Presentation Summary

- Description of Cannabis Sativa
- Prevalence of Use
- Medical Marijuana
- Marijuana Abuse
- Synthetic Marijuana
- Prevention Strategies
- Resources
Cannabis Sativa

- Hemp plant
- Many varieties
- Used for fiber, medicine, religious rituals and psychoactive properties
- Appearance
- Use patterns
Prevalence of Illicit Drug Use

- Illicit Drug Use – USA
  - 2008: 8.0%
  - 2009: 8.7%
  - 2010: 8.9%

- Illicit Drug Use – Age 18 to 25
  - 2008: 19.6%
  - 2009: 21.2%
  - 2010: 21.5%
# Misuse of Marijuana Prevalence

- **Annual Rate of Marijuana Abuse**

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
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<tbody>
<tr>
<td>8th</td>
<td>31.8%</td>
<td>32.1%</td>
<td>30.3%</td>
<td>29.3%</td>
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<tr>
<td>10th</td>
<td>56.3%</td>
<td>52.5%</td>
<td>52.8%</td>
<td>52.1%</td>
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<tr>
<td>12th</td>
<td>66.4%</td>
<td>65.5%</td>
<td>62.2%</td>
<td>65.2%</td>
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Medical Marijuana

- Approved in 16 States

- Therapeutic potential
  - Nausea control
  - Stimulating appetite
  - Pain control
  - Spasticity
  - Reduced ocular pressure

- Medications
  - Marinol, Cesamet, Sativex
Effects of Marijuana Abuse

- Blood shot eyes
- Euphoria
- Slowed thinking and reaction time
- Confusion
- Anxiety
- Panic attacks
- Increased appetite
- Sleep Impairment
Effects of Marijuana Abuse

- Impairs short term memory
- Impairs attention and judgment
- Impairs coordination and balance
- Impairs memory and learning skills
- Increases heart rate
- Carcinogen
Marijuana Withdrawal

- Irritability
- Anxiety
- Restlessness
- Depressed mood
- Headache
- Decreased sleep
- Vivid dreams
Synthetic Marijuana

- K2/Spice/Blaze/Happy Dog
- JWH-018, JWH-073, HU-210, HU-211, CP 47, 497
  - Incense
  - Smoked
  - Potent
  - Poison control incidents
  - No testing
K2 Adverse Effects

- Anxiety/panic/agitation
- Confusion/drowsiness
- Nausea/vomiting
- Seizure
- Elevated heart rate
- Psychosis
Protective Factors

- Strong, positive family bonds
- Parental monitoring
- Clear, consistent rules
- Parental involvement
- Success in school
- Positive bond with school, religion
- Conventional norms
- Positive peer influence
Community and School Interventions

- Comprehensive public information campaign
- Substance use prevention messages
- Clear school policies and procedures
- Identification of misuse and abuse
- Evaluation and treatment mandate
Web Site Resources

Above the Influence
www.abovetheinfluence.org

Centers for Substance Abuse Research (CESAR), University of Maryland
www.cesar.umd.edu

Drug Strategies
www.drugstrategies.org

Heroin Prevention
www.heroinprevention.com

Impacteen
www.impacteen.org

Join Together
www.jointogether.org

Monitoring the Future Study, University of Michigan
http://monitoringthefuture.org

Mothers Against Drunk Driving (MADD)
www.madd.org

National Center on Addiction and Substance Abuse at Columbia University (CASA)
www.casacolumbia.org

National Institute on Alcohol Abuse and Alcoholism (NIAAA)
www.niaaa.nih.gov

National Institute on Drug Abuse (NIDA)
www.nida.nih.gov

New York State Office of Alcoholism and Substance Abuse Services (OASAS)
www.oasas.state.ny.us

Office of National Drug Control Policy (ONDCP)
www.whitehousedrugpolicy.gov

Partnership for a Drug-Free America (PDFA)
www.drugfree.org

Research Institute on Addictions (RIA)
www.ria.buffels.edu

The Robert Wood Johnson Foundation Substance Abuse Policy Research Program
www.rwjf.org

The Smoker’s Quitline
www.quitnet.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov