

Marijuana and Youth Prevention: An Inclusive & Interactive Approach



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Learning Objectives



Upon completion of this course, Participants will be able to:

- Describe three important considerations in the development of effective prevention messaging addressing youth marijuana use; and
- Utilize this information in their work with youth prevention.

Introductions

- Who are we?
- Who are you?

Where we Started

- Marijuana workgroup was created as a part of Maine's Partnerships For Success grant and has been meeting for 4 years. Group is made up of state and community stakeholders.
- Originally worked on parent materials:
<http://www.maine.gov/dhhs/mecdc/population-health/prevention/pdfs/updated-SAMHS-Key-Prev-MJ-Messages.pdf>

Where we Started

- Additional materials / slide
- Rack card here
- Slide bank here

Where to start?

- Maineparents.net (drug room)
<http://maineparents.net/TeensandMarijuana/index.htm>
- <http://maineparents.net/Teenroom/index.shtml>

Where we Started

Maineparents.net

- Information for parents:
<http://maineparents.net/TeensandMarijuana/index.htm>
- Interactive “drug room:”
- <http://maineparents.net/Teenroom/index.shtml>

Strategies for Youth

- Looked into other states (CO) established a connection with states that have legalized marijuana
- Lab Rat:



- Protect what's next: <http://protectwhatsnext.com/>
- Good to know CO: <http://goodtoknowcolorado.com/>
- Above the Influence:
<https://www.youtube.com/watch?v=k-EkHuHkFvA>

Strategies for Youth

- **Maine's Timeline for Youth Campaign:**
 - January 2015: Youth Summit in Southern Maine
 - February 2015: Legislation to legalize introduced
 - March 2015: Testimony written using youth messages as a template
 - May 2015: Youth testified against legalization using the key messages
 - June 2015: Dissolving workgroup created a youth presentation about marijuana and its effects on the developing brain

Strategies for Youth

- **Maine's Youth Presentation:**
 - Dissolving created the presentation
 - Presentation was piloted with the Maine Youth Court and the Maine Youth Action Network.
 - Youth gave *invaluable* critical feedback

Strategies for Youth

- **Maine's Youth Presentation:**

- There is an accompanying script and webinar.
- Presentation link sent to Maine health educators through the DOE.
- Community Prevention Providers partner with local schools to present

HERE IT IS!!

[http://prezi.com/d9aytjpbfihc/?
utm_campaign=share&utm_medium=copy&rc=exoshare](http://prezi.com/d9aytjpbfihc/?utm_campaign=share&utm_medium=copy&rc=exoshare)

Strategies for Youth

- **Youth PSAs using the key messages:**

- Attended Youth Summit for filming
- Held additional filming sessions to capture more diverse youth, representative of Maine's youth population
- Landing page

Strategies for Youth

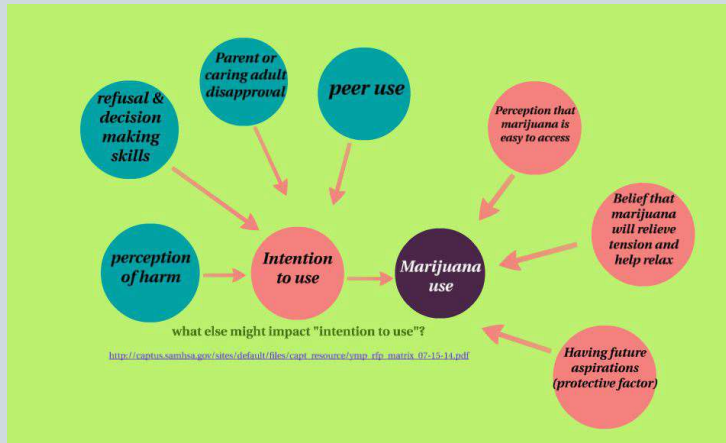
- **Emerging trends we are hearing about in Maine:**
 - Vaping
 - Edibles
 - Dabs

Strategies for Youth

- **Data:**
 - **2015 Maine Integrated Youth Health Survey:**
 - 1 out of 5 high schoolers have reported using marijuana in the past 30 days.
 - 55% of high schoolers report that marijuana is either “very easy” or “sort of easy” to access.
 - 60% of high schoolers reported that marijuana is either “slightly” harmful or “not at all” harmful.”
 - 17% of high schoolers say their parents think it is “a little wrong” or “not wrong at all” for them to use marijuana.

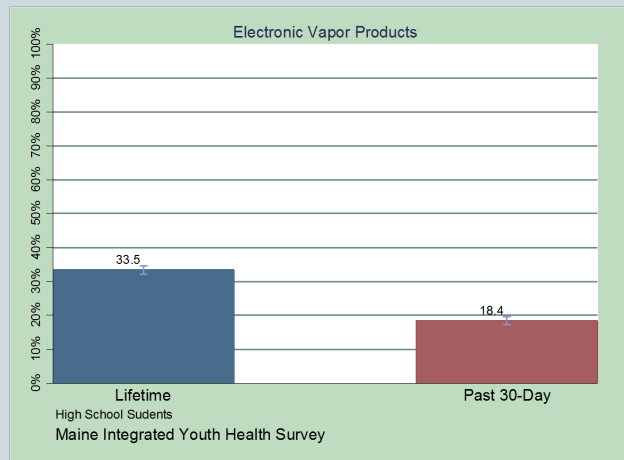
Strategies for Youth

- Intention to Use:



Strategies for Youth

- An Emerging Trend:



Strategies for Youth

- **An Emerging Trend:**

- Vaping Prevention Campaign out of Bangor:

<https://www.youtube.com/watch?v=w9j467uTl8M>

Strategies for College

- **Data and emerging trends:**

- Regional campus meetings with state, college / university, & community prevention providers
- BASICS for marijuana users
- eToke: http://www.echeckuptogo.com/usa/programs/coll_mj.php
- Prime for Life
- Reviewed data on the 18-25 year olds in Maine:

http://www.maine.gov/dhhs/samhs/osa/data/cesn/facts/18-25_year_olds_FactSheet_2016_3.30.2016.pdf

Strategies for College

- **College Presentation Created**
 - Addresses electronic vaping devices
 - Originally created to target Resident Assistants

HERE IT IS! But before we begin, who would like some baked goodies!?

Less Successful Strategies

- **Stoner Sloth:**
<https://www.youtube.com/watch?v=7rHm8GbTHyE>
- Talking Shoe
- Gone Missing
- Keep me off the Grass
- Precautions around edibles demonstrations: How young is too young?

Future Strategies

- Marijuana education and materials for healthcare providers.
- Ordinances and Policies
- PFL for Workplaces
- Drug Impairment Training for Educational Professionals (and beyond).
- SBIRT in Schools

Additional Strategies

Child Age Investments in Maine

MAINE OFFICE OF CHILD AND FAMILY SERVICES (OCFS)

OCFS Budget Review Update 2014

OCFS Budget Review Update 2014

OCFS Budget Review Update 2014

Marijuana What can it do to my baby?

When you are pregnant and use marijuana, so does your baby.

Marijuana passes through the placenta into a baby's bloodstream. When babies are exposed to marijuana during pregnancy, they can test positive for the drug after they are born.

Early studies suggest that marijuana use during pregnancy can harm a growing baby.

- It may cause your baby to be born before his or her body and brain are ready. This could mean serious health problems at birth and throughout life.
- It could change how your baby's brain develops. These changes may cause life-long behavior or following rates.
- It might lower your child's IQ, cause problems with learning and memory, and make it harder for him or her to do well in school.

Make the safest choice for you and your baby. **DON'T use marijuana** when pregnant or breastfeeding.

Marijuana Is it safe when breastfeeding?

Using marijuana if you breastfeed is **NOT** healthy for your baby and is **NOT** recommended.

What are the risks?

- THC, the active ingredient in marijuana, gets into your breast milk and your baby.
- When you use marijuana, the THC stays in your body fat, blood, and breast milk for up to 30 days. This means it can build-up in your baby's body over time. Your baby could also test positive for THC.
- Using marijuana may create feeding problems. It can lower your milk supply. It can also make your baby less willing to eat. This could lead to slow weight gain or failure to thrive.
- Some studies show that babies exposed to THC in breast milk may have an increased risk for Sudden Infant Death Syndrome (SIDS).

Give your baby the healthiest start in life. Choose to breastfeed and **DON'T** use marijuana.

The benefits of breastfeeding!

- When you choose to breastfeed you are investing in your baby's future. Breastfeeding allows you to make the food that is perfect for your baby.
- Breast milk protects your baby against illnesses like ear infections and colds.
- Breastfeeding helps lower the chance that your baby will have allergies, asthma, obesity, some childhood cancers, and type 2 diabetes.
- Mothers who breastfeed heal from childbirth more quickly and easily.
- The hormones released while breastfeeding can help you feel less stressed and anxious.
- Women who breastfeed have lower rates of breast and ovarian cancer and type 2 diabetes later in life.
- Breastfeeding is free and without the hassle of using bottles or mixing formula.

Still have questions?

Talk to your baby's health care provider about the risks of marijuana use compared to the benefits of breastfeeding. This will help you make the best decision for you and your baby.

Do you need help quitting?

Reaching out for help is a sign of strength. For more information, call the Maine Office of Substance Abuse and Mental Health Services at 207-287-5900 or 1-800-699-0227 or dial 2-1-1 from any phone in Maine or go to www.211maine.org.

Questions?



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