartridges.
- Average age of patients is 23.

U.S. CDC expects hundreds more cases of vaping-related illness

WASHINGTON (Reuters) - Hundreds more Americans have been sickened by a severe vaping-related illness, with the official tally set to be updated on Thursday, according to a U.S. health official speaking at a congressional hearing on Tuesday.
➢ The increased attention around the lung injury has put a spotlight on prevention.

➢ Community members are listening. This is a teachable moment!

➢ Increase in attendance at public health events and forums.
Facing ‘Certain Death,’ Teenager With Vaping Injury Gets Double Lung Transplant

The surgery on the 17-year-old was the first transplant reported in the recent nationwide outbreak of vaping-related lung injuries.
For every action there is a reaction!

- Efforts to stem the tide of teen vaping seem to be a step behind the market.

- Many teens have already moved on to an array of newer, disposable vape products. Puff Bars!

- Taking advantage of loophole in the law.

- One bar has about 300 puffs and can contain about as much nicotine as two or three packs of cigarettes.
The marijuana test kit is so small and simple and it detects pot right away.

The kit uses test strips and a pre-treated swab that detect THC, the active ingredient in marijuana.

https://www.s2detect.com/marijuana-test-kit-mtk
Many of the lung injuries have been traced back to the Dank Brand!
DEA Vape Take Back – Just remove the batteries!

Public Health

Want To Get Rid Of Your Vaping Device? The DEA Will Take It

October 25, 2019 - 8:01 AM ET

Updated Nov. 5, 11:55 p.m. ET

In the wake of vaping-related deaths and illnesses, the Drug Enforcement Administration is expanding “National Prescription Drug Take Back Day,” and this year allowing people to drop off electronic vaping devices and cartridges.

The annual event lets people anonymously dispose of expired, unused, and unwanted prescription medications at collection sites across the U.S. The DEA launched the semi-annual initiative in 2010 in the hopes of preventing pill abuse, misuse and theft. As concern grows about the health risks of vaping and electronic cigarettes, the agency announced this week it will also accept electronic vaping devices and cartridges, provided any lithium ion batteries are removed.

“An effort to support a healthy lifestyle and an energetic population, especially amongst America’s youth, DEA is committed to doing all it can to help safely dispose of vaping devices and substances,” agency officials stated in a press release. Saturday’s Take Back event will take place from 10 a.m. to 2 p.m. at collection sites across the nation.
A simpler way to dispose of the device

- Attempting to make the process easier to dispose of the device.
- Establish protocol for schools.
Moving Forward!
GOOD SAMARITAN LAWS
Protect You and Friends

➢ Never let your friends just sleep it off!!!!

➢ Do not fear calling 911 if you or friend overdose and need help!

➢ Good Samaritan policies protect the caller and overdose victim from arrest for possession or use.
Naloxone Toolkit

As you may be aware, there is an opioid epidemic impacting people of all ages in this country. Thankfully, the documented impact on teens in San Diego County remains extremely low. But even one child using drugs and putting their life in jeopardy is one too many. To promote awareness and aid districts in obtaining naloxone, a life-saving drug that reverses an opioid overdose, SDCOE has gathered a variety of resources to provide instruction and guidance in this process.

The California Department of Health Care Services’ (DHCS) Naloxone Distribution Project (NDP) is funded by Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by DHCS to combat opioid overdose-related deaths throughout California. The NDP aims to address the opioid crisis by reducing opioid overdose deaths through the provision of free naloxone, in its nasal spray formulation. Since October 2016, qualified organizations and entities have been able to request free naloxone from DHCS.

SDCOE recommends all county districts partner with DHCS. Supporting documents and information are below.

- California Department of Health Care Services (DHCS) — Naloxone Distribution Project (NDP) Website
- California DHCS — Naloxone Distribution (NDP) Flier
- California DHCS — Naloxone Distribution (NDP) Overview
- California DHCS — Naloxone Distribution (NDP) Frequently Asked Questions
- California DHCS — Naloxone Distribution (NDP) Application
- Template — Standing Physician Orders
- Sample — Naloxone Policy and Procedure
- Template — Opioid Antagonist Record Databas
When In Doubt – Drug Test!

➢ If your child is obtaining a driving permit, drug test.

➢ There are over the counter drug tests available.

➢ Synthetic drug testing is more expensive but available.
Engage with youth about alcohol and drug use:

➢ Start the conversation early.

➢ Ask a Doctor to speak with your children during an exam.

➢ Join the PTA, school board go to city council meetings.

➢ Get educated enough to support your position.

➢ Have resources available for treatment.
MPI provides these discussions for all youth.

**Examples:**

- Information and data for download.
- Drugged Driving Campaign
- MPI Prevention TOOLKIT.

Visit our MPI website & YouTube page:

http://www.ccrconsulting.org MPI
Questions?