

Program Overview

&

Cannabis Facts

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MONTEREY COUNTY

CANNABIS
EDUCATION

P R O G R A M



Agenda

01. Program
Framework

02. Cannabis & the
Brain

03. Cannabis
Products &
Conversations

Program Goals

Our goal is to provide current and factual information that empowers our community to make informed choices about their health.

01. Provide community with fact-based cannabis information

02. Empower parents and youth to have conversations about cannabis

03. Utilize a risk reduction approach

Where is cannabis legal?

Nearly half of states have legalized the recreational use of marijuana

Legal allowance of marijuana at the state level, as of February 2024

■ Recreational and medical use ■ Medical use only ■ CBD/Low THC only



Note: Nebraska's state laws only allow low-THC CBD products derived from hemp. All products derived from marijuana are prohibited.

Source: National Organization for the Reform of Marijuana Laws, current to February 2024.

PEW RESEARCH CENTER

National Adolescent Cannabis Use Data

8%

of 8th graders reported cannabis use in the last year.

18%

of 10th graders reported cannabis use in the last year.

29%

of 12th graders reported cannabis use in the last year.

Monitoring the Future 2023

National Adolescent Cannabis Use Data

11.4% of 12th graders reported delta-8 THC cannabis use in the last year.



Monitoring the Future 2023

Monterey County Adolescent Cannabis Use Data



4.9%

of 7th graders reported cannabis use in last 30 days.

9.8%

of 9th graders reported cannabis use in the last 30 days.

10.2%

of 11th graders reported cannabis use in the last 30 days.

2017 - 19 kidsdata.org

Our Audience

Youth

- Delay and/ or decrease youth cannabis use
- How cannabis affects the brain and other health effects
- Identify alternative coping mechanisms and where to seek help

Parents

- Empower parents to talk with their children about cannabis and other substances
- Provide cannabis facts that can be shared with youth and young adults

21+ Adults

- Reduce risk associated with use and consider risk factors
- Provide information regarding safer use (i.e. buying legal, not using and driving, co-use, etc.)

Prevention Education Efforts

Youth

- Middle & high school aged youth
- Focus on how cannabis affects the brain and other health effects
- Address potential misconceptions and other potential motivators
- Interactive game component

Parents

- Focus on how to talk to their children of different age groups regarding cannabis
- Provide parents with general cannabis information
- Offered in English and Spanish

[1] DECODED FACTS WITH NO FILTER



DECODED
DECODEDCA.ORG



Partnerships

Decoded

- Educational initiative to provide fact-based health information for teens and young adults to empower them to make their own decisions
- Launched by County of San Mateo and now expanded to various cities and counties across CA

The Epicenter

- Art programming with pro-social nonjudgemental group classes
- Aim to increase resiliency, promote feelings of self-efficacy, identity development, and promote healthy coping mechanisms

Sun Street Centers

- Cannabis/Vaping Presentations
- Drugged Driving Presentations



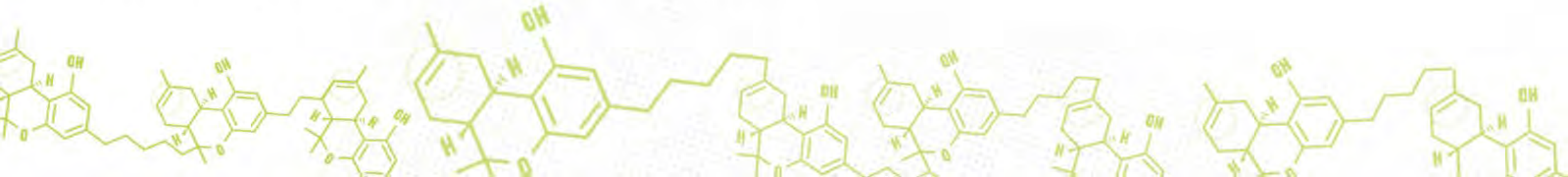
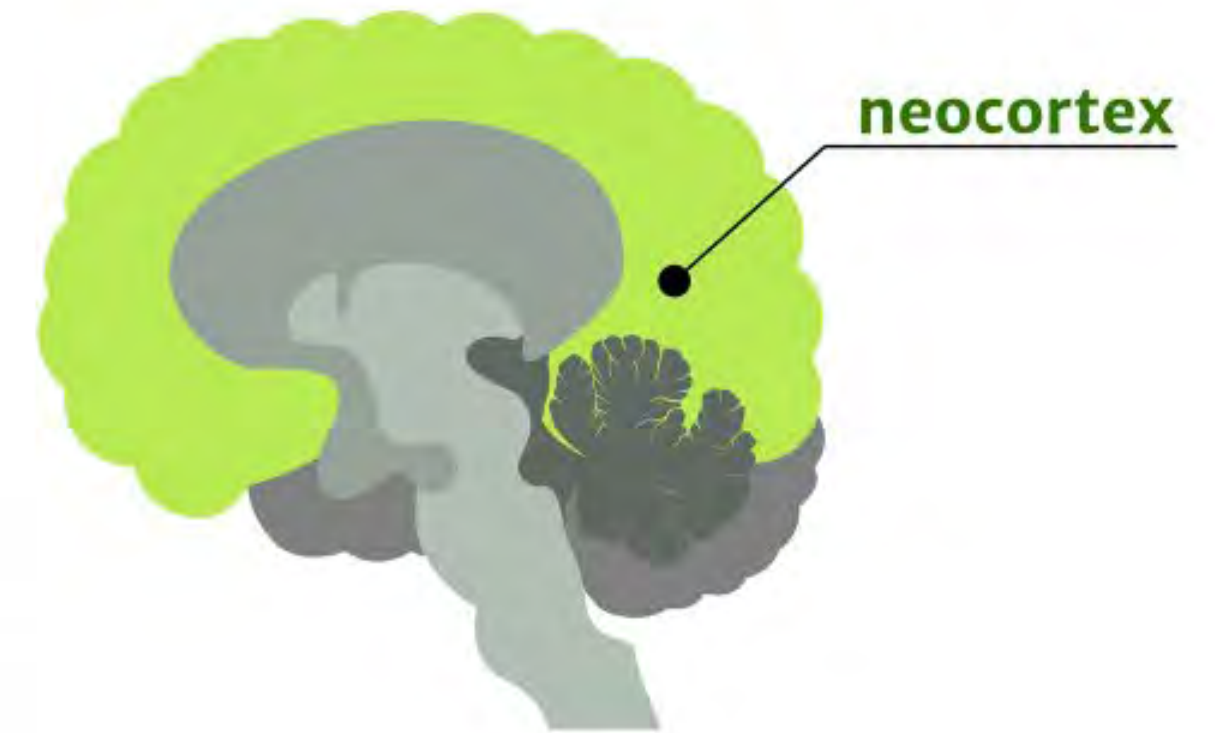


Youth Presentation

BRAIN DEVELOPMENT

THE TEEN BRAIN

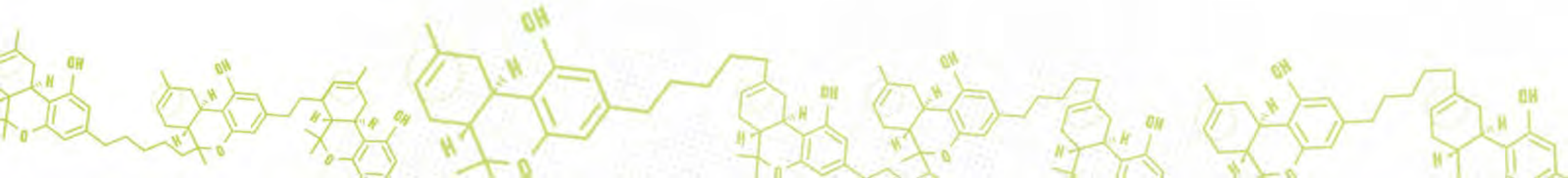
- Adolescence is an important time for brain development.
- The **neocortex**, which controls complex thinking, doesn't finish developing until around age 25.



BRAIN DEVELOPMENT

EMOTIONS

- These years often involve dealing with intense emotions and stress.
- Long term cannabis use can make anxiety and stress harder to manage.





**CANNABIS VS
TOBACCO**

1

**TREATMENT
SERVICES**

2

**CANNABIS &
ANXIETY**

3

**CANNABIS
& THE
ENVIRONMENT**

4

**CANNABIS
HYPEREMESIS**

5

**CANNABIS
ADDICTION**

6

**CANNABIS
& THE BRAIN**

7

**CANNABIS
& FENTANYL**

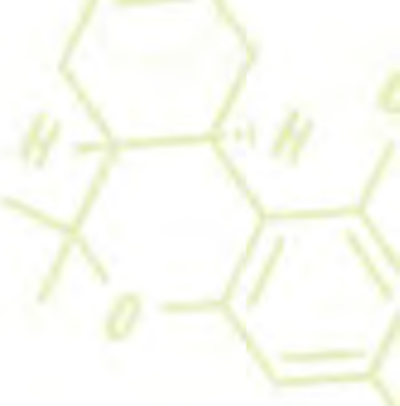
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**CANNABIS
LAWS**

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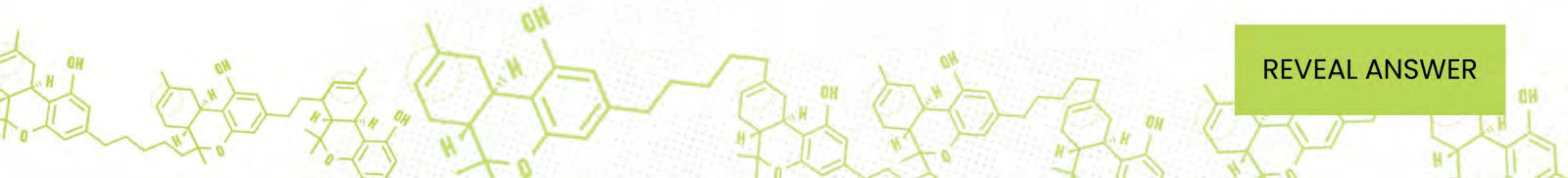
CANNABIS & ANXIETY



TRUE OR FALSE:

Cannabis is an effective way to manage anxiety.

REVEAL ANSWER



FALSE

- Higher levels of THC and more frequent use are associated with **increased** anxiety.

Using cannabis might temporarily numb the feeling of tough emotions, but it **doesn't treat or improve** anxiety, depression, or other common mental health challenges.

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Parent/ Trusted Adult Presentation

Overview of Training

At the end of this training you will:

- Feel confident having conversations with the young people in your life about cannabis and other substances.
- Be able to provide helpful information and resources to youth.
- Understand how to establish trust to encourage youth to bring their questions and concerns to you.



A photograph of three young men laughing heartily in a city street. The man on the left wears a dark cap, sunglasses, and a dark jacket with a patch. The man in the center wears a dark beanie and a dark Adidas jacket with white stripes. The man on the right wears a light-colored cap and a light-colored hoodie. The background is a blurred city street with cars and buildings. A solid green vertical bar is on the left side of the image.

Cannabis 101

What is cannabis?

- "Cannabis" is the correct scientific term. There are a lot of other names for cannabis like: marijuana, pot, and weed.
- There are two main types of compounds in cannabis: THC and CBD
 - THC is the chemical in cannabis that produces a "high" feeling.
 - CBD can be hemp derived, contain no THC, and will not cause a high if it contains .03% THC or less.
- Smoke from cannabis is just as toxic and contains many of the same chemicals as tobacco smoke



California Law

PURCHASING AND POSSESSION



18 years or older
with either a
current doctor's
recommendation or
a medical marijuana
ID card to buy
medical marijuana.



21 years or older
to use, carry, buy,
or grow recreational
cannabis in California.



Cannabis cannot be
consumed in public
spaces in any form,
including edibles.

Risks for Youth



Teen brains are still developing. Using cannabis before the age of 25 can have long-lasting impacts on brain development.



Cannabis effects can last for days after use – even after the ‘high’ is gone.



High potency cannabis and/or frequent use may increase risk for physical and mental health.

Consumption of Cannabis Has Changed



Smoking



Vaping



Dabbing



Edibles

Vaping

Vaping products look like regular cigarettes, cigars, or pipes, others can look like a pen, USB stick, or other everyday items.



**Rechargeable
E-Cigarettes**



Tank Systems



Vape Pens



E-Liquids & E-Juices

Dabbing

Highly concentrated cannabis wax that is heated rapidly and inhaled.

Consuming this high concentration of cannabis so quickly can produce side effects including:

- rapid heartbeat
- blackouts
- paranoia and hallucinations



Edibles

Foods such as cookies, brownies, chocolate, candies, etc. that contain cannabis.

The effects of edibles are not instant and can take hours before they are felt, making it difficult to judge how much to consume.



Starting the Conversation

CREATE AN OPEN ENVIRONMENT FOR SHARING

- Build regular opportunities to talk and connect
- Create family norms
- Ask open ended questions
- Don't rush to correct
- Affirm what they know



Starting the Conversation

CREATE PLANS AND SET EXPECTATIONS

- Ask if they know what your family or household rules and expectations are about cannabis.
- Help them be good consumers of information.
- Listen and validate their response.



How Do You Know if Your Youth is Using?

LOOK FOR THE SIGNS

- Mood swings (beyond what is normal for your child)
- Spending less time with friends
- Skipping school
- Loss of interest in sports or other favorite activities
- Changes in grades and sleeping habits

While these are not necessarily signs that your child is using cannabis or other substances, they are general warning signs that your child is struggling with something and needs further support.

What if I find out my teen is using cannabis?

1. Stay calm
2. Shift your role away from rule enforcer to resource.
3. Listen to understand what motivated their behavior.



What to do if my child needs help

For more information:

DecodedCA.org/topics/parents

Information for parents and youth

Partners for Peace - partners4peace.org

Classes for parents/ caregivers and youth

To seek help:

Monterey County Behavioral Health

Call: 1-888-258-6029

Services for those experiencing severe mental illnesses and substance use challenges

Valley Health Associates

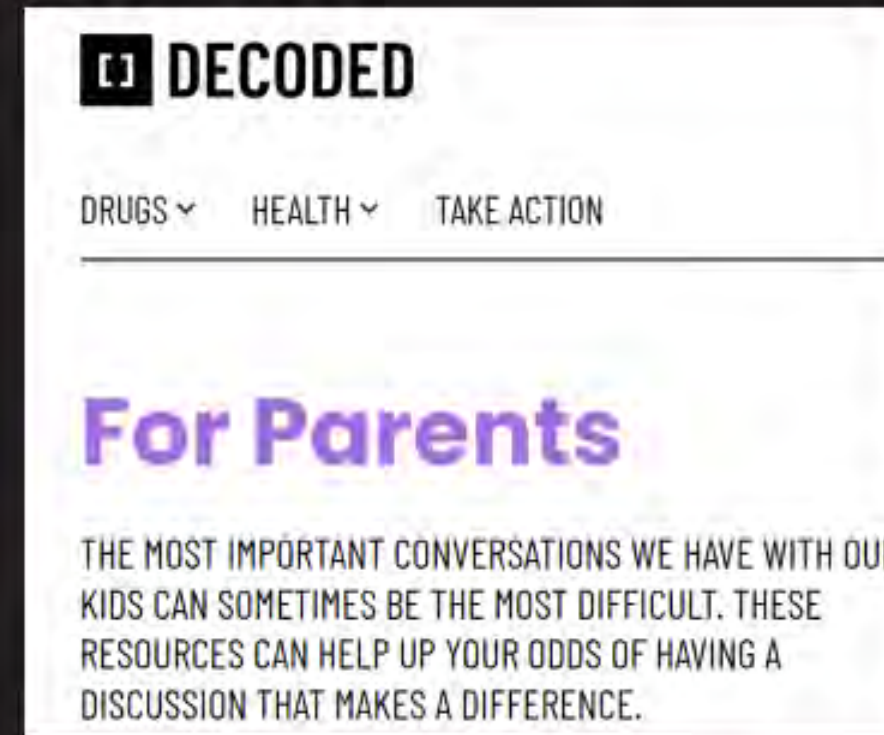
Call: 831-424-6655

Treatment services for substance use

Sun Street Centers

Call: 831-753-5135

Counseling services to address substance use



Thank you!

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