

**How addictive is marijuana and
does age of first use make a difference?**

WHY PEOPLE TAKE DRUGS

To feel good

To have novel:
Feelings
Sensations
Experiences
and
to share them
(connection)



To feel better

To lessen:
Anxiety
Worries
Fears
Depression
Hopelessness
Withdrawal
(disconnection)



Is Cannabis Addictive?

CUD ≥ 2 of the following accompanied by significant impairment of functioning and distress:

- Difficulty containing use.
- people failed attempts to quit or reduce.
- Too much time spent acquiring, using, or recovering from the effects of cannabis.
- Cravings and a desire to use.
- Continued use despite consequences.
- Other important activities in life superseded by the
- Use in contexts that are potentially dangerous (e.g., driving).
- Continued use despite awareness of problems attributed to use.
- Tolerance.
- Withdrawal.

Addiction Potential of Various Substances

1.	Tobacco	32%
2.	Heroin	23%
3.	Cocaine	17%
4.	Alcohol	15%
5.	Sedatives	9%
6.	Cannabis	9%

If age of start is:

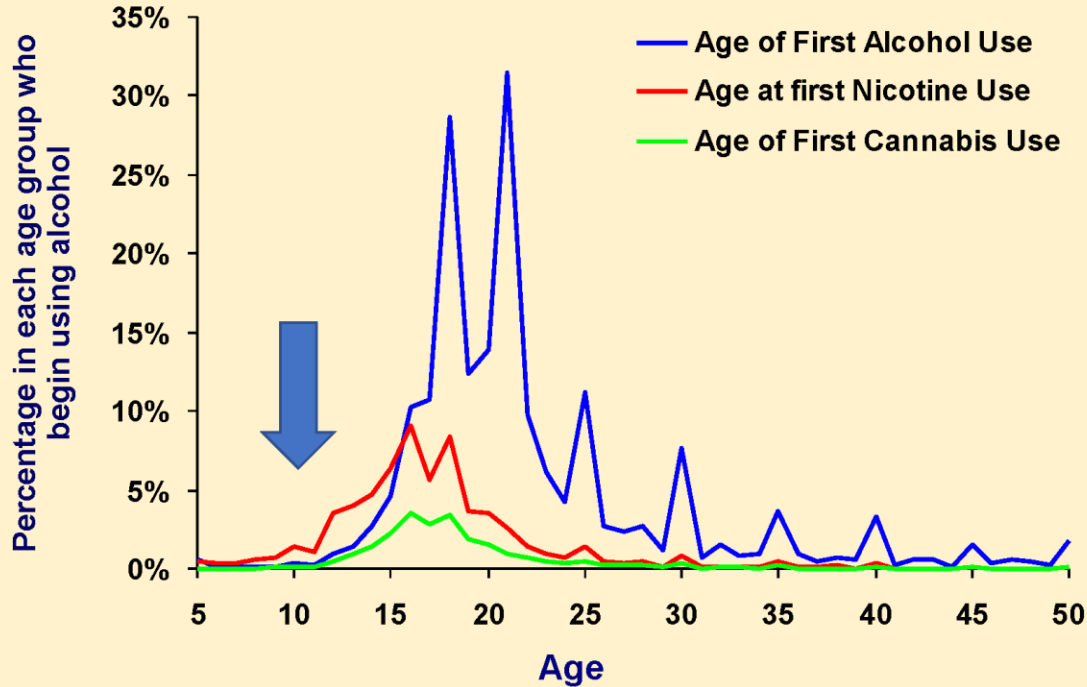
= or < 18 years old +17%

= or < 15 years old +25-50%





Addiction is a Developmental Pediatric Disease



Source: NIAAA National Epidemiologic Survey on Alcohol and Related Conditions, 2003

How does today's marijuana affect cognitive functioning and mental health?

HARMFUL: DOSE MATTERS

- Early onset  poor cognitive function, IQ decline (Pope 2003, Gruber 2011, Meier 2012)
-  Anxiety (Crippa 2009)
-  Depression (Degenhardt 2003)
-  Risk of psychosis (Kuepper 2011, Large 2011, Di Forti 2015)

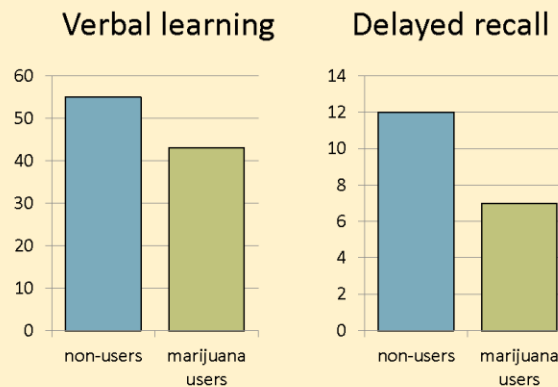
Review of Cannabis and Psychiatric Disorders: Halaš et al. Curr Addict Rep 2016

Deficits in Cognitive Functioning Among Active Marijuana Users

Many studies show that adolescents who use marijuana heavily tend to score worse than non-users on tests of:

- attention
- verbal learning
- memory
- processing speed

... even when
they are not high.



Messinis, et al 2006

Loss of Adult IQ with Marijuana Dependence in Adolescence

Findings:

- **Those who developed marijuana dependence before age 18 showed IQ decline in adulthood.**
- The longer their dependence persisted, the greater the decline, with a decline of 8 IQ points for the most persistent users.
- **Those who began using in adulthood did not show IQ decline.**
- Quitting in adulthood did not restore functioning in those who began in adolescence.

Persistent cannabis users show neuropsychological decline from childhood to midlife

Madeline H. Meier, Avshalom Caspi, Antony Ambler, HonaLee Harrington, Renate Houts, Richard S. E. Keefe, Kay McDonald, Aimee Ward, Richie Poulton, and Terrie E. Moffitt
PNAS October 2, 2012. 109 (40) E2657-E2664

What are some of the ways in which marijuana is currently available to be consumed? Are there any emerging trends about use in Connecticut?

SMOKING



EDIBLES



VAPORIZING



BEVERAGES



Ways to
consume
marijuana

OTHER





THC Concentrates



"Green Crack" wax



"Ear Wax"



Butane Hash Oil (BHO)



Hash Oil Capsules



"Budder"

"Shatter"

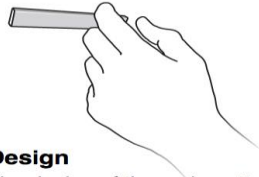


JUUL e-cigarettes

Some e-cigarette critics are calling the JUUL e-cigarette the “Apple of vaping” or the “iPhone of vaping.” With its relatively low entry price, sleek portable design, ease of use, and nicotine head rush it generates for users, JUULS are catching on with younger people.

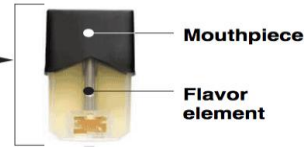
JUUL flavor pods

The juice-flavored pods contain 50 milligrams of nicotine, roughly equivalent to a pack of cigarettes.



Design

The design of the e-cigarette is about the same size as a cigarette and weighs a couple of grams.



Body

Most of the e-cigarette's body is designed to contain a built-in battery.



Charging dock
It looks like a USB thumb drive

Body

USB charging dock

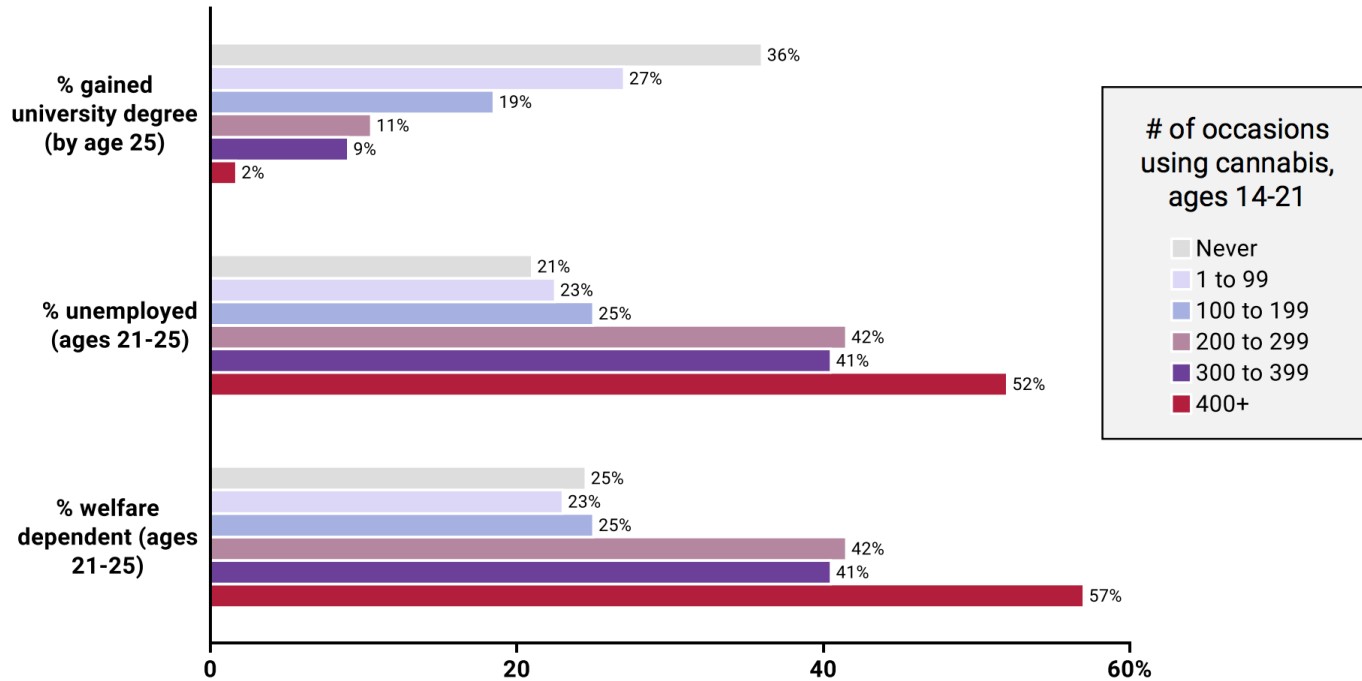
The battery is charged by dropping the body on a magnetic USB adapter. It takes an hour to fully charge and will last up to 200 puffs, a full day of regular use.

SOURCE: juulvapor.com

JAMES ABUNDIS / GLOBE STAFF

Please describe what current data teaching us about the correlations between marijuana use and academic achievement, and educational and or professional outcomes?

New Zealand study showing relationship between cannabis use and social outcomes



How can parents start a conversation with their teen about marijuana?

Here are some conversation starters...

“ If you were ever in an unsafe situation or any situation where there was alcohol or drugs involved, you know you could always text me and I would pick you up no questions asked even if it was 2 o’clock in the morning.”

Here are some conversation starters...

“ I listened to the zoom presentation on ‘Vaping and the new marijuana’ yesterday and it was an eye opener! I have to say I was pretty clueless about all the different types of marijuana that are out there today in your world and going on in your school. I hope you know you can always talk to me about what’s going on in your school and in your life. I hope you know that there’s nothing that you can say that you’ve ever done that would have me love you any less. I believe you were always making the best decisions available to you. Please let me know how I can be helpful and I hope I give you the message that I believe in you and have faith in you. ”

Here are some conversation starters...

“I listened to this zoom presentation on ‘Vaping and the new marijuana’ and what they pointed out was how important it was for teens to know where their parents stand on marijuana use. Just wanted to check in to see if you’re clear with how we stand on these issues and let me know if it sounds unreasonable. We may not always agree but I want to understand where we stand to see if we are on the same page, on the same chapter, or even on the same book.”

Tips for Parents

- Be reasonable parents with reasonable expectations.
- Whenever possible look **for win-win scenarios** with incentives that have value to your kids.
- Base your parenting on **who your kids are** not who you want them to be.
- When having important discussions, strike while the iron is cold!
- **Meet your kids where they are.**

Tips for Parents

- Listen to your kids.
- Strive to understand them, **take their concerns seriously** and affirm them.
- Enjoy your mate more than your kids.
- **Be authentic and lead by example.** The more you show your humanness, the more you are lovable.
- Have faith over trust.
- Influence over control.
- **Delay onset of first use.**