

WEBVTT

1 "Stephanie gissal" (3780906496)

00:00:04.932 --> 00:00:17.609

Finding us for signals substance, use disorder. Awareness series. My name is Stephanie goes along with my coworkers, Jordan. Nielsen, Carrie Mac and Wanda. Russell we appreciate you. Joining us today.

2 "Stephanie gissal" (3780906496)

00:00:17.609 --> 00:00:26.910

We are a team of nurses and behavioral clinicians for the opioid pain management and substance use disorder team here at every part of Sigma.

3 "Stephanie gissal" (3780906496)

00:00:26.910 --> 00:00:41.280

Due to the format of the seminar, you will not be able to ask questions during the presentation. You are however able to add questions at any time in the Q and a section found at the lower right side of your screen.

4 "Stephanie gissal" (3780906496)

00:00:41.280 --> 00:00:48.300

We will try to address as many questions as time permits during the last 15 minutes of our hour together.

5 "Stephanie gissal" (3780906496)

00:00:48.300 --> 00:01:00.750

Please lend me your questions to the seminar topic. If you have specific questions regarding substance, use disorder, treatment, or your policy, please contact me or 1 of my team members.

6 "Stephanie gissal" (3780906496)

00:01:00.750 --> 00:01:05.310

Our contact information can be found on the last slide of the PowerPoint.

7 "Stephanie gissal" (3780906496)

00:01:05.310 --> 00:01:15.750

Today's PowerPoint will be part of the presentation here on the Webex, or you can click the link found in the chat section near the question and answer section as well.

8 "Stephanie gissal" (3780906496)

00:01:15.750 --> 00:01:26.580

Today I have the pleasure of introducing Pat awesome for September webinar on marijuana from the marijuana research center with partnership to end addiction.

9 "Stephanie gissal" (3780906496)

00:01:26.580 --> 00:01:42.510

That awesome is the vice president of consumer, clinical content at partnership to end the addiction in this role. She oversees the development of multimedia resources and services geared to families to address substances and mental health.

10 "Stephanie gissal" (3780906496)

00:01:42.510 --> 00:01:47.160

For work entails curating information on current substance.

11 "Stephanie gissal" (3780906496)

00:01:47.160 --> 00:01:50.430

Trends risk and protective factors.

12 "Stephanie gissal" (3780906496)

00:01:50.430 --> 00:01:53.910

Ways to intervene and use substance use.

13 "Stephanie gissal" (3780906496)

00:01:53.910 --> 00:02:00.480

Parenting skills and finding quality evidence based treatment along the continuum of care.

14 "Stephanie gissal" (3780906496)

00:02:00.480 --> 00:02:05.700

She has a frequent spokesperson for the organization on topics, including things.

15 "Stephanie gissal" (3780906496)

00:02:05.700 --> 00:02:13.020

Marijuana opioids medications to treat substance use and Co, occurring disorders among others.

16 "Stephanie gissal" (3780906496)

00:02:13.020 --> 00:02:30.660

In addition to an MBA in finance Pat has her master's degree in counseling psychology, and is license in New York as a licensed mental health counselor and in New Jersey as a licensed professional counselor with a master addiction counseling.

17 "Stephanie gissal" (3780906496)

00:02:30.660 --> 00:02:39.060

Certification pet has a private practice in New Jersey, serving families, struggling with addiction, and is on the board.

18 "Stephanie gissal" (3780906496)

00:02:39.060 --> 00:02:47.070

Uh, community and crisis, a local nonprofit focused on prevention and recovery support.

19 "Stephanie gissal" (3780906496)

00:02:47.070 --> 00:02:55.296

Now, I will turn it over to our presenter from partnership to end addiction. Pat. Awesome. Hi.

20 "Pat aussem" (137567488)

00:02:55.296 --> 00:03:05.940

Stephanie, thanks for that wonderful introduction and it's great to be here. I'm looking forward to the questions from the audience so let's dive in.

21 "Pat aussem" (137567488)
00:03:05.940 --> 00:03:25.940

Um, just 1 quick thing about, um, let me see if I can advance the slide there. There we go. So, uh, some of you may not have heard a partnership to end addiction. We're a national nonprofit. Um, and we really help support families. So, it may be that you want to protect your.

22 "Pat aussem" (137567488)
00:03:25.940 --> 00:03:34.980

From using substances, you may have found that your teenager has a bait pen in their backpack, and you don't know quite what to do.

23 "Pat aussem" (137567488)
00:03:34.980 --> 00:03:54.980

You may have a 24 year old daughter who is pregnant and using IV substances, heroin or math, or what have you and again, it's really trying to help families figure out. How do you navigate that journey? And how do you find effective treatment? We also do a lot of work in the advocacy arena.

24 "Pat aussem" (137567488)
00:03:54.980 --> 00:04:11.970

Trying to make sure that the laws and regulations and so forth and all the opioid settlement dollars that are coming down are spent to really try and advance this healthcare issue. And we want to work on changing the culture. So that people aren't afraid to talk about the topic.

25 "Pat aussem" (137567488)
00:04:11.970 --> 00:04:31.970

So, uh, I wanted to start off a little bit with some fun facts about marijuana. I don't know about you, but when I was growing up, I always thought that it was sort of, um, you know, the realm of the hippie culture of the sixties. You know, with Woodstock and whatnot, but.

26 "Pat aussem" (137567488)
00:04:31.970 --> 00:04:46.949

And researching the topic, I learned that, you know, radiocarbon dating shows that cannabis was harvested 2700 years ago. It's native to Central Asia but they believe that nomadic people spread. Um.

27 "Pat aussem" (137567488)
00:04:46.949 --> 00:05:06.949

Cannabis and marijuana by selling the seeds during the Han dynasty, which was over 2000 years ago it was used as an anesthesia. There's some information about 1500 BC where it was used topically for inflammation. And as.

28 "Pat aussem" (137567488)
00:05:06.949 --> 00:05:15.029

Perhaps in Egypt, um, and then there was some archaeologists that found that it was used by a.

29 "Pat aussem" (137567488)
00:05:15.029 --> 00:05:35.029

A midwife as she was trying to help a 14 year old girl with a very difficult birth childbirth and then in the 850 s, it was listed as 1 of the top medications in this publication that the United States had at the time of Pharmacopoeia.

30 "Pat ussem" (137567488)
00:05:35.029 --> 00:05:44.339

Other medicines used in the United States, it was also a major ingredient in many of the medications that were being used at the time.

31 "Pat ussem" (137567488)
00:05:44.339 --> 00:06:01.349

It was only in during the civil war where it really caught people's attention, because there was a concern about it being a quote unquote, narcotic. And then, of course, I'm sure many of, you know, that the, you know, the war on drugs and sued after that.

32 "Pat ussem" (137567488)
00:06:01.349 --> 00:06:21.349

So, with that, as a backdrop, I am going to talk a little bit about our marijuana resource center. So what we have tried to do with the partnership is put together information that we think will be helpful to families on this topic since it's become widely available.

33 "Pat ussem" (137567488)
00:06:21.349 --> 00:06:28.439

In many states legally either on a recreational basis, or as a medicinal.

34 "Pat ussem" (137567488)
00:06:28.439 --> 00:06:48.439

Product, so you'll see that the website is set up so that you can scroll through it. There's the basics basic information about marijuana, and then under prevention, it talks about 2nd hand smoke in the home. It talks about how you model.

35 "Pat ussem" (137567488)
00:06:48.439 --> 00:07:08.439

What your model is important if you're using marijuana products, under risks of use, we talk about, whether it's addictive. It would also talk about some different things like disorders, like cannabis hyperostosis syndrome, which I'll go through in a in a couple of minutes. You scroll further down the page talks about treatment, you know, what does addiction look like.

36 "Pat ussem" (137567488)
00:07:08.439 --> 00:07:12.389

When it comes to marijuana use disorder.

37 "Pat ussem" (137567488)
00:07:12.389 --> 00:07:16.409

And what are the treatment options that you could have?

38 "Pat ussem" (137567488)
00:07:16.409 --> 00:07:21.029

And then we talk a little bit more about ways to protect and advocate for, you.

39 "Pat aussem" (137567488)
00:07:21.029 --> 00:07:35.309

And then there are some additional resources, so just lots of information trying to put it all in 1 place. So that you don't have to hunt through the Web site or other areas to try and find what is helpful.

40 "Pat aussem" (137567488)
00:07:35.309 --> 00:07:57.589

So, I titled this 50 shades of marijuana only because if you think about it, there are so many products out on the market today. It is just mind boggling. Not only the legal market, but the illegal market. And so I wanted to spend a little bit of time talking about the various.

41 "Pat aussem" (137567488)
00:07:57.589 --> 00:08:03.149
Ways that it shows up.

42 "Pat aussem" (137567488)
00:08:03.149 --> 00:08:20.159

So 1st of all want to square, weigh a little bit of terminology often the term cannabis and marijuana are used interchangeably. You're going to see people, um, refer to cannabis more and more often um, as the product is commercialized.

43 "Pat aussem" (137567488)
00:08:20.159 --> 00:08:40.159

And there are over 400 chemicals in it, but when most people are familiar with is referred to as Delta 9 Tetra hydrate which is a mouthful the shortened as so is what gives people the high that's often associated with marijuana.

44 "Pat aussem" (137567488)
00:08:40.159 --> 00:08:48.299

And there's also which can counterbalance THC, offering a little bit more of the call.

45 "Pat aussem" (137567488)
00:08:48.299 --> 00:08:58.169

There is also help that comes from the cannabis plant and help was legalized a few years ago with a farm act.

46 "Pat aussem" (137567488)
00:08:58.169 --> 00:09:18.169

And it has by definition, it's supposed to be less than point 3% of in it. So not mind altering if you will, um, has a very high content. Um, and I'm sure you're seeing CBD everywhere they're offered in drinks.

47 "Pat aussem" (137567488)
00:09:18.169 --> 00:09:38.169

For a massage lotions, gummies and more, it's not a controlled substance, although state and local regulations vary considerably. I can remember

talking to this gentleman who was in charge of some of their regulations and I believe it was Iowa and he.

48 "Pat aussem" (137567488)
00:09:38.169 --> 00:09:41.579
Said they had just cleared a whole bunch of CBD products.

49 "Pat aussem" (137567488)
00:09:41.579 --> 00:09:49.229
From their shelves, because they were concerned that what was on the label wasn't actually what was in the bottle.

50 "Pat aussem" (137567488)
00:09:49.229 --> 00:10:03.539
And he said, I'm all for love, but love was the 1st ingredient on 1 of the bottles of lotions being sold with CB for CBD. And he said, you know.

51 "Pat aussem" (137567488)
00:10:03.539 --> 00:10:11.939
I can't quite get on board with that. So anyway, they had clear the shells really trying to figure out how to improve overall consumer safety.

52 "Pat aussem" (137567488)
00:10:11.939 --> 00:10:34.339
And there are newer hemp derived products that creative entrepreneurs have found ways to make it more mind altering. So, if you take hemp, which is again, as I said, has less than point, 3% of that mind altering substance in it, the THC, and you add.

53 "Pat aussem" (137567488)
00:10:34.339 --> 00:10:40.019
Solvent or heat, you can come up with different products and those products do have.

54 "Pat aussem" (137567488)
00:10:40.019 --> 00:10:48.179
Uh, mind altering capabilities so the 1st, 1, that's on the right hand side. There is Delta 8.

55 "Pat aussem" (137567488)
00:10:48.179 --> 00:11:08.179
So, Delta 8 is roughly half as potent as Delta 9 and Delta 9 by the way is what is covered by most regulations across the country and Delta 8 products can be found in vape shops and gas stations and other places. And when you say it's half as.

56 "Pat aussem" (137567488)
00:11:08.179 --> 00:11:12.629
Often, what happens is people take twice as much to get the same effect.

57 "Pat aussem" (137567488)
00:11:12.629 --> 00:11:18.389
Um, and then there is Delta 10.

58 "Pat aussem" (137567488)
00:11:18.389 --> 00:11:38.389
Thc, so another variation on the theme, if you will, um, there's no confirmed data on exactly how potent THC O is but several publications report that it's more potent than the more popular THC.

59 "Pat aussem" (137567488)
00:11:38.389 --> 00:11:45.389
Potentially, 3 times as potent and often has more psychedelic effects.
Um.

60 "Pat aussem" (137567488)
00:11:45.389 --> 00:11:53.489
An, is reporting to be about 80% as potent as traditional marijuana.

61 "Pat aussem" (137567488)
00:11:53.489 --> 00:11:57.089
And 30 or 40 more, um.

62 "Pat aussem" (137567488)
00:11:57.089 --> 00:12:09.929
Um, more potent than Delta 8. so, anyway, the bottom line is that all those substances to the right are sort of skirting the laws with respect to the legality of.

63 "Pat aussem" (137567488)
00:12:09.929 --> 00:12:29.929
Um, uh, cannabis products so let's spend a little bit of time talking about the various, um, forms that comes in. So I'm sure you're all familiar with leaf marijuana or, um, flower and it's often rolled in and, you know.

64 "Pat aussem" (137567488)
00:12:29.929 --> 00:12:43.319
People would have called the joint, or it might be next with tobacco and call the split. It might be put in to a hollowed out cigar or used in an inbox or some device like that. Um.

65 "Pat aussem" (137567488)
00:12:43.319 --> 00:12:55.799
So that's probably the 1 that is most familiar and often the way people used to use it quite a bit. Although edibles are really surpassing smoking for, for many people.

66 "Pat aussem" (137567488)
00:12:55.799 --> 00:13:15.799
And, of course, there's vaping and the issue with vaping is that people are using cartridges and the liquid in the cartridges is often considerably more concentrated and more potent than what you would get in the least.

67 "Pat aussem" (137567488)
00:13:15.799 --> 00:13:27.809

I wanna and then the other concern about vaping is that the aerosol itself might contain some chemicals and ingredients that might be toxic to a person.

68 "Pat aussem" (137567488)
00:13:27.809 --> 00:13:33.539

So, we'll, we'll talk about the potency part of it and why that's a concern in a little bit.

69 "Pat aussem" (137567488)
00:13:33.539 --> 00:13:55.039

Dabbing is another form variation on using marijuana, so basically you'll hear that it's a concentrated waxy substance, and it can be ignited. It can be 90% or more THC concentration. So, again, another extremely.

70 "Pat aussem" (137567488)
00:13:55.039 --> 00:14:03.719

Product edibles and oils are becoming increasingly more popular. Um, you can find.

71 "Pat aussem" (137567488)
00:14:03.719 --> 00:14:23.719

Them and candy and potato chips in oils and so forth. Part of the problem is that what serving what of serving sizes so, initially in states like Colorado, as an example, someone would sell a cookie.

72 "Pat aussem" (137567488)
00:14:23.719 --> 00:14:40.679

Might have been 10 servings, but most people don't think about dividing cooking under 10 different pieces. So you would, if you ate half a cookie, you'd really be pretty looped. Um, so there's really a movement to try to do. A couple of things 1 is to.

73 "Pat aussem" (137567488)
00:14:40.679 --> 00:14:46.979

Really ensure that packaging really reflects an appropriate serving size.

74 "Pat aussem" (137567488)
00:14:46.979 --> 00:15:03.569

And also to make sure that it's not in packaging that looks super friendly to kid 1 of the concerns, or a call. So poison control because a lot of kids are eating edibles that they think are regular candy or brown or what have you.

75 "Pat aussem" (137567488)
00:15:03.569 --> 00:15:24.889

And then tinctures are also very popular. So typically people use tinctures by placing drops under your tongue. And then you hold it there for about 30 seconds and then swallow whatever is remaining but it can be used to relieve inflammation, reduced anxiety.

76 "Pat aussem" (137567488)
00:15:24.889 --> 00:15:34.229

Pain and it may they ultimately have a really good potential for medicinal purposes, although.

77 "Pat aussem" (137567488)
00:15:34.229 --> 00:15:37.409
Again, often more research is, is needed.

78 "Pat aussem" (137567488)
00:15:37.409 --> 00:15:44.279
And then there are 10 accounts, um.

79 "Pat aussem" (137567488)
00:15:44.279 --> 00:16:04.279
Cannabis caps as you can see here, so basically, um, the idea behind it, at least some people would argue that it offers consistent dosing so, you know exactly. The amount that you are taking in, and for people who don't want the calories associated with audibles the Canon caps is 1 way.

80 "Pat aussem" (137567488)
00:16:04.279 --> 00:16:16.589
To ingest it, swallow it without getting the sugar or extra calories that are in some of the other products that are available in terms of edibles.

81 "Pat aussem" (137567488)
00:16:16.589 --> 00:16:38.659
And then we have sprays, so, as you can see here, they're infused with THC or CBD and sprayed on the time for fast absorption. They also come in different flavors. There's also 1 call.

82 "Pat aussem" (137567488)
00:16:38.659 --> 00:16:47.159
Or a side of X, depending on where you're from, it's a spray that contains equal parts of and.

83 "Pat aussem" (137567488)
00:16:47.159 --> 00:17:02.039
From 2 different cannabis extracts, it's sprayed in the cheek or under the tongue and has been approved to alleviate symptoms associated with multiple sclerosis, including muscles, spasms and neuron. Pathetic.

84 "Pat aussem" (137567488)
00:17:02.039 --> 00:17:13.589
Pain and it's been approved in 25 countries outside of the United States, including Canada, and the United Kingdom. So there are a lot of people who would really like to get the.

85 "Pat aussem" (137567488)
00:17:13.589 --> 00:17:17.939
Approved in the United States, but at this point, it is not legal here.

86 "Pat aussem" (137567488)
00:17:17.939 --> 00:17:37.939
That's 1 of this phrase and then there are synthetic forms of marijuana. You can see some of the names here is by and so forth. Basically it's

taking plant material and spraying it. So that it looks like the real cannabis.

87 "Pat aussem" (137567488)
00:17:37.939 --> 00:17:46.709

Flower, and it can be extremely potent, but it also is very concerning because it can often lead to very unpredictable.

88 "Pat aussem" (137567488)
00:17:46.709 --> 00:18:01.679

Side effects, including anxiety, paranoia, hallucinations, and so forth. At 1 point. In my career I was working in a psychiatric hospital, and we had a young man come in to the hospital.

89 "Pat aussem" (137567488)
00:18:01.679 --> 00:18:21.679

It could have been more than 2122, and he had been using a lot of K2 and horrible hallucinations, lots of paranoia. And in his case, it did not resolve. So, they tried to give Amanda psychotics and things like that. But at least for the time period that he was in.

90 "Pat aussem" (137567488)
00:18:21.679 --> 00:18:26.099

Um, an acute hospital setting it, it did not go away.

91 "Pat aussem" (137567488)
00:18:26.099 --> 00:18:30.149

So those are products that are certainly our best to avoid.

92 "Pat aussem" (137567488)
00:18:30.149 --> 00:18:41.729

We also have a few products that are approved by the federal government. So the FDA has approved, um, these.

93 "Pat aussem" (137567488)
00:18:41.729 --> 00:18:48.419

Thc based medications. Um, so the 1st, 1.

94 "Pat aussem" (137567488)
00:18:48.419 --> 00:19:07.709

Uh, abanol is for low appetite and nausea typically, for people that are under undergoing cancer and chemotherapy, and to stimulate the appetite in patients who have problems with respect to age and then a PDA.

95 "Pat aussem" (137567488)
00:19:07.709 --> 00:19:19.229

Is really a treatment for very specific types of seizures that are found in childhood. And then, of course, you guys all got the Naval loan, which is also used for.

96 "Pat aussem" (137567488)
00:19:19.229 --> 00:19:24.899

Uh, nausea and vomiting, so those are approved and again by prescription, only.

97 "Pat aussem" (137567488)
00:19:24.899 --> 00:19:44.219
So now we've come up with the range of products I do want to spend a little bit of time on the strength of marijuana. So this is a chart on the right to that was put together by the drug enforcement agency. The DEA and they have seized cannabis.

98 "Pat aussem" (137567488)
00:19:44.219 --> 00:19:48.419
Over the years, and you can see that and the.

99 "Pat aussem" (137567488)
00:19:48.419 --> 00:19:54.659
Uh, early well, the mid 1990s the potency was around 4%.

100 "Pat aussem" (137567488)
00:19:54.659 --> 00:20:11.279
And based upon what they've seized, it's nearly 16. so it was a basically a 4 fold increase between 1995 and 2021. if you look at, which is the bottom blue line.

101 "Pat aussem" (137567488)
00:20:11.279 --> 00:20:26.849
It's, it's actually declined a little bit. Um, and some of the concern is that we're raising these very high potency crops, um, without the offsetting effects of CBD, which can be more calming.

102 "Pat aussem" (137567488)
00:20:26.849 --> 00:20:37.619
And if you look at what's happening in the marketing arena, the products are actually higher than what the CDC, than what the DA has.

103 "Pat aussem" (137567488)
00:20:37.619 --> 00:20:46.199
Been able to seize so on the left is an add for some wars milk chocolate.

104 "Pat aussem" (137567488)
00:20:46.199 --> 00:20:53.459
So, it has 101,010 milligram servings of and it for a total of 100 milligrams.

105 "Pat aussem" (137567488)
00:20:53.459 --> 00:21:04.589
And then, if you know the really small print, and it's probably very small on your screen, but it basically, it says that the amounts in it of are averages.

106 "Pat aussem" (137567488)
00:21:04.589 --> 00:21:16.859
So you could get more or less than what's advertised and then the leave marijuana in the middle that says 55 dollars. It is. Um.

107 "Pat aussem" (137567488)

00:21:16.859 --> 00:21:28.919

Ah, the potency of that is 41% so remember, I just said that it had quadrupled up to 16%, but here's something that's 41%.

108 "Pat aussem" (137567488)

00:21:28.919 --> 00:21:33.359

And then there's a cartridge on the upper right?

109 "Pat aussem" (137567488)

00:21:33.359 --> 00:21:40.619

And that has an 80% potency. So, as you can see, the products are getting much, um.

110 "Pat aussem" (137567488)

00:21:40.619 --> 00:21:47.039

Much more potent, very strong and so here are the concerns, right? So.

111 "Pat aussem" (137567488)

00:21:47.039 --> 00:22:07.039

We've got a lot of increased anxiety often. People end up with more depression and suicidal thoughts. Sometimes there are concerns about psychosis. So people hearing things or seeing things that aren't there. Really?

112 "Pat aussem" (137567488)

00:22:07.039 --> 00:22:24.269

Full and paranoid of somebody watching them. There's an incredible link between psychosis related to schizophrenia and the use of marijuana. We also had a significant increase in calls to.

113 "Pat aussem" (137567488)

00:22:24.269 --> 00:22:31.529

Poison control and visits. There was a study that was published in December of last year.

114 "Pat aussem" (137567488)

00:22:31.529 --> 00:22:35.039

In a toxicology magazine where they talked about.

115 "Pat aussem" (137567488)

00:22:35.039 --> 00:22:42.269

Reviewing the number of cases of marijuana and it increased.

116 "Pat aussem" (137567488)

00:22:42.269 --> 00:22:52.379

Uh, 245% among 6 to 18 year olds between 4,020. so 245% increase over.

117 "Pat aussem" (137567488)

00:22:52.379 --> 00:23:10.979

20 years over 80% of the exposures, by the way where for adolescence between 13 and 18, um, people who use cannabis products daily with a THC potency greater than 15 are 5 times more likely to experience psychosis.

118 "Pat aussem" (137567488)

00:23:10.979 --> 00:23:30.979

And then also there's a concern about whether you actually develop a cannabis use disorder. So for a while people would say, you can't get addicted to it but you actually can. And so there was a study that was done last year again, they looked at at 21 different.

119 "Pat aussem" (137567488)

00:23:30.979 --> 00:23:42.299

And the meta analysis show that 22% of the people that they looked at, had a cannabis use disorder in those studies.

120 "Pat aussem" (137567488)

00:23:42.299 --> 00:23:48.209

Um, so let's look at a little bit about medical issues.

121 "Pat aussem" (137567488)

00:23:48.209 --> 00:23:56.369

So, I don't want it to leave you with this impression that, you know, everything is bad news here because it's not. There are, um.

122 "Pat aussem" (137567488)

00:23:56.369 --> 00:24:08.789

Conclusive there's conclusive evidence that cannabis and cannabinoids are effective to treat chronic pain. Mostly focused on neuropathy. So neuropathy.

123 "Pat aussem" (137567488)

00:24:08.789 --> 00:24:17.159

Is, um, people experience, tingling and burning, uh, typically in their feet and hands, um, often.

124 "Pat aussem" (137567488)

00:24:17.159 --> 00:24:21.779

Causing just an untold amount of of pain so.

125 "Pat aussem" (137567488)

00:24:21.779 --> 00:24:41.779

It can be helpful for that, as I mentioned earlier, if there's evidence that it really does help with feeling 60 or stomach nausea and vomiting related to cancer treatments and it can really help with multiple sclerosis. There's moderate evidence to say that it will improve.

126 "Pat aussem" (137567488)

00:24:41.779 --> 00:24:47.429

You're sleep on a short term basis for those. Let's sleep apnea fibromyalgia.

127 "Pat aussem" (137567488)

00:24:47.429 --> 00:24:51.569

Chronic pain and a multiple sclerosis.

128 "Pat aussem" (137567488)

00:24:51.569 --> 00:25:11.569

That said there's not enough evidence to say that it supports dementia, irritable, bowel syndrome to rats, Parkinson's, huntington's and so forth. Although you will see that. And many of the states that have made medical marijuana available, you could be treated for many.

129 "Pat aussem" (137567488)
00:25:11.569 --> 00:25:32.779

Have those things also for some people use of marijuana is going to cause them to experience rapid, ongoing vomiting that it just seems like it's relentless. It's called cannabis hyperostosis syndrome. So often what happens.

130 "Pat aussem" (137567488)
00:25:32.779 --> 00:25:52.779

That people get to the point where they're vomiting a lot they'll go to the and they'll say, you know, I'm having this problem with vomiting and run all kinds of tests to see if there's something going on with their system. And at the end of the day, they come back and say, you know, we're not finding anything here.

131 "Pat aussem" (137567488)
00:25:52.779 --> 00:26:06.809

And so it's really important for people to share their use of marijuana because often it is related to marijuana. The only thing that gives relief is to take a hot shower and there really isn't.

132 "Pat aussem" (137567488)
00:26:06.809 --> 00:26:11.999

A lot of, um, understanding of why it is that a hot shower seems to help so much.

133 "Pat aussem" (137567488)
00:26:11.999 --> 00:26:17.369

And the only cure is really to stop using altogether.

134 "Pat aussem" (137567488)
00:26:17.369 --> 00:26:21.869

So that's cannabis hyperostosis syndrome.

135 "Pat aussem" (137567488)
00:26:21.869 --> 00:26:29.279

And in terms of surgery.

136 "Pat aussem" (137567488)
00:26:29.279 --> 00:26:42.089

1 of the things that they're finding out, this was a study by the American Society of anesthesiologists researchers found that those who use marijuana before surgery needed nearly 50%.

137 "Pat aussem" (137567488)
00:26:42.089 --> 00:27:02.089

More anesthesia during their procedure, the amount can fluctuate based on the frequency of the marijuana use. And it says if you were a loved 1 are using marijuana before surgery and do not disclose the correct details.

It's possible to receive an incorrect amount, which raises the possibility, or the risk of not falling asleep.

138 "Pat aussem" (137567488)
00:27:02.089 --> 00:27:14.519

And staying asleep properly, they also noted that patients who use marijuana before surgery may experience more pain while in recovery than those who do not.

139 "Pat aussem" (137567488)
00:27:14.519 --> 00:27:23.399

And this can lead to an increased need for opioid pain, relievers, post surgery, in terms of complications.

140 "Pat aussem" (137567488)
00:27:23.399 --> 00:27:43.399

It was related to smoking marijuana was related to breed a risk of complications during surgery related to the lungs. In addition. Marijuana use can also cause low blood pressure and an increased heart rate, which is also dangerous during surgery. So really important.

141 "Pat aussem" (137567488)
00:27:43.399 --> 00:27:54.209

To use marijuana before, anesthesia, including edibles so, and important to tell your provider, if if you are a consumer of the product.

142 "Pat aussem" (137567488)
00:27:54.209 --> 00:27:59.579

So people often ask if it can help asleep.

143 "Pat aussem" (137567488)
00:27:59.579 --> 00:28:06.599

So, if you think 46Million, Americans report sleepless nights, that would be.

144 "Pat aussem" (137567488)
00:28:06.599 --> 00:28:17.699

Actually, I was looking at California, I was a population of about 40Million, so imagine that, you know, everybody in California is insomniac a short term basis.

145 "Pat aussem" (137567488)
00:28:17.699 --> 00:28:31.709

It can help people fall asleep more quickly and stay asleep longer. But what they're finding over time is that there is a decrease in the which is really a restored asleep.

146 "Pat aussem" (137567488)
00:28:31.709 --> 00:28:51.709

Um, and and longer term makes it such that people are taking longer to fall asleep and not sleeping as well. And you can see the code here from the Mayo Clinic. It says individuals seeing cannabis derive sleep page should be skeptical. The manufacturers claims.

147 "Pat aussem" (137567488)
00:28:51.709 --> 00:29:13.459

Sleep promoting effects, which, by the way I was talking to Stephanie beforehand, and I said, you know, 1 of the concerns I have is that the marketing hype around a lot of the products is really far ahead of the science. So, um, you know, all of this stuff should be looked at with just, you know, a real skeptical.

148 "Pat aussem" (137567488)
00:29:13.459 --> 00:29:17.459

And real consumer interest to see if it's valid or not.

149 "Pat aussem" (137567488)
00:29:17.459 --> 00:29:22.469

So, what about anxiety so.

150 "Pat aussem" (137567488)
00:29:22.469 --> 00:29:42.469

Basically, 1 and 5 people in our country experience and anxiety disorder in any given year 1, and 3 will experience an anxiety disorder over a lifetime. And women are typically a greater risk than men. So, when I say anxiety disorders, I'm talking about generalizing.

151 "Pat aussem" (137567488)
00:29:42.469 --> 00:29:47.729

I need disorder having panic attacks or panic disorder and social links that are.

152 "Pat aussem" (137567488)
00:29:47.729 --> 00:29:51.599

And social anxiety disorder.

153 "Pat aussem" (137567488)
00:29:51.599 --> 00:30:09.119

So, and you can see again, there's a quote here, this is also from the Mayo Clinic, a 2020 review of past research, found that cannabis has been shown to either reduce or increase anxiety, depending on the type of study, and the size of the dose.

154 "Pat aussem" (137567488)
00:30:09.119 --> 00:30:29.119

So, some people find that that it will actually increase their paranoid or panic. That's when talking about THC CVD on the other hand has mixed results. A lot of people turn to CBD for its calming effect. And for some people, it does. And for some, it doesn't. And again there's.

155 "Pat aussem" (137567488)
00:30:29.119 --> 00:30:38.729

Collecting science out there, so this is 1 of those things where more research is really needed to determine whether it's going to really help people or not.

156 "Pat aussem" (137567488)
00:30:38.729 --> 00:30:44.549

And then there's some other medical concerns.

157 "Pat aussem" (137567488)
00:30:44.549 --> 00:31:02.009

Um, 1 of the biggest ones being, how does this affect the way your brain operates? So, if you think about cognitive or thinking problems, it can impact memory learning and decision making, um, you know, there was a study that was done.

158 "Pat aussem" (137567488)
00:31:02.009 --> 00:31:06.569

Uh, following people from the time they were born until they were in their late thirties.

159 "Pat aussem" (137567488)
00:31:06.569 --> 00:31:15.059

And they looked at those people who had been using marijuana versus those who hadn't and they really wanted to find out.

160 "Pat aussem" (137567488)
00:31:15.059 --> 00:31:35.059

You know, what, what is going on with the people who had used cannabis for a long period of time and did it really affect their memory or not. So not only did they ask them to take memories for us. But they asked their friends and their friends would be like, yeah, they never know where their cookies are. They forget dates all the time. They relate to things so they don't remember that they had the appointment and.

161 "Pat aussem" (137567488)
00:31:35.059 --> 00:31:50.909

Of that nature, um, respiratory problems are also can be an issue, especially for people who are using it in conjunction with tobacco. Um, and then there's the concern about the development of.

162 "Pat aussem" (137567488)
00:31:50.909 --> 00:31:54.539

Psychotic disorders including schizophrenia.

163 "Pat aussem" (137567488)
00:31:54.539 --> 00:32:02.609

And there's a little bit of evidence, moderate evidence that it can place the stress on the heart, which is the cardiovascular stress.

164 "Pat aussem" (137567488)
00:32:02.609 --> 00:32:22.609

Um, and people who have mental health disorders, like bipolar disorder, it can increase the symptoms that are associated with being manic or hypothalamic. Um, there's a small increased risk for depression and then there's there is a concern about the increased incident.

165 "Pat aussem" (137567488)
00:32:22.609 --> 00:32:30.929

Suicidal thinking and attempts and completions.

166 "Pat aussem" (137567488)
00:32:30.929 --> 00:32:38.639
So, and then I also wanted to bring to your attention, the issue about medication interactions.

167 "Pat aussem" (137567488)
00:32:38.639 --> 00:32:58.639
This is a little bit of a complicated chart, but the box on the right talks about the concerns about, with the most severe interaction with Wayfaring, which is an anti clotting drug. So patients report more problems with leading as a result of using marijuana. So that's the 1.

168 "Pat aussem" (137567488)
00:32:58.639 --> 00:33:18.059
That you would be most concerned about, and then in the orange or 3, others, buprenorphine, which is used to treat opioid use disorder and tech Roma less, which is an immune suppressant used for transplants. They had a moderate effect when used with cannabis.

169 "Pat aussem" (137567488)
00:33:18.059 --> 00:33:26.159
And so basically, what happened is it results in more of the medication being in the bloodstream. So typically.

170 "Pat aussem" (137567488)
00:33:26.159 --> 00:33:33.449
It's suggested that people adjust their dosage and monitor their plasma levels. If they're using marijuana.

171 "Pat aussem" (137567488)
00:33:33.449 --> 00:33:49.919
So really important to talk to doctors about the interactions. This is with THC. There are other interactions with CBD that do you want to be aware of so important to tell your healthcare providers if you're using any of these products?

172 "Pat aussem" (137567488)
00:33:49.919 --> 00:33:59.789
Next I want to turn our attention to marijuana and pregnancy so a lot of concerns here.

173 "Pat aussem" (137567488)
00:33:59.789 --> 00:34:12.719
Monitored evidence of problems with reproductive, both for men and women by the way. So it affects how much.

174 "Pat aussem" (137567488)
00:34:12.719 --> 00:34:23.639
A man is producing in terms of sperm, count, the mobility of the sperm and things of that nature. Um, women can also have problems with missing periods.

175 "Pat aussem" (137567488)
00:34:23.639 --> 00:34:27.119

According to national surveys.

176 "Pat aussem" (137567488)
00:34:27.119 --> 00:34:32.009

Marijuana use by women has more than doubled in the past 2 decades.

177 "Pat aussem" (137567488)
00:34:32.009 --> 00:34:43.589

And this is really a traveling trend, because during before, and during pregnancy has been linked to numerous negative health outcomes for, for infants.

178 "Pat aussem" (137567488)
00:34:43.589 --> 00:34:47.159

So, part of it is the increased.

179 "Pat aussem" (137567488)
00:34:47.159 --> 00:35:07.159

Uh, risk of having a silver increased risk of a Pre term birth, um, as you can see physical changes to the brain that leads to poor outcomes at 12 months. I've also seen some research that says that there may be behavioral problems later on lower birth weight. Smaller.

180 "Pat aussem" (137567488)
00:35:07.159 --> 00:35:19.949

Conference problems with learning greater risk of ADHD may need to help a newborn in stabilization. The Nick, you.

181 "Pat aussem" (137567488)
00:35:19.949 --> 00:35:28.679

Um, and potentially increased rates of, um, autism. So, part of the problem is that some of women are, um.

182 "Pat aussem" (137567488)
00:35:28.679 --> 00:35:39.869

Our pregnant people are going to Bud tenders and shop saying, you know, I have morning sickness and so there's either they may have been using because.

183 "Pat aussem" (137567488)
00:35:39.869 --> 00:35:48.569

Um, a morning sickness they may be using because of a partner who uses substances. So, in any event really? Concerning here.

184 "Pat aussem" (137567488)
00:35:48.569 --> 00:35:55.709

Um, that they use other means to address morning sickness and and try not to use while they're pregnant.

185 "Pat aussem" (137567488)
00:35:55.709 --> 00:36:00.539

So, let's look at addiction for a moment.

186 "Pat aussem" (137567488)

00:36:00.539 --> 00:36:20.539

So, they're basically 11 symptoms that healthcare professionals use to assess if someone has a significant marijuana problem. So you'll hear the term cannabis use disorder. That's another term for either a mild moderate or severe.

187 "Pat aussem" (137567488)

00:36:20.539 --> 00:36:29.909

Problems with cannabis so, and they're kind of divided into these 3 categories, cravings, consequences and loss of control.

188 "Pat aussem" (137567488)

00:36:29.909 --> 00:36:43.589

So, if someone is using more marijuana over a longer period of time than intended, um, or they're, they have unsuccessful efforts to quit or cut back.

189 "Pat aussem" (137567488)

00:36:43.589 --> 00:36:47.069

Where they're spending a lot of time using marijuana.

190 "Pat aussem" (137567488)

00:36:47.069 --> 00:37:06.809

Where they have intense cravings or urges those are a few of the symptoms. Sometimes people don't really fulfill their responsibilities at work or at school, or at home, or they, they use marijuana even though it can cause relationship problems. They may give up the activities that they once enjoyed.

191 "Pat aussem" (137567488)

00:37:06.809 --> 00:37:21.989

Um, or other interests, or use marijuana and physically dangerous situations like using and then driving. Sometimes people use marijuana in spite of worsening their mental health problems, or physical health problems.

192 "Pat aussem" (137567488)

00:37:21.989 --> 00:37:35.549

Sometimes they develop a tolerance to it. So, then what that means is, you've got to use more and more of it in order to get the effect that you used to get with a much smaller amount.

193 "Pat aussem" (137567488)

00:37:35.549 --> 00:37:48.119

And then people might experience withdrawal symptoms and so basically, if you have 2 or 3 of the symptoms within a 12 month, period, it's considered.

194 "Pat aussem" (137567488)

00:37:48.119 --> 00:37:55.169

A mild cannabis use disorder if you have 4 or 5, it's moderate and then what we would have refer.

195 "Pat aussem" (137567488)

00:37:55.169 --> 00:38:15.169

Typically call the addiction is 6 or more, or a severe cannabis use disorder. Um, you can see that the estimates are that approximately 1 in 10 people who use it will become addicted that increases to 1 in 6 if people start as teenagers, and the risks.

196 "Pat aussem" (137567488)

00:38:15.169 --> 00:38:19.980

Certainly goes up considerably for those who are using the product daily.

197 "Pat aussem" (137567488)

00:38:19.980 --> 00:38:30.480

This chart I included just because I really wanted to drive home the point that, um, as much as.

198 "Pat aussem" (137567488)

00:38:30.480 --> 00:38:50.480

Marijuana is becoming available across the country is really important to try to get our young people not to engage in marijuana use because their brain is still developing. And when the brain is still developing between the time they're 10 and they're in their mid twenties. They're more.

199 "Pat aussem" (137567488)

00:38:50.480 --> 00:38:56.670

Of having a substance use problem and having substance use alter the way their brain.

200 "Pat aussem" (137567488)

00:38:56.670 --> 00:39:07.140

Operates, um, so again, on this particular chart, you can see that, um, if you start when you are, you know, 12 or 13 years old.

201 "Pat aussem" (137567488)

00:39:07.140 --> 00:39:18.900

The risk is exceedingly high, and it drops fairly significantly if you wait until you're 21. so, 1 of the things we really try.

202 "Pat aussem" (137567488)

00:39:18.900 --> 00:39:24.090

To encourage parents to do and other caregivers is to help their kids delay.

203 "Pat aussem" (137567488)

00:39:24.090 --> 00:39:30.360

So delay you, so, it's not saying, you know, you could never use a product, but, um, certainly delaying.

204 "Pat aussem" (137567488)

00:39:30.360 --> 00:39:33.600

Puts a child less at risk of addiction.

205 "Pat aussem" (137567488)

00:39:33.600 --> 00:39:39.570

So, what are the withdrawal symptoms look like.

206 "Pat aussem" (137567488)
00:39:39.570 --> 00:39:59.570

So each person's experience with these symptoms, and how the only way last depend on several factors, it can be the amount of marijuana that they're using and its frequency will certainly play a major role and additionally, mental health or physical problems may result in more severe withdrawal. Symptoms research.

207 "Pat aussem" (137567488)
00:39:59.570 --> 00:40:10.500

That women seeking treatment may have more difficulties, withdrawal the males, but typically the symptoms will resolve somewhere within 2 to 4 weeks.

208 "Pat aussem" (137567488)
00:40:10.500 --> 00:40:14.790

So you can see it's sweating nervousness, depressed mood.

209 "Pat aussem" (137567488)
00:40:14.790 --> 00:40:19.830

Sometimes, you know, feeling really irritable or angry.

210 "Pat aussem" (137567488)
00:40:19.830 --> 00:40:34.800

Um, loss of appetite, right? So, sometimes we think about marijuana being that appetite stimulant and when you stop using it, you can lose your appetite. Um, you're gonna have some really strange and vivid dreams and some people have headaches.

211 "Pat aussem" (137567488)
00:40:34.800 --> 00:40:40.650

So, next we'll turn to treatment.

212 "Pat aussem" (137567488)
00:40:40.650 --> 00:40:56.280

They're basically different kinds of treatment that can help cognitive behavioral therapy is is very helpful. It helps people understand the connection between their thoughts, emotions and behaviors.

213 "Pat aussem" (137567488)
00:40:56.280 --> 00:41:16.280

Um, and so it can really help people think about, you know, what's triggering their use, are they using it to deal with boredom or with sleep problems, or as a way to escape, or just a way to have fun? And how can you do that? And another way that.

214 "Pat aussem" (137567488)
00:41:16.280 --> 00:41:37.970

Is healthier motivational enhancement therapy helps people build and sustain their desire to change. This form of therapy includes exploring ambivalence, which is a person's mixed feelings about their substance use often. People struggle with wanting to use marijuana even though they realize that it's causing problems in.

215 "Pat aussem" (137567488)
00:41:37.970 --> 00:41:42.840
Their lives, so it's really trying to figure that part out.

216 "Pat aussem" (137567488)
00:41:42.840 --> 00:41:55.470
Um, and then contingency management, it sometimes practice alongside the other therapy approaches. Basically, it offers real rewards that are meaningful to the client. Um.

217 "Pat aussem" (137567488)
00:41:55.470 --> 00:42:05.370
For certain accomplishments, for example, you know, a person might get a gift card or a movie ticket if they're their urine screens or whatever.

218 "Pat aussem" (137567488)
00:42:05.370 --> 00:42:09.390
Drug testing is done show a decrease in their marijuana use.

219 "Pat aussem" (137567488)
00:42:14.070 --> 00:42:23.730
And by the way, a lot of these therapies, all of these therapies are available on an outpatient phases. So it might be working with an individual counselor.

220 "Pat aussem" (137567488)
00:42:23.730 --> 00:42:40.530
We're going to what's referred to as an intensive outpatient program, which is going 3 days a week for, say, 2 or 3 hours um, either in the morning or in the evening, depending on your, your work or school schedule. So, it does not mean that people have to go to residential treatment or rehab.

221 "Pat aussem" (137567488)
00:42:40.530 --> 00:42:44.760
And then for younger people.

222 "Pat aussem" (137567488)
00:42:44.760 --> 00:42:55.770
Cognitive behavioral therapy also is helpful as his family therapy. So, in the family therapy, basically, we're trying to look at.

223 "Pat aussem" (137567488)
00:42:55.770 --> 00:43:15.770
Um, how the whole family is operating and to take the focus off of really putting the kid under a magnifying glass and looking at their substitutes and, you know, as sort of the singular focus to looking at how the family overall is communicating with each other. And responding to.

224 "Pat aussem" (137567488)
00:43:15.770 --> 00:43:23.700
The different stressors that come up, and it really can be a very helpful way to, um.

225 "Pat aussem" (137567488)
00:43:23.700 --> 00:43:31.020
Engage a young person without making them feel like, you know, they're the target of, of the treatment.

226 "Pat aussem" (137567488)
00:43:31.020 --> 00:43:51.020
Regardless the most important thing is to find out or find a treatment program that takes into account what your particular loved 1 needs. So, if your loved 1 has physical problems, or they have other mental health issues, like anxiety or depression and so forth, it's really.

227 "Pat aussem" (137567488)
00:43:51.020 --> 00:43:59.970
That that treatment plan address all of it and in a comprehensive way, as opposed to just potentially the cannabis use.

228 "Pat aussem" (137567488)
00:43:59.970 --> 00:44:08.550
And unlike alcohol, nicotine and opioids, there are no.

229 "Pat aussem" (137567488)
00:44:08.550 --> 00:44:28.550
Fda approved medications for cannabis use in other words, um, medications that might help with, um, to suppress cravings and withdrawals and so forth. Although there are some that look like they might be promising. And I've listed those here. Um, not so useful. Are the, uh.

230 "Pat aussem" (137567488)
00:44:28.550 --> 00:44:34.530
Typical anti depressants I've also listed, uh.

231 "Pat aussem" (137567488)
00:44:34.530 --> 00:44:41.820
Well, the Fox that in here, which is used to treat high blood pressure, sometimes that's been used and.

232 "Pat aussem" (137567488)
00:44:41.820 --> 00:45:01.820
You may know appropriate as wellbutrin sometimes use as an anti depressant. Also sometimes used for treating ADHD and salt with them, which is ambient, or of sleep medication. So, sometimes this is important to know what isn't useful.

233 "Pat aussem" (137567488)
00:45:01.820 --> 00:45:05.400
As well as what's what's useful.

234 "Pat aussem" (137567488)
00:45:05.400 --> 00:45:12.060
Okay, so next we're going to look at driving.

235 "Pat aussem" (137567488)

00:45:12.060 --> 00:45:16.590
So, driving is really complicated because.

236 "Pat aussem" (137567488)
00:45:16.590 --> 00:45:24.750
You could be smoking marijuana on Friday night and, um, then you get pulled over on Saturday.

237 "Pat aussem" (137567488)
00:45:24.750 --> 00:45:28.080
And you'll show that you have marijuana in your system.

238 "Pat aussem" (137567488)
00:45:28.080 --> 00:45:36.540
But it doesn't mean that you were impaired by by marijuana. So it's a little trickier than some of the other substances.

239 "Pat aussem" (137567488)
00:45:36.540 --> 00:45:57.590
So, what are the signs of impairment when driving? Um, certainly, it's a slowed reaction time. So, the concern here is that, you know, if, if a kid darts out into the street, or you have to make a split second decision to go around a car, can you do that? And can you do it quickly?

240 "Pat aussem" (137567488)
00:45:57.590 --> 00:46:20.000
Enough to avoid an accident sometimes where I want to can make you feel really drowsy. It can alter your perception of time and distance. Um, there's a thing like inline weaving where you're not holding being able to hold the lane consistently difficulty with a divided attention when you think about driving think about your looking.

241 "Pat aussem" (137567488)
00:46:20.000 --> 00:46:33.510
At the road conditions, maybe you just got a text message that beeped in you glance at your phone, you're looking at the weather. Maybe there's a passenger on the car who said something to, you.

242 "Pat aussem" (137567488)
00:46:33.510 --> 00:46:45.270
Uh, there's a bicycle list on the side of the road. There's a traffic light up ahead, but it's turning yellow and you're trying to decide, am I gonna go through it or gonna stop? So all those things are part of your attention.

243 "Pat aussem" (137567488)
00:46:45.270 --> 00:46:50.640
And taking up your attention and you're trying to manage all of that at 1 time.

244 "Pat aussem" (137567488)
00:46:50.640 --> 00:46:55.560
Harder to do when you're under the influence of, uh, cannabis.

245 "Pat aussem" (137567488)
00:46:55.560 --> 00:46:59.010

And then for some people, you know, difficulties with.

246 "Pat aussem" (137567488)
00:46:59.010 --> 00:47:08.700

Um, route planning, like, directions, we're gonna go the decisions we're making, you know, whether to take the risk to pass car or not or maybe a combination of the whole thing.

247 "Pat aussem" (137567488)
00:47:08.700 --> 00:47:22.290

Although you will often hear people, especially young people say I'm such a better driver when I'm under the influence of cannabis, because I get slower. And but the results would.

248 "Pat aussem" (137567488)
00:47:22.290 --> 00:47:25.590

And research would indicate otherwise.

249 "Pat aussem" (137567488)
00:47:25.590 --> 00:47:37.410

So this was an interesting, uh, trial that was done. They took almost 200 people who regularly use cannabis and they, um, they put them in a driver simulation. Course.

250 "Pat aussem" (137567488)
00:47:37.410 --> 00:47:57.410

And without being under the influence of anything, and they all pass the driver test with flying colors, and then they divided them into 3 groups. 1 of them got a placebo, which is, you know, a fake cannabis product. The other 2 got different strains of.

251 "Pat aussem" (137567488)
00:47:57.410 --> 00:48:03.360

The 1 was this 5.9% strength 1 was 13.4% strength.

252 "Pat aussem" (137567488)
00:48:03.360 --> 00:48:10.710

And then they continually ask some questions, like, you know, how high do you feel when do you think you're going to be ready to drive.

253 "Pat aussem" (137567488)
00:48:10.710 --> 00:48:22.170

The scary part to me is that the drivers, um, who had had the 5.9% or the 13.4% THC said.

254 "Pat aussem" (137567488)
00:48:22.170 --> 00:48:25.980

I I feel good to go after 90 minutes.

255 "Pat aussem" (137567488)
00:48:25.980 --> 00:48:45.870

Their driver test though, said that they were still impaired at 90 minutes. In fact, they were still impaired at 2 hours 3 hours 4 hours. They finally got to the point where there was no difference between their initial scores and their, uh, post marijuana use after 4. and a half hours.

256 "Pat aussem" (137567488)
00:48:45.870 --> 00:48:56.010

So, quite a bit of time it has to go by. And I think this is something that we really have to drive home to people is that you're better off, you know, waiting.

257 "Pat aussem" (137567488)
00:48:56.010 --> 00:49:03.750

In fact, if you go to these are the, the regulations from Colorado.

258 "Pat aussem" (137567488)
00:49:03.750 --> 00:49:07.830

Which the suggestion is to wait at least 6 hours after smoking.

259 "Pat aussem" (137567488)
00:49:07.830 --> 00:49:22.530

Um, or longer before you drive, or ride a bike or snowboard or anything like that and if you're eating or drinking to wait at least 8 hours after eating or drinking up to 18 milligrams of before.

260 "Pat aussem" (137567488)
00:49:22.530 --> 00:49:35.580

Driving or biking, and if you consume more than that, wait longer. So again, right sharing services, having a designated driver and things of that nature are really important in this context.

261 "Pat aussem" (137567488)
00:49:35.580 --> 00:49:40.530

So, what about our young people.

262 "Pat aussem" (137567488)
00:49:40.530 --> 00:49:54.720

So, I just wanted to make the point that overall no substance use trend line is up. So the top line are high school seniors.

263 "Pat aussem" (137567488)
00:49:54.720 --> 00:50:02.610

And, uh, you can see that, um, in the early, uh, 9,980 s.

264 "Pat aussem" (137567488)
00:50:02.610 --> 00:50:12.450

Um, the amount of high school seniors that had never used anything was around 16, um, it's climbed up to almost 64, which is really great.

265 "Pat aussem" (137567488)
00:50:12.450 --> 00:50:18.687

Um, so we are, we are looking.

266 "Wanda russell" (2269865984)

00:50:18.687 --> 00:50:24.000

To kind of getting to some questions we have a few questions in the chat.

267 "Wanda russell" (2269865984)

00:50:24.000 --> 00:50:29.345

So, we're just going to move to that soon so you can finish up.

268 "Pat aussem" (137567488)

00:50:29.345 --> 00:50:38.070

I will wrap this section up then so I'm going to skip through a few charts here.

269 "Pat aussem" (137567488)

00:50:38.070 --> 00:50:43.230

The bottom line concern about marijuana use in youth, is that.

270 "Pat aussem" (137567488)

00:50:43.230 --> 00:50:58.740

It can lead to a lot of, uh, difficult problems then it kind of lead to addiction. It's worse when combined with alcohol, um, parents can have a huge impact on it. So your attitude and what you model is really important.

271 "Pat aussem" (137567488)

00:50:58.740 --> 00:51:14.820

So, it's important to convey your expectations and then I've got some slides in here about what to do if your child is using marijuana. So I will let you look at those on your own. There are also some harm reduction measures.

272 "Pat aussem" (137567488)

00:51:14.820 --> 00:51:19.320

Of ways to reduce the risks associated with cannabis use that I've listed.

273 "Pat aussem" (137567488)

00:51:19.320 --> 00:51:30.270

And then you can always come to the partnership to our help line, or to just look at directory dot Org and you'll see a ton of resources that can be helpful.

274 "Pat aussem" (137567488)

00:51:30.270 --> 00:51:37.958

So, that's I'm so glad we have the reading version and then we have, we have the rest of that.

275 "Wanda russell" (2269865984)

00:51:37.958 --> 00:51:51.680

Right on our line on our website, everyone to review what Pat has presented and if there's more information that you want to take a look at and thank you pack so much for all of your work.

276 "Wanda russell" (2269865984)

00:51:51.680 --> 00:52:02.400

And great information, we have a few questions, and the 1st 1 is can MTA in CBD oil.

277 "Wanda russell" (2269865984)

00:52:02.400 --> 00:52:10.222

If someone is having a urine screen, will THC show up in the urine you're in screen.

278 "Pat aussem" (137567488)

00:52:10.222 --> 00:52:19.680

Okay, so if the product is CBD, it's supposed to be less than point 3 in which case no THC will show up.

279 "Pat aussem" (137567488)

00:52:19.680 --> 00:52:23.940

The problem is that when they have, um.

280 "Pat aussem" (137567488)

00:52:23.940 --> 00:52:28.020

Take CBD products off the shelves of.

281 "Pat aussem" (137567488)

00:52:28.020 --> 00:52:36.720

Different stores, they found that in some cases, they have THC in them, even though that isn't on the label.

282 "Pat aussem" (137567488)

00:52:36.720 --> 00:52:48.090

So, either the, there was some kind of contamination, or they just didn't do the right job in terms of developing the product.

283 "Pat aussem" (137567488)

00:52:48.090 --> 00:52:53.880

So you have to be very careful if you're going to get, you need to get it from a very reputable source.

284 "Pat aussem" (137567488)

00:52:53.880 --> 00:53:01.989

So that it is legitimately CBD and does not contain THC in it.

285 "Wanda russell" (2269865984)

00:53:01.989 --> 00:53:05.730

Especially with surgery options.

286 "Wanda russell" (2269865984)

00:53:05.730 --> 00:53:09.525

Or interactions, like you had spoke to.

287 "Pat aussem" (137567488)

00:53:09.525 --> 00:53:12.710

With Medicare, thank you.

288 "Wanda russell" (2269865984)

00:53:12.710 --> 00:53:18.870

Yes, can can you speak to cannabis and do psychosis in teens and.

289 "Wanda russell" (2269865984)

00:53:18.870 --> 00:53:27.541

Your experience in educating kids and teenagers about the dangers of smoking, what their brain is still developing.

290 "Pat aussem" (137567488)

00:53:27.541 --> 00:53:37.620

So, it's interesting there was a study that was done by Sharon lady, who was a pediatrician and a researcher out of.

291 "Pat aussem" (137567488)

00:53:37.620 --> 00:53:57.620

Harvard, and, uh, she, she talks about surveying kids to find that many of them. And I think I want to say the number was like, 39% to 40% had had psychotic experiences with their use of marijuana. The concern being that the.

292 "Pat aussem" (137567488)

00:53:57.620 --> 00:54:05.070

You know, the THC potency drives that also the developing brain is an issue and I think.

293 "Pat aussem" (137567488)

00:54:05.070 --> 00:54:08.970

With kids in my view.

294 "Pat aussem" (137567488)

00:54:08.970 --> 00:54:14.850

There are a couple of things I want to talk about what are their goals and how might this get in the way of their goals.

295 "Pat aussem" (137567488)

00:54:14.850 --> 00:54:18.420

The other thing is to really understand.

296 "Pat aussem" (137567488)

00:54:18.420 --> 00:54:38.420

And to talk about brain development and the science about, you know, having the best brain possible. And how do you accomplish that? Um, if someone is interested in, in using it, or they are using it, I always go to the why, in other words, if I've got a kid that is using, because they're bored or because they have social anxiety.

297 "Pat aussem" (137567488)

00:54:38.420 --> 00:54:48.900

That then gives me an opportunity to figure out what can I do to help them address their boredom or their social anxiety in a more effective way.

298 "Pat aussem" (137567488)

00:54:48.900 --> 00:54:55.470

So, a quick example is, I had a kid who was smoking in the, you know, after school.

299 "Pat aussem" (137567488)
00:54:55.470 --> 00:55:04.110

For both those reasons, and his mom said he actually is a reasonably good tennis player.

300 "Pat aussem" (137567488)
00:55:04.110 --> 00:55:24.439

Um, so she ended up putting in a group tennis lessons after school. So it, it gave him something to do other than smoke in the afternoon. And it also put him in with a group of kids that were presumably doing something healthy, playing tennis. So that he was, he felt less awkward, socially.

301 "Wanda russell" (2269865984)
00:55:24.439 --> 00:55:36.720

That's great advice and I want to thank you for this wonderful presentation and direct our listeners to go to your website drug free.

302 "Wanda russell" (2269865984)
00:55:36.720 --> 00:55:56.720

Dot org for treatment recovery, you guys have Spanish resources and a lot of great treatment ideas and guides for parents. So I want to thank you for presenting for us today. We're at the top of the hour, our participants, the the 5 question survey. We'll just take you a, a short.

303 "Wanda russell" (2269865984)
00:55:56.720 --> 00:56:03.840

Time we kindly ask you to to take a few moments to fill that out and that helps us to keep our seminars relevant to, you.

304 "Wanda russell" (2269865984)
00:56:03.840 --> 00:56:15.270

If you haven't already done, so feel free to listen to the replays of any of the past your seminars, and be sure to sign up to receive automatic email reminders for our upcoming sessions.

305 "Wanda russell" (2269865984)
00:56:15.270 --> 00:56:19.650

Thanks everybody have a great rest of your day. Thank you.