

# “Weeding out the Myths”

Parents: Help you teen understand what’s  
fact and fiction about cannabis



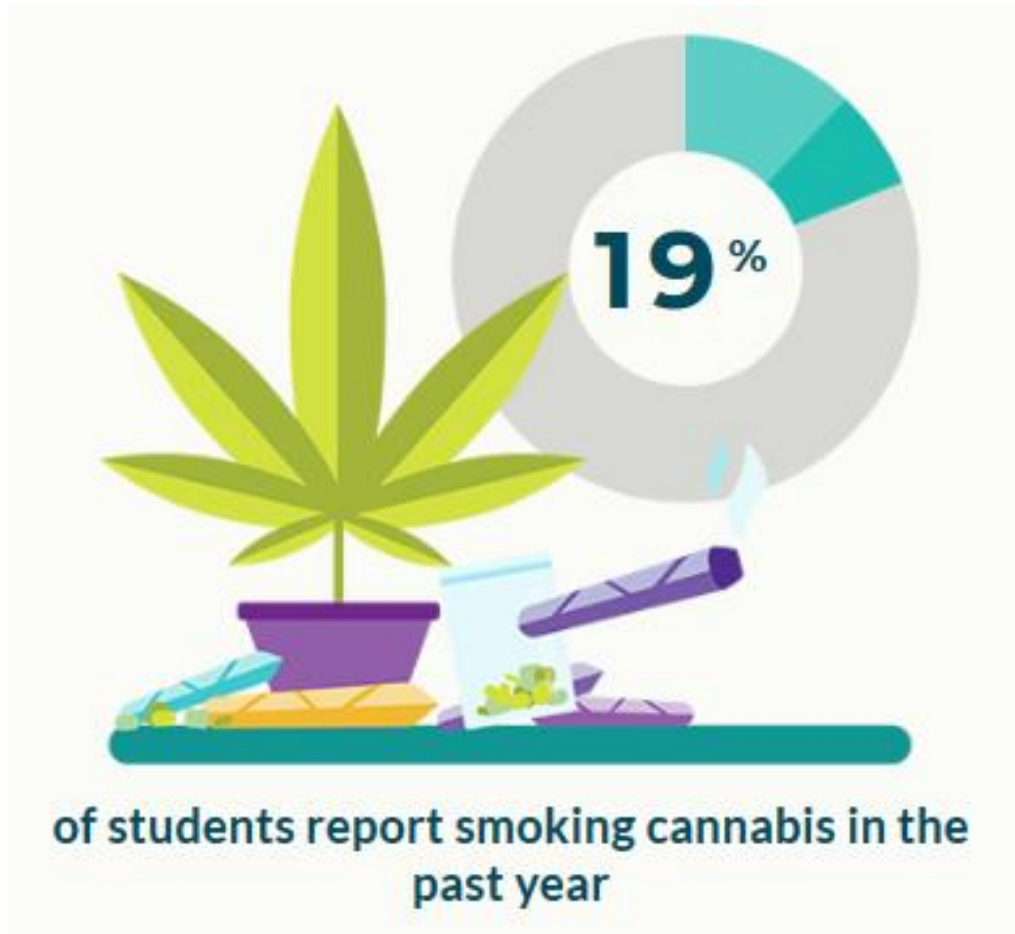
# Panelists

- ▶ **Inspector Jeff Fluney**, Owen Sound Police
- ▶ **Constable Steve Beaney**, Owen Sound Police
- ▶ **Marc Vacheresse**, Pharmacist at Grey Bruce Health Services
- ▶ **Dave Roy**, Program Director of New Directions and Choices at the Canadian Mental Health Association Grey Bruce

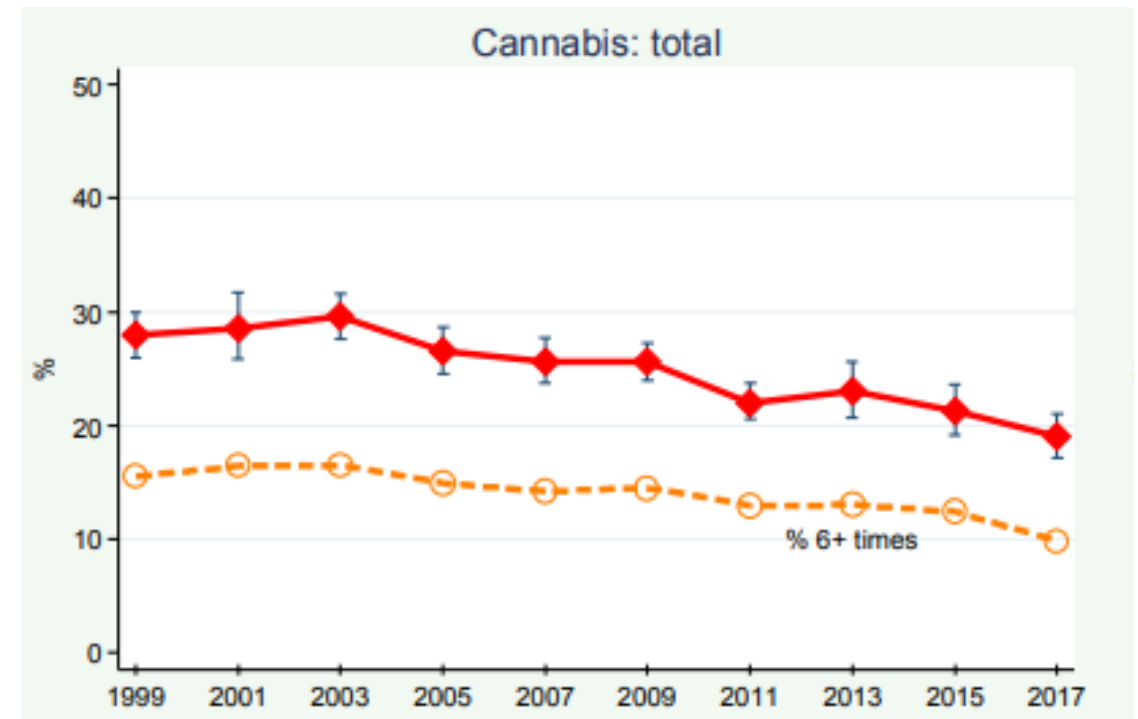
# Purpose of Legalization

- ▶ Keep Cannabis out of the Hands of Youth
- ▶ Keep Profits out of the Hands of Criminals
- ▶ Protect Public Health and Safety by Allowing Adults to Access Safe, Legal Cannabis
- ▶ Reduce the Burden on the Criminal Justice System

# Cannabis and Youth

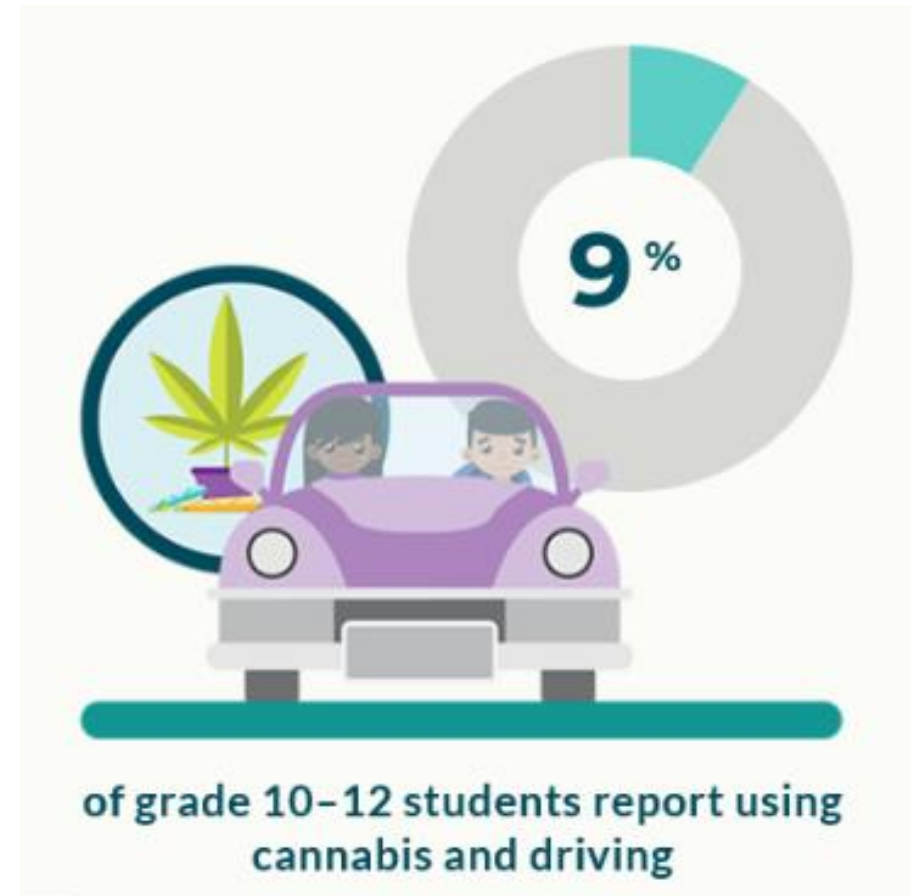
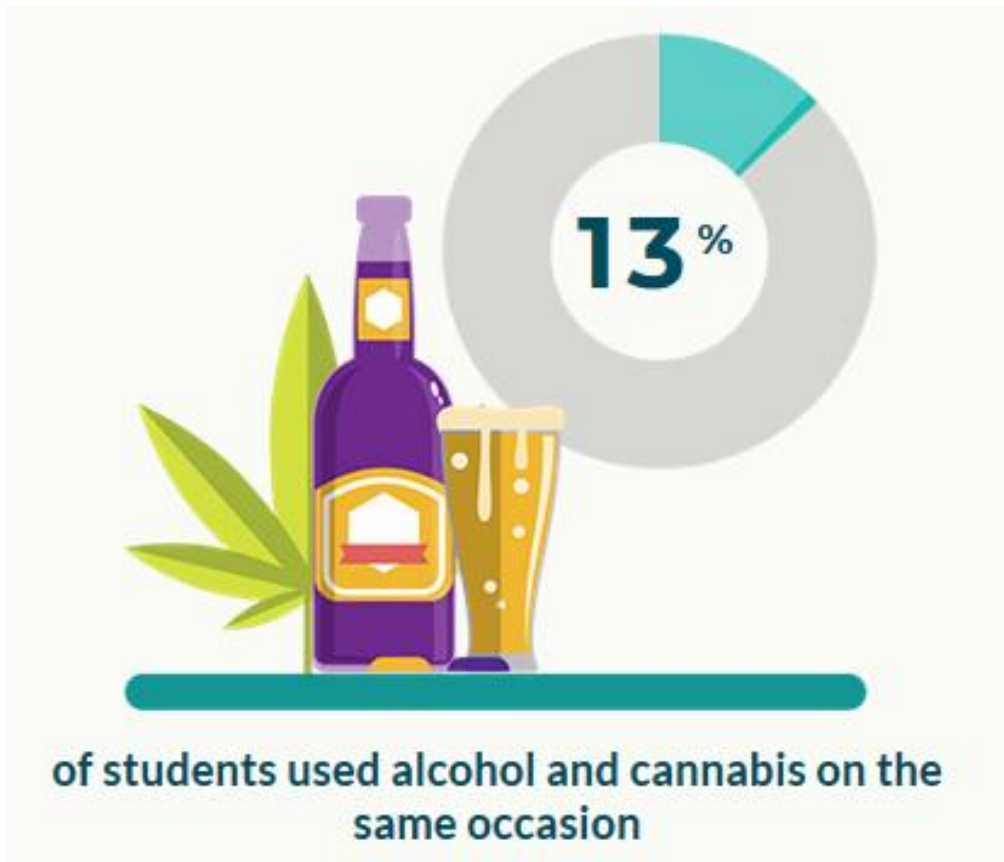


Past Year Cannabis Use, 1999–2017 OSDUHS (Grades 7–12)



Reference: camh Ontario Student Drug and Health Survey (2017)

# Cannabis and Youth



Reference: camh Ontario Student Drug and Health Survey (2017)

# Misconceptions about Cannabis held by Youth

- ▶ Weed is natural and so it's harmless
- ▶ Everyone is using weed
- ▶ Weed helps you focus
- ▶ Weed makes you a better driver; it's safer than driving after using alcohol
- ▶ Weed isn't addictive

**Parents: Help your teen understand what's fact and fiction about marijuana**

**The following facts might be surprising**

- Youth begin using marijuana around 15–16 years old
- Up to 10% of Grade 12 students reported using marijuana every day or almost every day

TEENS SAY, "IT'S JUST WEED"		BUT THE EVIDENCE SAYS
Weed is natural and so it's harmless		Early and regular marijuana use can affect the developing teen brain and is related to mental health problems
Everyone is using weed		About 75% of youth aged 15–24 reported not using marijuana in 2013
Weed helps you focus		Regular marijuana use impairs thinking, attention and memory
Weed makes you a better driver; it's safer than driving after using alcohol		Marijuana use can impair driving and is associated with an increased risk of collisions
Weed isn't addictive and does not "consume" users		1 in 6 adolescents who use marijuana will develop a cannabis use disorder

*To learn more, read What Canadian Youth Think about Cannabis*

*To learn more, read The Effects of Cannabis Use during Adolescence*

**Talk to your teens about marijuana use**

To help them make informed decisions, let them know that:

- Early and regular marijuana use can negatively affect their brain and behaviour
- Delaying initiation of marijuana use can help prevent these harmful effects
- If they need help, treatments are available—speak to your healthcare provider

To prepare yourself to have meaningful conversations with your teen, read the parent action pack at [www.parentactionpack.ca](http://www.parentactionpack.ca)

Canadian Centre on Substance Use and Addiction  
Evidence. Engagement. Impact.

pad  
Parent Action Pack

\*The terms weed and marijuana are used interchangeably throughout this document. Youth used the term weed when discussing this substance.

# Effective prevention approaches

- ▶ Stay connected
- ▶ Talk about it
- ▶ Be positive
- ▶ Focus on Safety
- ▶ Be informed
- ▶ Be supportive
- ▶ Be an example

Reference: camh and School Mental Health Assist

## the Blunt Truth

Useful tips about safer ways to use cannabis



This resource has been developed for youth by youth.  
We did the boring research so you don't have to! (You're welcome.)

**You have the choice** whether you want to use cannabis\* (weed, pot), but you should know that **there are different ways of using and some are safer than others**. This resource gets down to **the blunt truth** about cannabis, and lets you know what science recommends to help reduce some of the risks to your health and well-being if you do choose to use cannabis.



\* See back for definitions



# Collaborative Approach

- ▶ 7 Community Based Cannabis Education sessions hosted across Grey Bruce targeting parents
- ▶ Latest information posted at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)
- ▶ Social Media campaign providing followers with information and resources
- ▶ Partnering with local school boards and parent councils to host school based education sessions





Legalization of Cannabis

Panel Discussion

Inspector Jeff Fluney

Constable Steve Beaney

## Cannabis Act – Bill C-45



**Federal legislation will see the legalization of Cannabis on October 17, 2018.**

**The Federal Government has given the Provinces the responsibility to customize many areas of implementation and enact their own laws.**

# Ontario

## Minimum Age

The age is 19 to align with the sale and supply of tobacco and alcohol (Federal legislation allows for the minimum age to be 18).

The Ontario Government believes the age of 19 will minimize health risks for use by younger people and assist in eliminating the illegal market.



# Ontario

## Possession

Individuals under the age of 19 will be prohibited from possessing or consuming recreational cannabis.

Under the Federal legislation - Adults could legally possess up to 30 grams and decriminalization of youth possession of up to 5 grams.

In Ontario it is a provincial offence that prohibits youth from possessing any amount of cannabis.



# Ontario

## Retail and Distribution Model

Cannabis will only be available to people 19 and over online through the Ontario Cannabis Store

You will be able to purchase up to 30 grams of cannabis municipalities wishing to opt out of having cannabis stores have until January 22, 2019

A system for private retail stores to sell cannabis is anticipated to be out by April 1, 2019



# Ontario

## Places of Use

Private residences excluding long term care/retirement homes and workplaces that are also residences

Outdoor public spaces in compliance with the Smoke Free Ontario Act (proposed)

Not within 20m of school grounds, playgrounds, publicly owned sports fields, spectator areas



# Ontario

## Home Cultivation

Bill C-45 permits cultivation inside/outside dwelling for personal use. Restrictions:

Must be 18 years old (Ontario is 19)

4 plant max per dwelling

Plants must originate from a licensed seed or seedling supplier

Organic solvents cannot be used in making cannabis products





# What will the impact of legalizing cannabis have on roadway safety?



It is illegal to drive impaired by drugs and it is as dangerous as driving drunk

Cannabis slows your reaction time and your fine motor skills that are required to drive safely



# Impaired Driving



Police are prepared to proceed with impaired driving charges against drug impaired drivers

Standard Field Sobriety Trained Officers and Drug Recognition Expert Officers

OSPS holding off buying screening devices at this time.



# Cannabis

Marc Vacheresse – Pharmacist

Grey Bruce Health Services







# Pharmacology of Cannabis

- THC
  - 5-11% in Marijuana (normally)
  - 28% In Hashish (normally)
- Cannabinoids
  - Amount varies based on the THC content (unfortunately)
- Half-life (time for half the amount of the drug in your body to be metabolized)
  - 24-36 hours for infrequent users
  - 10 Days for frequent users



# Uses (Medicinal)

- Trials: (short-term)
  - Neuropathic Pain
  - Improves Appetite and caloric intake
  - Relieves spasticity and pain in MS patients
- Maybe:
  - Nausea/ vomiting (chemo)
- Notice what I did not include?



# Uses (Recreational)

- Euphoria
- Self-confidence
- Relaxation

# But...

- Unease
- Anxiety
- Agitation
- Suspicion
- Psychotic symptoms:
  - Confusion
  - Hallucinations
  - Emotional swings
    - Heavy usage - Potentially irreversible

# Hot off the Press!

- **A Population-Based Analysis of the Relationship Between Substance Use and Adolescent Cognitive Development**
- **Results:**
- Common vulnerability effects were detected for cannabis and alcohol on all domains. Cannabis use, but not alcohol consumption, showed lagged (neurotoxic) effects on inhibitory control and working memory and concurrent effects on delayed memory recall and perceptual reasoning (with some evidence of developmental sensitivity). Cannabis effects were independent of any alcohol effects.
- **Conclusions:**
- Beyond the role of cognition in vulnerability to substance use, the concurrent and lasting effects of adolescent cannabis use can be observed on important cognitive functions and appear to be more pronounced than those observed for alcohol.

# Chronic Use

- Bronchitis
  - Higher tar content than ordinary cigarettes (potentially carcinogenic)
- Weight gain
- Bloodshot eyes
- Loss of energy
- Apathy
- Fuzzy thinking
- Slow reaction time
- Impaired judgement

# Smoking vs Eating

## Smoking

- Onset Very fast (minutes)
- Peaks in 20-30 minutes
- Lasts about 3-4 hours



## Eating

- Onset 30 mins to up to 2 hours
- Peaks 2-4 Hours
- Duration is variable (but many hours)



# More Information

- Health Canada
- Canadian Centre on Substance Use and Addiction
  - [www.ccdus.ca](http://www.ccdus.ca)
- Centre for Addiction and Mental Health
  - [www.camh.ca](http://www.camh.ca)



# How to talk to your kids about cannabis

**Dave Roy**

Program Director

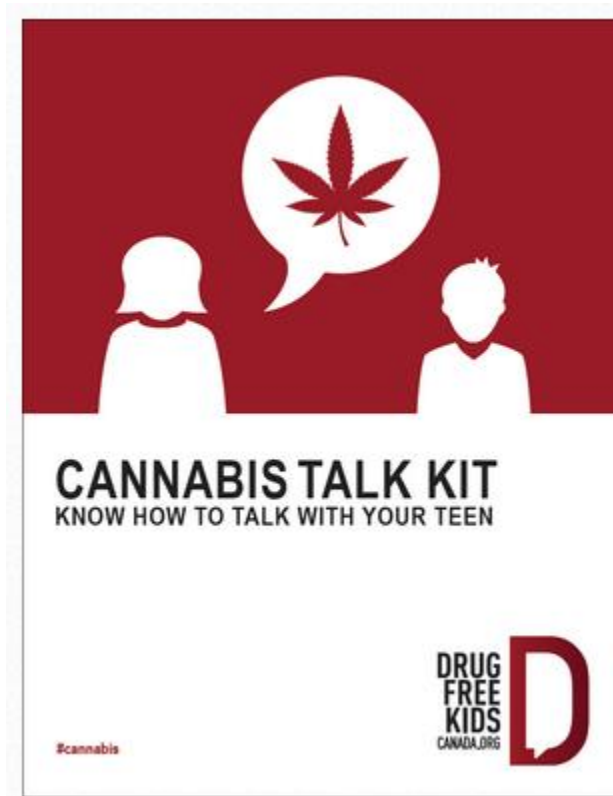
New Directions and Choices



Canadian Mental  
Health Association

Grey Bruce

Mental Health and Addiction Services



- ▶ Stay connected
- ▶ Talk about it
- ▶ Be positive
- ▶ Focus on Safety
- ▶ Be informed
- ▶ Be supportive
- ▶ Be an example

# QUESTIONS

For more information contact:

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