



**Welcome to our Joint Meeting:  
Conversations about Cannabis**

# MEETING OVERVIEW

- Hear the key findings from the HIDTA 2023 Western States Marijuana Summit and how they affect pregnant women and babies, youth, and older adults
- Learn from Dr. Oldach from Chapa-De Indian Health about what he's seeing in current patient populations.
- Participate in break outs to discuss your take on this issue and what are you hearing and experiencing.
- Discuss next steps.

A dark rectangular box with white text that reads "DID YOU KNOW THIS ABOUT CANNABIS?". The text is arranged in five lines: "DID YOU", "KNOW", "THIS", "ABOUT", and "CANNABIS?". The background of the box is dark and textured, possibly showing a faint image of a cannabis plant.

# What We Know Today About Cannabis/Marijuana



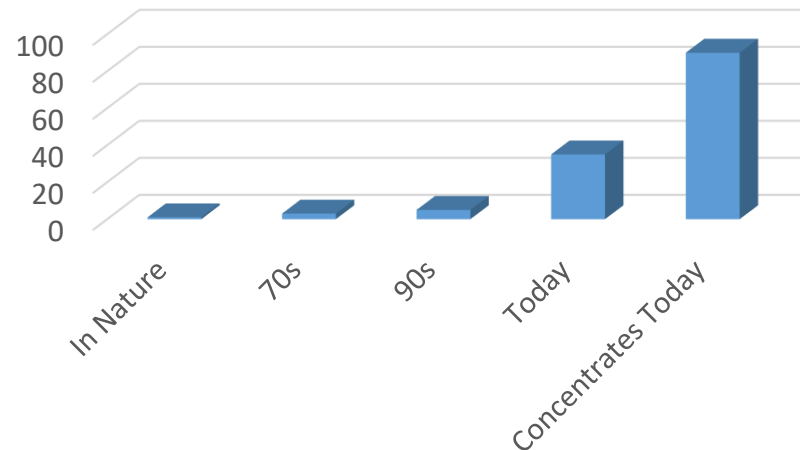
- **THC Potency**, Fat solubility, dopamine response
- **ABCD NIH Study** – 10,000 children across US, robust, longitudinal
- **HIDTA** (High Intensity Drug Trafficking Area) – 2023 Western States Marijuana Summit – Report on findings: Child risks, youth and young adult mental health, older adults)



PUBLIC HEALTH  
SUBSTANCE USE BLOCK GRANT (SUBG)

**Christina Ivazes, MPH, CHES**  
**Placer County Public Health**  
**Youth Substance Use Prevention**  
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THC in Cannabis/Marijuana



# Recent Trends in Research

- **Sleep Disruption** – Mental health impacts by interfering with Restorative Sleep critical for hormonal resets impacting mood. Sleep disruption during CUD recovery.
- **Brain Development:** Underdevelopment of the prefrontal cortex from cannabis use may increase impulse behaviors. Age of onset, potency and frequency of THC use are directly associated with the risk for increased anger and violence, especially in psychosis induced violent behavior. Research suggests regular THC use in both adolescents and adults can increase risk for domestic and intimate partner violence.
- **Cannabinoid Hyperemesis Syndrome** – Increasing in younger cannabis users due to high THC cannabis.
- **Fentanyl connection** – High potency cannabis products and opioids – Dopamine response similar
  - The predominant predictor of adult opioid misuse is having used marijuana before the age of 18. (NSDUH, 2016).
  - The No. 1 risk factor for adolescent opioid misuse is having EVER used marijuana (lifetime use) YRBS, 2020.
  - Cannabis Use and Risk of Prescription Opioid Use Disorder in the U.S. - 3 times higher non-medical use of opioids and/or OUD associated with adults who used cannabis. (PubMed, 2017).
  - Point of concern: Opioid relief from cannabis withdrawals when Cannabinoid Hyperemesis Syndrome is present. Seen earlier, even in 14 – year-olds today. This may pose a risk for fentanyl overdose or poisoning.
  - For those in MAT treatment for OUD, relapse rate significantly higher if client is concurrently using cannabis.
- **Incomplete Data:** Use and impacts can be hidden when THC use not being recorded or reported (CPS, LEAs, Coroners, OUD treatment)

# Mental Health

## Risks include:

- **Anxiety**
- **Depression**
- **Suicidality**
  - THC most prevalent drug, in recent toxicology reports, from deaths by suicide under age 25 in Colorado and San Diego County, California.
- **Psychosis** (including bi-polar and schizophrenia)
  - Research suggests daily users consuming greater than 10% THC are 5x more likely to develop psychosis with this risk increasing in younger daily users.
  - More updates on findings available after the Sept. 19<sup>th</sup> *Symposium on Cannabis, Schizophrenia, & Other Psychotic Disorders* \* See Resources for link
- **Current Package Warnings in CA – Don't reflect research findings**
  - Last year Senator/Dr. Richard Pan sponsored CA legislation SB 1097. This bill aimed to require warnings on commercial cannabis similar to tobacco packaging and cannabis use warnings in states like OR, WA, and CO. Unfortunately, the bill failed to pass.

# Cannabis Use Disorder (CUD)

## Possible Signs

- Increasing isolation
- Lack of motivation
- Change in sleeping habits
- Mood swings
- Depression
- Anxiety
- Paranoia
- Cognitive/memory decline
- Change in hygiene practices
- Change in social groups
- Cannabinoid Hyperemesis Syndrome

## Possible Withdrawal Symptoms - May last up to 1 Month or more

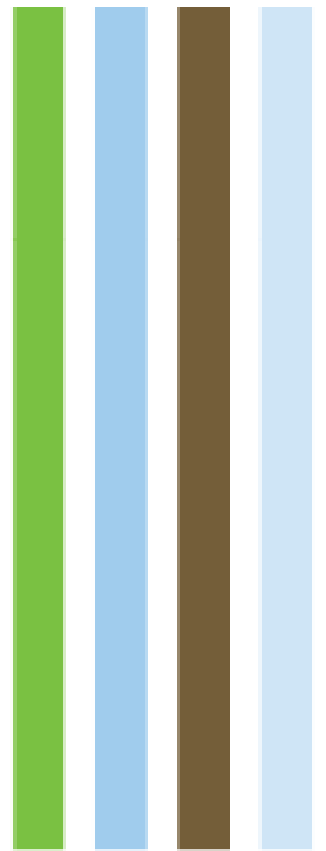
- Insomnia/Nightmares
- Night sweats
- Intense dreams
- Mood swings
- Depression
- Stomach pain
- Flu like symptoms
- Irritability/anger/aggressiveness
- Headache
- Tremors/Shakiness



COUNTY  
OF  
**Placer**<sup>®</sup>

# *Cannabis Cases*

Ben Oldach DO MPH  
Family Physician  
Chapa-De Indian Health





# Cannabis and Pregnancy

- Cannabis can transfer through placenta and breast milk
- Can cause nausea and vomiting in pregnancy
- Increases risk of preterm birth and low birth weight
- Can increase risk of neonatal death and infant death when used consistently during pregnancy
  - Stronger association than 2nd hand smoke after delivery
  - Further increased risk if also using nicotine
- Increased risk of autism spectrum disorder, ADHD and other conditions that affect how the brain functions
- No increased risk of birth defects has been found thus far when adjusted for variables such as folic acid supplementation



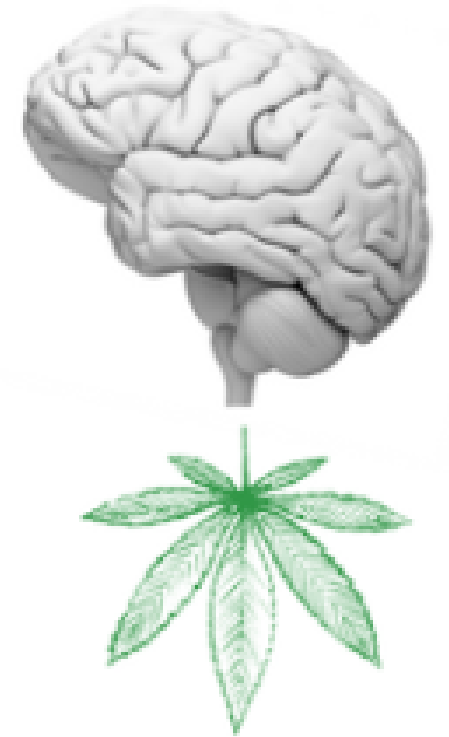
# Cannabis and Children

- Ingestion is often accidental
  - Discussion of safe storage
- Central Nervous System Depression may be more profound than adults
  - Supportive care is at times needed
- 2nd hand inhalation
  - Contains about 4 times as many fine particles as tobacco smoke
- Asthma
- Endothelial Dysfunction
  - THC content can be found in blood and urine with environmental exposure



# Cannabis and Adolescents

- Frontal lobe development and learning theories
- New Products
  - Spice, K2, RedX Dawn, Paradise, Demon, Black Magic, Spike, Mr. Nice Guy, Ninja, Zohai, Dream, Genie, Sence, Smoke, Skunk, Serenity, Yucatan, Fire, Skooby Snax, and Crazy Clown
- Technological Creativity
  - Adapting vape pens at home
  - Concentration of THC approach 80% in Dab
- Acute Psychosis in High Concentration
  - Debate about association with schizophrenia
- Lung Collapse (Pneumothorax)
- Association between age of first use and development of use disorder



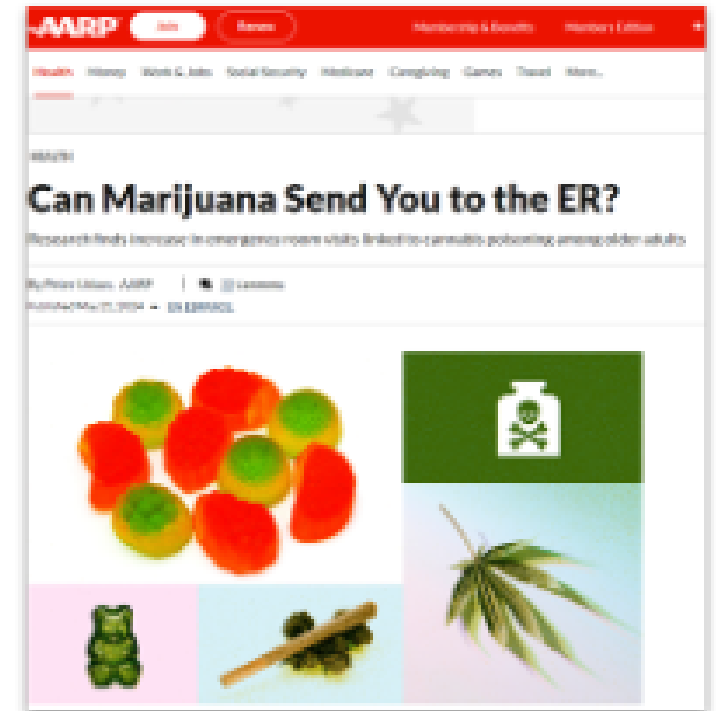
# Cannabis and Adults

- Cannabis Hyperemesis Syndrome
  - Repeated severe bouts of vomiting
- Changes in a person's personality, emotions, and cognitive function (debated in the literature)
- Lung dysfunction and smoke exposure
  - Risk of Vape Associated Lung Injury
- Tinctures or eaten preparations
  - Dosing and absorption is variable
- Hardening of the arteries (similar risk to tobacco)
- Contamination and inconsistency of formulations
  - Fentanyl cross contamination



# Cannabis and Older Adults

- Increased potency can be deceiving
- Associated with irregular heartbeat
  - Endothelial dysfunction: large blood vessels on heart's surface narrow instead of opening
- Breathing Conditions (i.e. Asthma, COPD)
- Cognitive Impairment (Multiple Insult Hypothesis)
- Interaction with other medications
  - Ambien and Benadryl
  - Anti-anxiety medications — Xanax, Valium and Librium
  - Antidepressants — Zoloft, Prozac and Lexapro
  - Pain medications — codeine, Percocet and Vicodin
  - Seizure medications — Tegretol, Topamax and Depakote
  - Blood thinners — Coumadin, Plavix and heparin



# How to Discuss Cannabis

## 1. Ask Direct Questions

- a. Many community members do not consider cannabis a “drug” and therefore don’t bring it up

## 2. Think in the Stages of Change

- a. Precontemplation, Contemplation, Preparation, Action, Maintenance

## 3. Perceived judgement kills the conversation

- a. Cannabis is serving a role for the person using it
- b. Encouraging safer use
- c. Not every person who uses cannabis is “addicted”

## 4. Overstating Risk Risks Credibility

- a. Understating risk misses the opportunity for education

## 5. Prevention

- a. Evaluate their understanding
- b. Address misconceptions

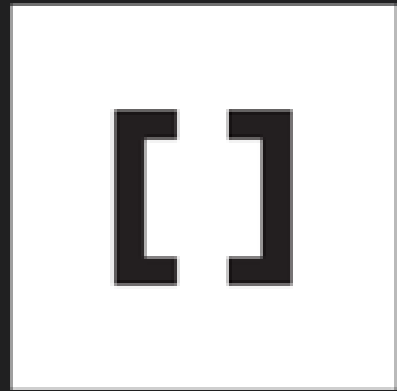


*"I'll have an ounce of prevention."*

# BREAKOUT DISCUSSION

- What's your take on this issue?
- What are you hearing and experiencing?
- What is valuable, what do you need more of?





**DECODED**



# Decoded Campaign Impact In San Mateo County

[DECODED]

Search bar with suggestions:

- cannabis and
- cannabis and health
- cannabis and social justice
- cannabis and the environment

Get the facts about cannabis >>

DON'T TRY TO SELL ME OR SCARE ME, JUST GIVE ME THE FACTS.

GET THE FACTS ABOUT CANNABIS.

[HEALTH] DECODED

[IMPACT] DECODED

GET THE FACTS ON MENTAL HEALTH

Learn more about managing your mental health.

WE RISE BY SHOWING UP

[HEALTH] DECODED

GET THE FACTS >>

CUT THROUGH THE CLUTTER AND GET THE FACTS.

[DECODED]

VAPING CAN BE JUST AS HARMFUL FOR YOUR LUNGS AS SMOKING

IT CAN ALSO INCREASE YOUR CHANCES OF GETTING SICK.

13,423,145 IMPRESSIONS

[CANNABIS] DECODED

Psychological effects of cannabis use can include lowered inhibitions, drowsiness, and silliness/ giddiness. Some users also report anxiety and paranoia. Regular cannabis use is linked to an increase of social anxiety disorder.

[IMPACT] DECODED

VISIT [CANNABISDECODED.ORG](https://cannabisdecoded.org) FOR MORE FACTS

[DECODED]

WHAT'S IN A DAB?

[CANNABIS] DECODED

CAN USING WEED HELP WITH ANXIETY?

SWIPE TO FIND OUT ->

Grid of 12 social media posts, each featuring the [DECODED] logo and various images related to cannabis.

GET THE FACTS YOU NEED

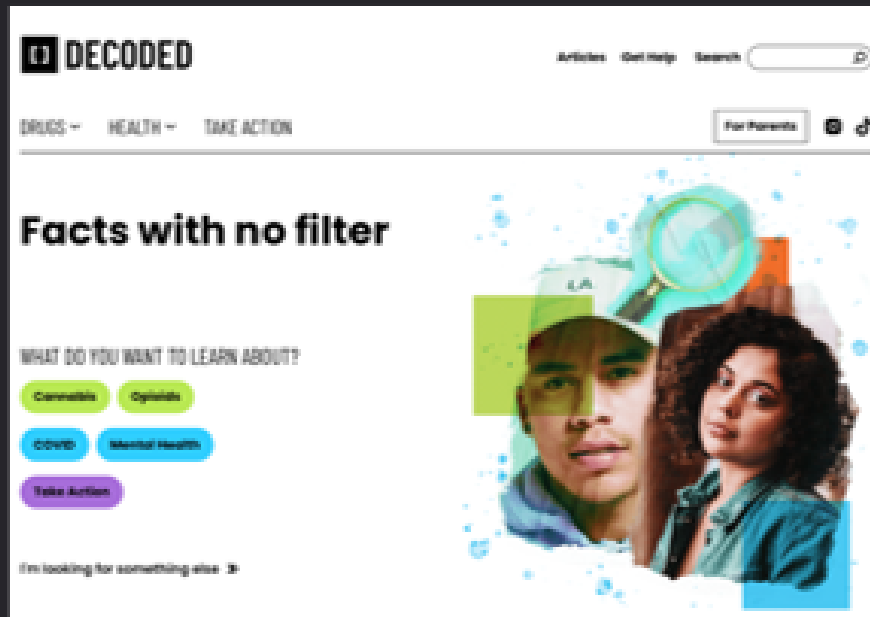
[cannabisdecoded.org](https://cannabisdecoded.org)

[CANNABIS] DECODED

# Website

Developed by subject matter experts and shaped by youth voices, the site ensures that information is grounded in the latest research and evidence, and is presented in a way that is easy for young people to understand.

Since its launch, the website has successfully driven traffic through targeted ads, organic social media content, and community partnerships.



**30,000+ site visits**

July 1, 2022 – June 30, 2024

# Resources for More Information and/or Support

- Placer County Substance Use Services: <https://www.placer.ca.gov/2198/Substance-Use-Services>
- Raising Placer: Parent and Teen Information and Resources: <https://www.raisingplacer.org/marijuana/>
- Granite Wellness Centers: <https://www.granitewellness.org/>
- Chapa De: <https://chapa-de.org/addiction-substance-use/>
- Western Sierra: <https://wsmcmed.org/services/medical/addiction-management/>
- Marijuana Anonymous – Virtual and In-person Meetings 24/7 <https://marijuana-anonymous.org/>
- Connecting Point: Call or Text: 211 website: <https://211connectingpoint.org/placer-county/>
- HIDTA 2023 Western States Marijuana Summit: <https://www.thenmi.org/2023-wsms/>
- Stanford Cannabis Awareness & Prevention TOOLKIT: <https://med.stanford.edu/cannabispreventiontoolkit.html>
- ABCD Study: <https://nida.nih.gov/research-topics/adolescent-brain/longitudinal-study-adolescent-brain-cognitive-development-abcd-study>
- Dr. Matthew Walker: Sleep & THC - <https://podcasts.apple.com/gb/podcast/74-sleep-thc/id1578319619?i=1000656119404>
- Sept. 19<sup>th</sup> – 9-4:30: Addiction, Drug & Alcohol Institute Symposium on Cannabis, Schizophrenia, & Other Psychotic Disorders: <https://adai.uw.edu/ceip/symposium-2024/>
- Medication Interaction Checker: [https://www.drugs.com/drug\\_interactions.html](https://www.drugs.com/drug_interactions.html)

# Join us!

[placercollaborativenetwork.org](http://placercollaborativenetwork.org)  
[placercw.org](http://placercw.org)



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[Placer4MentalHealth](#)

In Crisis? Call 1-800-273-8255



I pledge to  
**BE THE CHANGE**

Take the pledge to  
end mental health stigma:

[placer4mentalhealth.org](http://placer4mentalhealth.org)



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## About PCN

The Placer Collaborative Network (PCN) brings community leaders

## Upcoming Events

[Joint Meeting with Campaign for Community Wellness](#)