

PREVENTION RESOURCE CENTERS OF SOUTH DAKOTA

MARIJUANA TOOLKIT

FEDERAL LAW



Marijuana is a psychoactive drug that generally consists of leaves and flowers of the cannabis sativa plant. Marijuana is a Schedule I controlled substance under the federal Controlled Substances Act (CSA; 21 U.S.C. §801 et seq.), and thus is strictly regulated by federal authorities. In contrast, over the last several decades, most states and territories have deviated from a comprehensive prohibition of marijuana and have laws and policies allowing for some cultivation, sale, distribution, and possession of marijuana.

<https://crsreports.congress.gov/>

MARIJUANA- THE BASICS

Stanford Med Marijuana Modules

- [Cannabis: The Basics](#)
- [Health Effects](#)
- [THC & the Brain](#)
- [Refusal Skills & Social Norms](#)

[Stanford Cannabis Awareness & Prevention Toolkit,](#)

[Smart Talk: Cannabis Prevention & Awareness Curriculum;](#)

[A 5-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab and their Youth Action Board, educators, healthcare providers, and scientists across the U.S.](#)



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HIGH POTENCY MARIJUANA; NOT YOUR GRANDPARENTS' MARIJUANA

(FROM NBC NEWS)

HIGH-POTENCY CANNABIS LINKED TO INCREASED RISK OF PSYCHOSIS AND ADDICTION, STUDY SUGGESTS

THE POTENCY OF MARIJUANA HAS BEEN RISING FOR NEARLY HALF A CENTURY... READ MORE

(FROM UNIVERSITY OF WASHINGTON-ADAI)

HIGH THC POLICY | FINAL REPORT: EXPLORING POLICY SOLUTIONS TO ADDRESS PUBLIC HEALTH CHALLENGES OF HIGH THC PRODUCTS (2022)

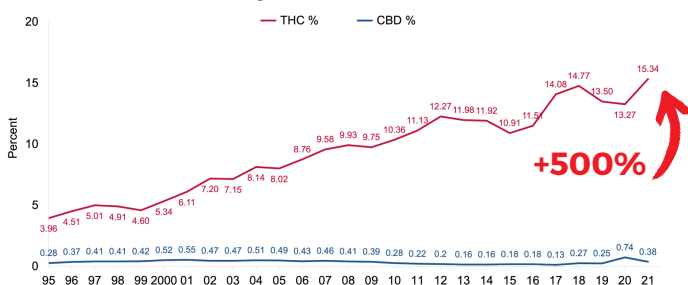
TO ADDRESS THIS EMERGING PUBLIC SAFETY CHALLENGE OF INCREASINGLY AVAILABLE HIGH-THC PRODUCTS (E.G. DABS, WAX, CONCENTRATES) ... READ MORE

(FROM THE NEW YORK TIMES)

PSYCHOSIS, ADDICTION, CHRONIC VOMITING: AS WEED BECOMES MORE POTENT, TEENS ARE GETTING SICK

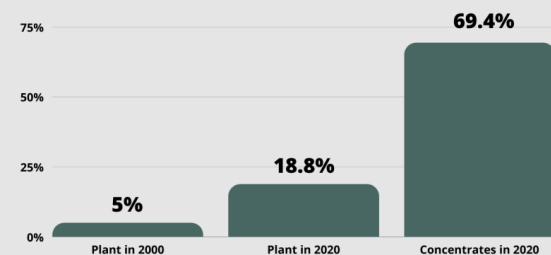
WITH THC LEVELS CLOSE TO 100 PERCENT, TODAY'S CANNABIS PRODUCTS ARE MAKING SOME TEENAGERS HIGHLY DEPENDENT AND DANGEROUSLY ILL... READ MORE

Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2021



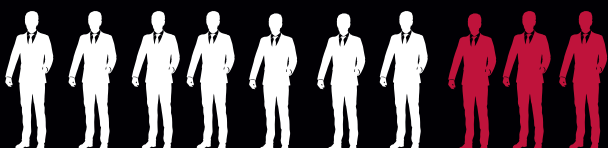
SOURCE: U Miss, Potency Monitoring Project

THC Concentration in Marijuana



Note: While the average for concentrates (wax, shatter, dab, vape oil) is 69.4%, some can have a concentration of THC of up to 95%.

Source: Calling Marijuana "Medical" Makes It Safe? No Way! <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7721421/>



Per the CDC, for every 10 regular users of marijuana, 3 will develop a cannabis use disorder.
That rate is even higher for users who began before age 18.

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MARIJUANA & MENTAL HEALTH

MARIJUANA AND MENTAL HEALTH

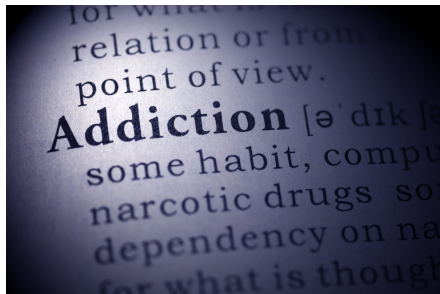


“A NIGHT IN JAIL: A story about drugs and mental illness, inspired by true events” by Heidi Swan

"As humans, we respond to storytelling because it creates an emotional connection that makes information memorable. A Night In Jail is the first Young Adult fictional story illustrating the mental health consequences of youth THC use. This gritty cautionary tale illustrates the data about psychosis and schizophrenia. It is inspired by the true life of K. Anderson, a formerly mentally ill homeless drug addict who went to jail eighteen times. Caution: swearing, some violence and discussions about drug use."

SUBSTANCE USE DISORDERS- VIDEOS

- “How Addiction Changes Your Brain” CNN
- “Addiction 101 | Raj Mehta | TEDxUofM” TEDxTalks
- “Understanding Addiction as a Disease” Wait21
- “Reward Pathway in the Brain” KhanAcademyMedicine
- “Tolerance and Withdrawal” KhanAcademyMedicine
- “The mysterious workings of the adolescent brain” TED Global



Cannabis Use Disorder/ Addiction

Regular or heavy use of cannabis can result in the development of tolerance and dependence. A person will need more and more marijuana to achieve the same effects.

Adolescence, a period during which the brain is undergoing major changes, is an extremely poor time period for young people to try the effects of marijuana. Cannabis use in adolescence has been reported to increase the risk for schizophrenia.

Because cannabis is typically smoked, long-term use may harm the lungs. Marijuana also appears to be associated with deficits such as memory and attention problems.

For people trying to quit, withdrawal symptoms may include irritability, restlessness, difficulty sleeping, and hot flashes.

<https://www.yalemedicine.org/conditions/marijuana-use-disorder>

For Youth 12 to 17, the most commonly diagnosed substance use disorder is Cannabis Use Disorder.

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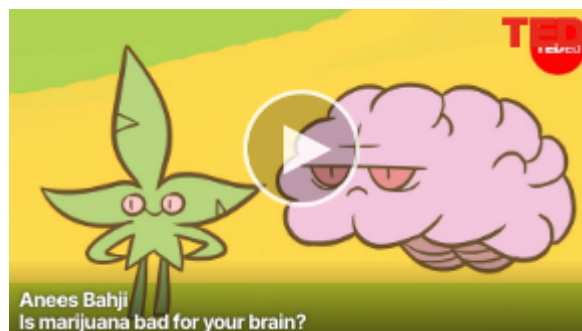
MARIJUANA & BRAIN HEALTH

VIDEOS



The Effects of Cannabis on the Teenage Brain | The Cannabis Question

Learn how cannabis may affect growth and function in the developing brain, in this video clip from NOVA: The Cannabis Question. Use this resource to provide



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MARIJUANA- YOUTH RESOURCES



- **BE BLUNT: WEST CONTRA COSTA ALCOHOL, MARIJUANA, AND PRESCRIPTION DRUG COALITION**

- **CANNABIS DECODED: COUNTY OF SAN MATEO**

- **LET'S TALK CANNABIS: CALIFORNIA DEPARTMENT OF PUBLIC HEALTH**

- **LET'S TALK CANNABIS: COUNTY OF LOS ANGELES PUBLIC HEALTH**

- **TRUTH (OR NAH!?): SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH**

MARIJUANA- PARENT RESOURCES

TIPS FOR PARENTS, FROM THE OFFICE OF ADOLESCENT HEALTH

TALK, THEY HEAR YOU, FROM SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

TOBACCO, VAPING AND MARIJUANA: A PARENT'S GUIDE TO A NEW EPIDEMIC (NEVADA COUNTY TUPE)



43% of youth say their parents have the most influence when it comes to drug messaging.

ncbmi.nih.gov/pubmed/16228115

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RESEARCH AND SCHOLARLY ARTICLES

BRAIN SCIENCE

ARTICLES/ RESOURCES



- “INSIDE THE TEENAGE BRAIN” PBS

- “INSIDE THE TEENAGE BRAIN PROGRAM”
PBS

QUICK LINKS

- MAP OF THE HUMAN BRAIN

- “ADDICTION AND BRAIN CIRCUITS”
BRAINFACTS.ORG

IN-DEPTH RESOURCES

“THE BRAIN: OUR SENSE OF SELF” NIH

MAJOR STRUCTURES AND FUNCTIONS OF THE BRAIN

NEUROANATOMY AND PHYSIOLOGY OF THE “BRAIN REWARD SYSTEM” IN SUBSTANCE ABUSE

“THE PLEASURE CENTERS” THE BRAIN FROM TOP TO BOTTOM. MCGILL UNIVERSITY

NEUROSCIENCE FOR KIDS- TYPES OF NEURONS (NERVE CELLS)

MOLECULAR CELL BIOLOGY- OVERVIEW OF NEURON STRUCTURE AND FUNCTION

KHAN ACADEMY- ANATOMY OF A NEURON

“THE LIFE AND DEATH OF A NEURON” NIH

377 drugs are known to interact adversely with CBD. 529 drugs
are known to adversely interact with THC.

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MARIJUANA FAQ

from <https://nida.nih.gov>

What is marijuana?

What is the scope of cannabis (marijuana) use in the United States?

What are marijuana's effects?

How does marijuana produce its effects?

Does marijuana use affect driving?

Is marijuana addictive?

What are marijuana's long-term effects on the brain?

Is marijuana a gateway drug?

How does marijuana use affect school, work, and social life?

Is there a link between marijuana use and psychiatric disorders?

What are marijuana's effects on lung health?

What are marijuana's effects on other aspects of physical health?

Is marijuana safe and effective as medicine?

What are the effects of secondhand exposure to marijuana smoke?

Can marijuana use during and after pregnancy harm the baby?

Available Treatments for Marijuana Use Disorders?

References

National Stakeholders and Organizations



Questions and Answers

Q. WHAT IS THE #1 CAUSE OF DEATH FOR YOUTHS AGED 10-19 IN SOUTH DAKOTA?

A. SUICIDE. IT IS ALSO THE #1 CAUSE OF DEATH AMONG COLORADO YOUTH AGE 10-18. IN 2018, OVER 36% OF SUICIDES IN YOUTH IN COLORADO HAD THC IN THEIR TOXICOLOGY REPORTS. THE PERCENTAGE OF SOUTH DAKOTA YOUTH WHO DIES AS A RESULT OF SUICIDE IS NOT KNOWN. A UNIVERSITY OF WASHINGTON STUDY "ADDS TO ALREADY AMPLE EVIDENCE THAT CANNABIS USE, PARTICULARLY BY YOUNGER PEOPLE, HAS SIGNIFICANT IMPLICATIONS FOR MENTAL HEALTH," SAID STUDY CO-AUTHOR TRACY KLEIN, A WSU ASSOCIATE PROFESSOR OF NURSING. "WE DON'T HAVE EVIDENCE THAT CANNABIS ALONE WAS THE PRIMARY DRIVER OF A SUICIDE ATTEMPT, BUT WE DO KNOW THAT CANNABIS CAN WORSEN CERTAIN MENTAL HEALTH CONDITIONS AND INCREASE IMPULSIVITY."

[HTTPS://WWW.EUREKALERT.ORG/NEWS-RELEASES/986345](https://www.eurekalert.org/news-releases/986345)

Q. CAN MARIJUANA INCREASE THE CHANGES OF YOUTH SUICIDALITY OR THE CHANCE OF A PSYCHOTIC DISORDER?

A. USING MARIJUANA OVER 10% INCREASES RISK OF SUICIDE BY 7-FOLD AND RISK OF DEVELOPING A PSYCHOTIC DISORDER BY 5-FOLD.

JOHNNY'SAMBSSADORS.ORG

Q. DOES THC HELP WITH MENTAL HEALTH ISSUES?

"THERE IS NO CURRENT SCIENTIFIC EVIDENCE THAT CANNABIS IS IN ANY WAY BENEFICIAL FOR THE TREATMENT OF ANY PSYCHIATRIC DISORDER. IN CONTRAST, CURRENT EVIDENCE SUPPORTS, AT MINIMUM, A STRONG ASSOCIATION OF CANNABIS USE WITH THE ONSET OF PSYCHIATRIC DISORDERS. ADOLESCENTS ARE PARTICULARLY VULNERABLE TO HARM, GIVEN THE EFFECTS OF CANNABIS ON NEUROLOGICAL DEVELOPMENT. LONG-TERM, MARIJUANA USE CAUSES INCREASED ANXIETY, STRESS, AND DEPRESSION."

PSYCHIATRY.ORG

Q. CAN YOU DIE FROM THROWING UP FROM MARIJUANA?

A. YES, BUT IS VERY RARE. CANNABINOID HYPEREMESIS SYNDROME IS VOMITING CAUSED BY HIGH-POTENCY THC. THE ONLY CURE IS TO STOP USING. VOMITING CAN CAUSE DEHYDRATION AND RENAL FAILURE. COMMON SYMPTOMS INCLUDE MYSTERIOUS STOMACH ACHES, TAKING FREQUENT, HOT SHOWERS, VOMITING, AND PAIN. MAR

JOHNNY'SAMBSSADORS.ORG

Q. HAS ANYONE EVER DIED FROM USING MARIJUANA?

A. YES. DEATHS ATTRIBUTED TO MARIJUANA USE ARE RARELY A RESULT OF AN OVERDOSE. WHEN AN OVERDOSE OCCURS, IT IS ALMOST ALWAYS ASSOCIATED WITH HIGH POTENCY CONCENTRATED THC PRODUCTS. WHEN MARIJUANA CONTRIBUTES TO DEATH, IT GENERALLY IS A RESULT OF AN ADVERSE REACTION (LIKE AN ALLERGY OR DRUG INTERACTION) OR DUE TO INTOXICATED BEHAVIORS AND ACTIONS, LIKE IMPAIRED DRIVING.

JOHNNY'SAMBSSADORS.ORG



MICROLEARNING TOOLKIT: CANNABIS PREVENTION 101

PUBLICATION DATE: OCTOBER 24, 2021

DEVELOPED BY: NEW ENGLAND PTTC

BRUSH UP ON YOUR CANNABIS KNOWLEDGE WITH THIS SERIES OF SHORT LESSONS ON CANNABIS AND PREVENTION! EACH LESSON CONSISTS OF A 5-10 MINUTE VIDEO FOLLOWED BY A BRIEF QUIZ. TOPICS INCLUDE THE BASIC DIFFERENCES BETWEEN THC, CBD AND HEMP, HOW DRUG SCREENING AND CONFIRMATION FOR CANNABIS WORKS, THE EFFECTS OF CANNABIS CONSUMPTION ON ROAD SAFETY, AND THE ROLE OF PREVENTION IN CANNABIS POLICY DECISIONS.

HOW TO USE:

COMPLETE THE LESSONS YOURSELF TO INCREASE YOUR KNOWLEDGE OR SHARE THESE LESSONS WITH YOUR COALITION MEMBERS, FOR PARENT OR YOUTH EDUCATION PROGRAMS, OR WITH OTHERS IN YOUR COMMUNITY. LESSONS CAN BE VIEWED IN THE ONLINE QUIZ FORMAT THROUGH THE LINKS BELOW OR CAN BE TAUGHT ALONG WITH THE DISCUSSION GUIDE AVAILABLE FOR DOWNLOAD TO USE WITH A GROUP.

[>>>Download](#)

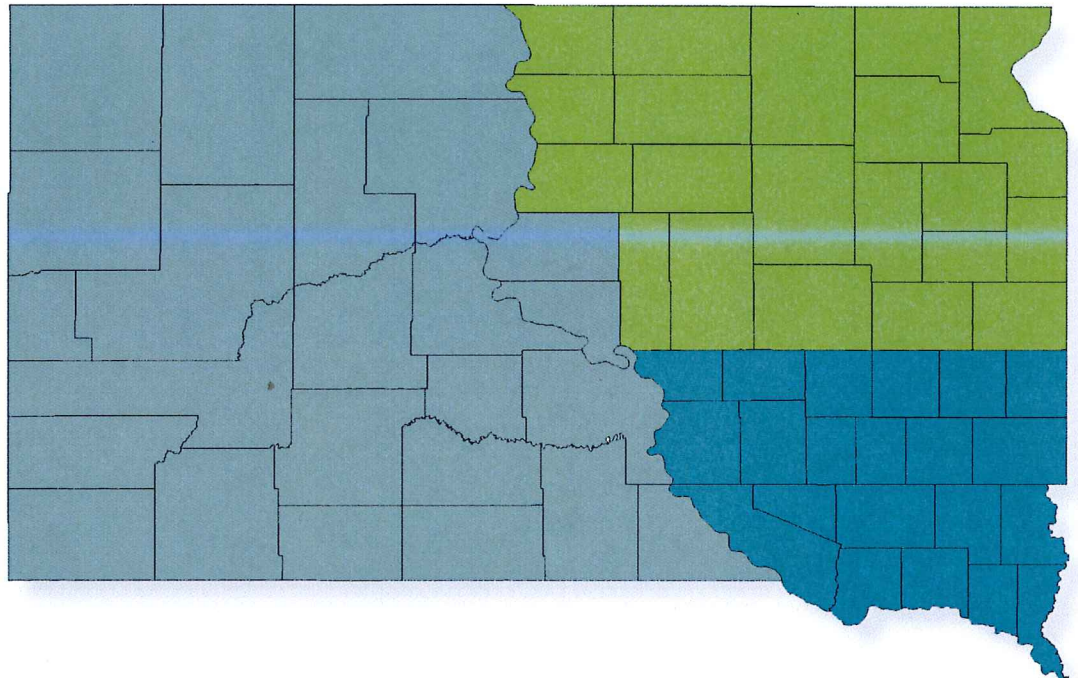
Need Additional Information? Reach Out to the Prevention Resource Center in Your Region...

We Are Here to Help !!!

South Dakota Prevention Resource Centers (PRCs)

Three Prevention Resource Centers provide regional support to students, parents, educators, community groups, community agencies, law enforcement and any other interested entities looking for prevention resource materials or support. Each PRC has a resource library with videos, DVDs, books, CDs, brochures and curricula available to the public for use. PRC staff are also able to provide training and education in the areas of prevention.

To access a PRC's resource library, request training or technical assistance, contact the PRC that serves your region.



WESTERN PRC

Youth & Family Services
202 East Adams
PO Box 2813
Rapid City, SD 57701
605.342.1593

NORTHEASTERN PRC

Human Service Agency
123 19th St. NE.
PO Box 1030
Watertown, SD 57201
605.884.3516

SOUTHEASTERN PRC

Volunteers of America, Dakotas
1310 W. 51st St.
PO Box 89306
Sioux Falls, SD 57109
605.444.6342



South Dakota
Department of
Social Services

Division of Behavioral Health
605.367.5236
dssbh@state.sd.us
dss.sd.gov/behavioralhealth