



















Marijuana & Alcohol

Community Prevention Toolkit



ACKNOWLEDGEMENTS

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Presentation Agenda

- Factual and Statistical Data
- Legal Ramifications of Marijuana Use
- Risks of Marijuana Use
- Types of Alcoholic Beverages
- Alcohol Effects on the Body
- Tips & Resources
- Resources
- References

ON A SCALE FROM 1-5, HOW MUCH DO YOU KNOW ABOUT MARIJUANA?

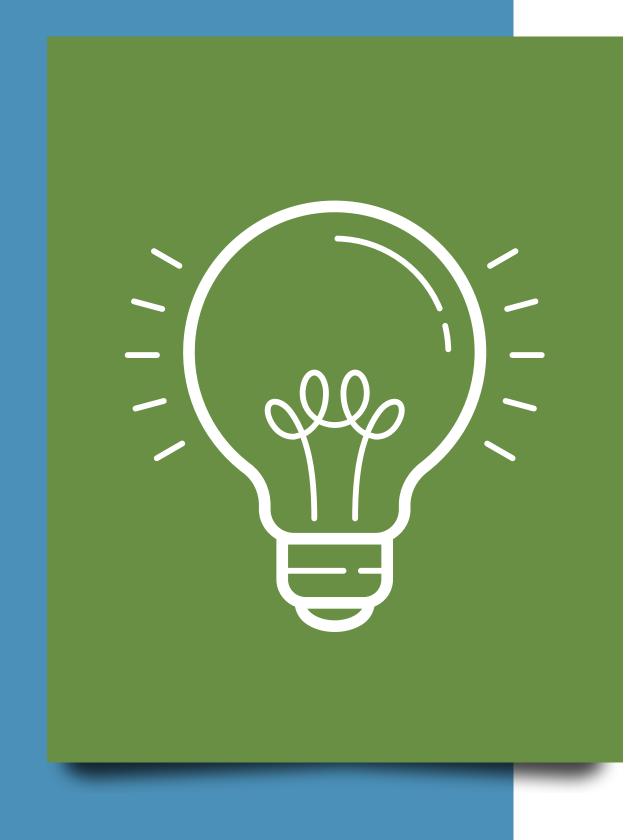
- 5 A lot
- 4 Know a good amount
- 3 Know some but not a lot
- 2 Know the basics
- 1 Not at all





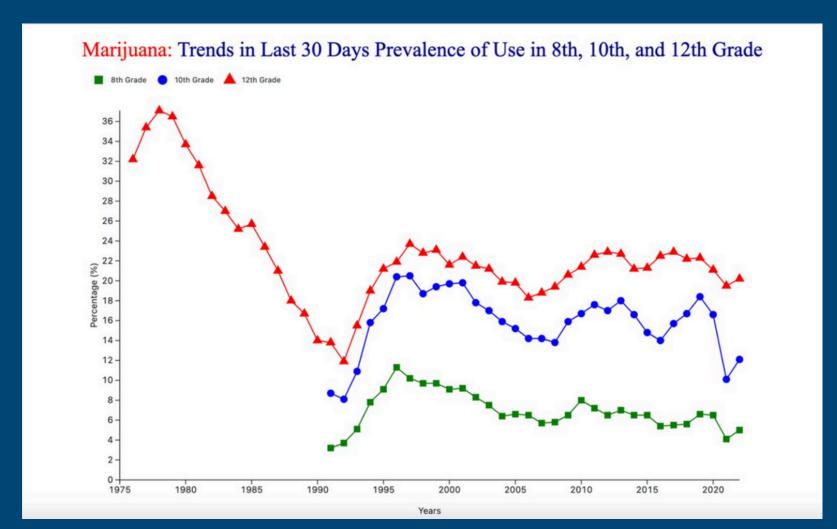
THE FACTS OF MARIJUANA

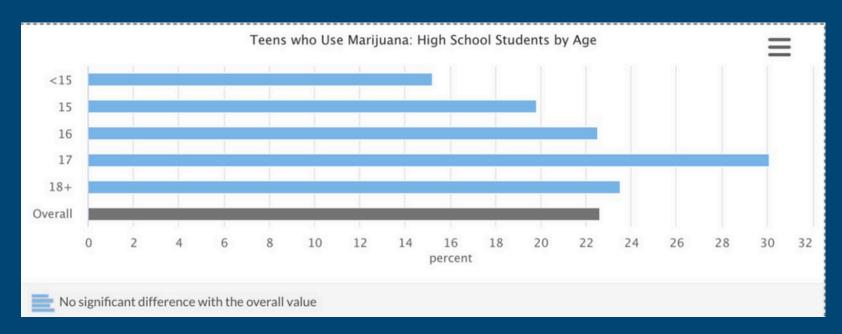
- Marijuana is a greenish-grey mixture of dried flowers of Cannabis Sativa.
- Known as weed, pot, Mary Jane, ganja, grass, etc.
- It is legal in some states but is illegal on a federal level.
- After alcohol, marijuana is the substance abuse most associated with impaired driving.
- Before the age of 18, 1 in 10 are more likely to become addicted to marijuana.



THE FACTS OF CANNABIS

- The words cannabis, marijuana, hemp and hash are interchangeable terms used when referring to this controversial plant.
- Cannabis is a psychoactive drug derived from the Cannabaceae (hemp) plant family
- Like nicotine and flavored liquids, marijuana concentrates can be used with electronic vapor products.
- Just like smoking, vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite, and shifts in behavior and mood.
- Vaping cannabis is not safer than smoking it as it can expose the
 use to EVALI (E-Cigarette or Vaping Product-Use Associated Lung
 Injury), harmful cancer-causing chemicals, and marijuana poisoning.



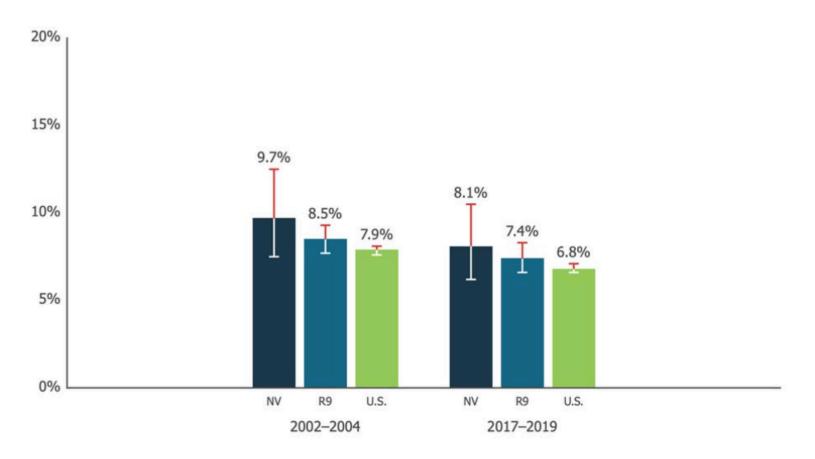


Changes in Past-Month Marijuana Use among Youth Aged 12–17 in Nevada, Region 9, and the United States (Annual Averages, 2002–2004 and 2017–2019)¹



Among youth aged 12–17 in Nevada, the annual average percentage of marijuana use in the past month did not significantly change between 2002–2004 and 2017–2019.

During 2017–2019, the annual average prevalence of past-month marijuana use in Nevada was **8.1%** (or **19,000**), similar to both the regional average (**7.4%**) and the national average (**6.8%**).



Error bars indicate 95% confidence interval of the estimate. NV = Nevada; R9 = Region 9 (Arizona, California, Hawaii, and Nevada); U.S. = United States.

LEGAL RAMIFICATIONS OF MARIJUANA USE FOR ADULTS

- May only possess 1 ounce of cannabis or 1/8 ounce of concentrated cannabis.
- If given to a minor, it can be charged with contributing to the delinquency of a minor.
- It can only be purchased at licensed dispensaries, otherwise, it's illegal.
- Can't be consumed on federal property.
- Can't be consumed on public property (unless given permission by the owner, but can still be a risk).
- Can lose federal housing benefits.



LEGAL RAMIFICATIONS OF MARIJUANA USE FOR MINORS

- Can be in possession of a medical cannabis card if a doctor AND parent/guardian sign off on it.
- Minors caught loitering by dispensaries can be fined \$500.
- Wrongful possession of marijuana and/or falsely representing to be 21 or older is considered a misdemeanor.
- Against the law, for any state-licensed cannabis business to sell to anyone under the age of 21.

LEGAL RAMIFICATIONS OF CONCENTRATED MARIJUANA USE FOR MINORS

- For a child under the age of 18 to be in possession of concentrated cannabis, it is a felony After the 3rd offense, the child may be charged with delinquency.
- Concentrates are being found inside e-cigarettes and vape pens.
- Most minors being charged are between the ages of 10-18.
- The marijuana concentrates being collected are commercial concentrates.
- Either coming from a dispensary or being manufactured somewhere.
- All felony cases are referred to the District Attorney's Office for review and could lead to:
 - Court hearings
 - Referrals and recommendations for substance abuse counseling or assessment
 - Community service hours
 - Meetings with a probation officer

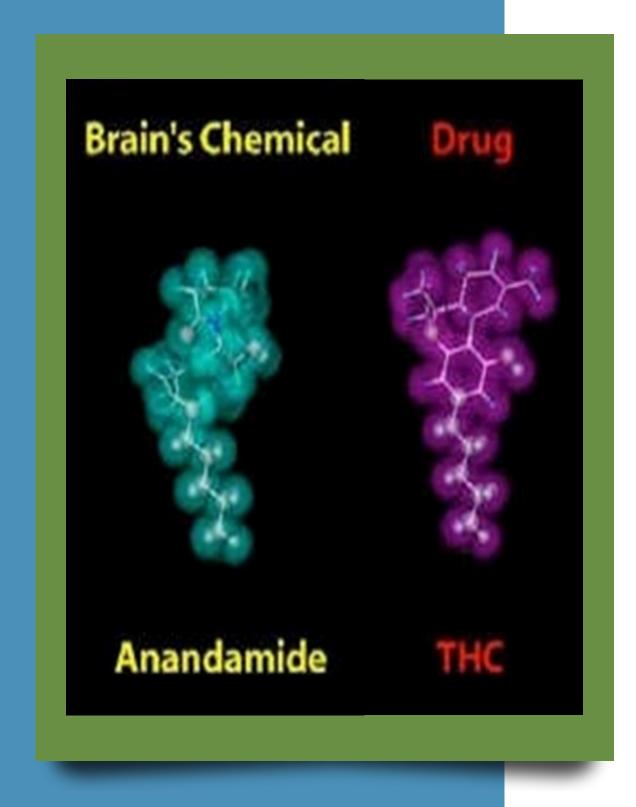
CANNABIS USE AMONG YOUTH

- In Nevada, 1 in 5 high school students currently use cannabis.
- Research shows that about 1 in 10 marijuana users will become addicted. When individuals begin using cannabis before the age of 18, that number rises to 1 in 6.
- Cannabis use may cause damage and physical changes to a teen's brain. As brain development continues until around their mid 20s, this damage can be permanent.
- Studies have revealed marijuana could lower teens' IQ. Students who use marijuana products regularly may have trouble concentrating, solving problems, learning new information, retaining information and new memories, paying attention and new memories, paying attention, and processing thoughts.
- Studies show that the top reasons why students use marijuana are to know what it's like, peer pressure, boredom, to feel better, and just to get high.

IN YOUR OPINION, WHAT ARE SOME WAYS MARIJUANA CAN AFFECT THE FOLLOWING?

- Relationships
- Work/School
- Physical Health
- Mental Health



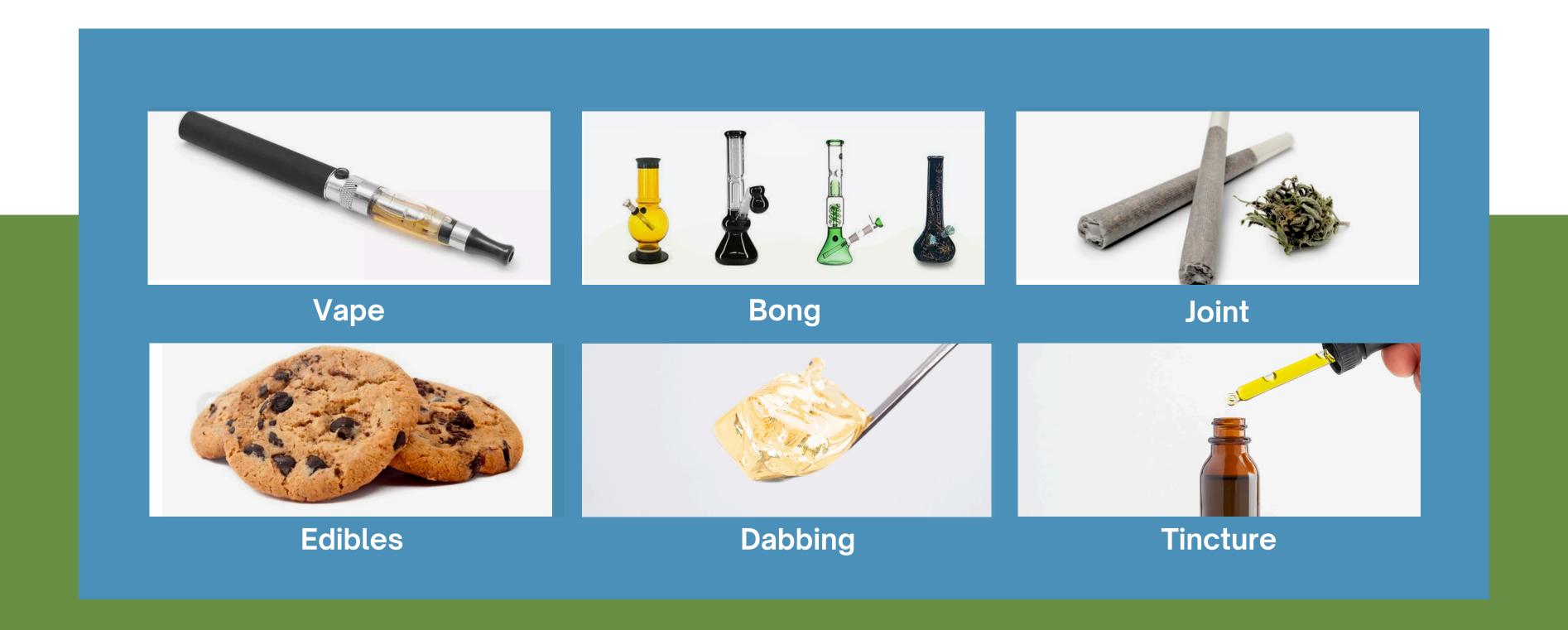


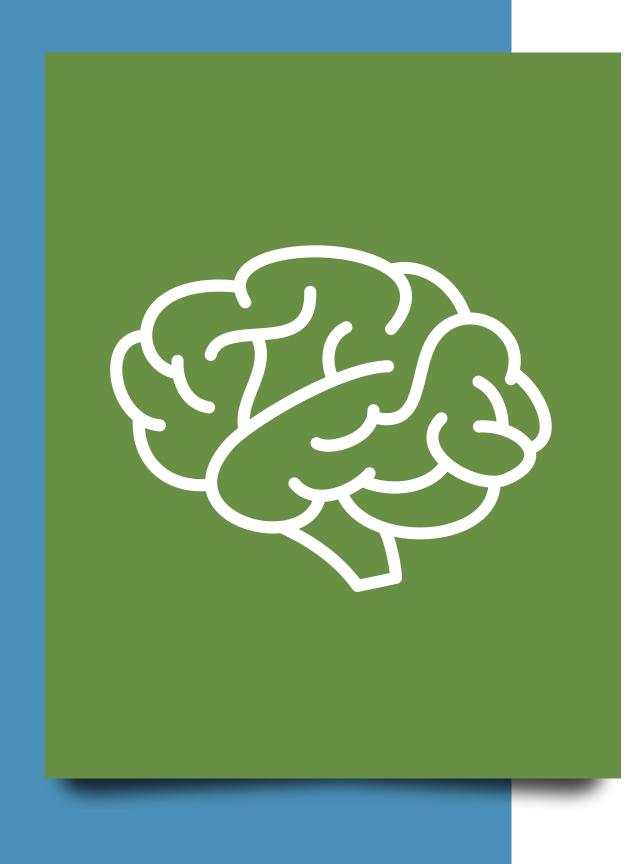
NOW I KNOW THE LEGALITIES OF IT, BUT HOW DOES IT WORK? WHAT ARE THE RISKS?

THC releases dopamine into the brain whether it is smoked or ingested allowing us to feel the high. It goes through the bloodstream before it reaches the brain. Depending on how it was consumed (whether smoked or eaten), the time for the effects to hit and how long they last varies.

The similarity in chemicals allows the body to recognize the drug which allows it to alter our brain.

MODES OF CONSUMPTION





KNOW THE RISKS OF MARIJUANA USE

- Causes permanent loss of 8 IQ points if used from a young age.
- Negative effects on brain development as the brain isn't fully developed until the age of 25
 - memory
 - o attention span
 - learning
- Linked to depression, anxiety, possible suicide planning, and psychotic episodes.
- Impact on the brain varies on:
 - amount of THC consumed
 - how often it is used
 - age of first use
 - use of other substances



KNOW THE RISKS OF MARIJUANA USE CONTINUED

- Smoking affects the lungs like cigarettes
 - More likely to develop lung infections
 - Coughs (long-lasting or chronic)
- Can cause the heart rate to rise by 20 to 50 bpm or more for up to 3 hours
 - Risk of heart attack or stroke if you are older or have heart problems
 - Increased appetite
 - Sleepiness



KNOW THE RISKS OF MARIJUANA USE CONTINUED

- Driving under the influence
 - Slower reaction time (signal and sounds)
 - Lane weaving
 - Decreased coordination
 - Distorting perception
- Legalities of Driving Under the Influence:
 - Blood at least 2 nanograms per milliliter, 5 nanograms per milliliter of marijuana metabolite
 - Urine at least 10 nanograms per milliliter, 5 nanograms per milliliter of marijuana metabolite



KNOW THE RISKS OF MARIJUANA USE CONTINUED

- Being under the influence of MJ can put you at risk of pregnancy and STDs.
- Can possibly put you at risk for pregnancy complications.
- Some research shows newborns can have:
 - A lower birth weight
 - Abnormal neurological development
 - Attention
 - memory
 - Problem-solving skills
 - Behavior
- No matter how it was ingested, THC can have an effect on a baby (even breastfeeding)

SIGNS OF USE

- Noticing behavior changes may prevent the negative impact marijuana can have on students' lives. The following are changes that could indicate substance abuse or other problems that need to be addressed:
 - Lack of concern with hygiene and appearance
 - Unusual mood changes and disinterest in hobbies and extracurricular activities
 - Stressful or difficult peer relationships & Lowered academic success
 - Appear to be unusually happy and giggly
 - Uncoordinated movement & Forgetfulness
 - Bloodshot or red eyes & Regular use of eye drops and odor eliminating products
 - Strange smells on clothes and personal items
 - o Possessing drug paraphernalia or items that support drug use

TELLING THE DIFFERENCE: MARIJUANA, HEMP AND CBD



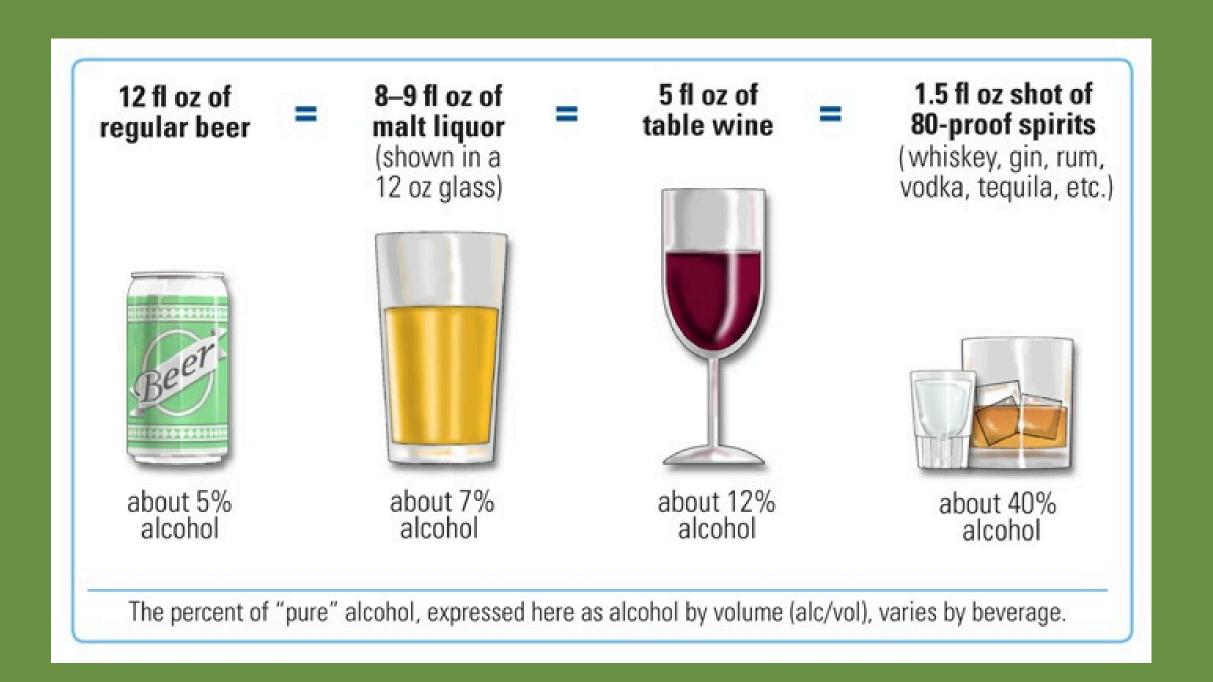
WHAT IS ALCOHOL?

Alcohol is a type of drug that affects the brain and body, commonly found in beverages.

Types of Alcohol:

- Ethanol:
 - The type of alcohol in drinks like beer, wine, and liquor.
- Methanol:
 - o Toxic and used in industrial products, not safe for drinking.
- Isopropanol:
 - Used as rubbing alcohol, not safe for consumption.

TYPES OF ALCOHOLIC BEVERAGES



Beer: ~5% alcohol

Wine: ~12% alcohol

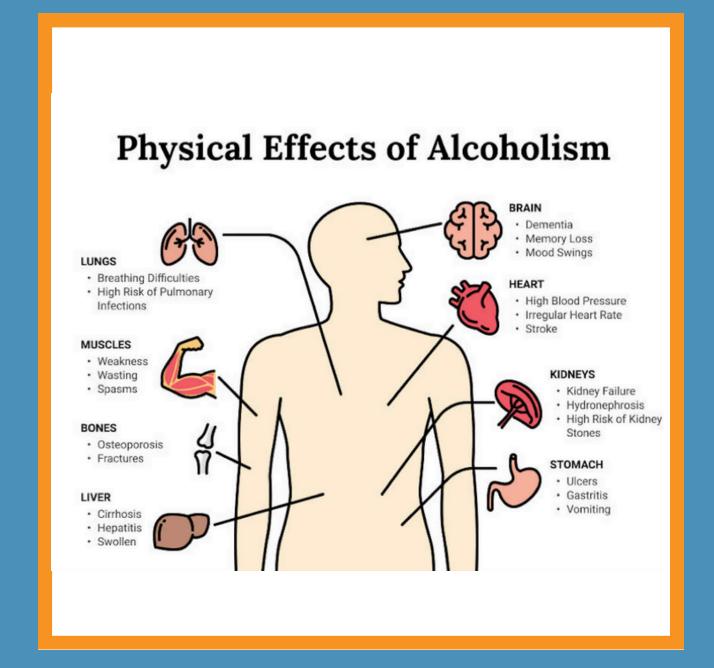
Liquor: Includes vodka, whiskey, rum, ~40-50% alcohol

HOW ALCOHOL AFFECTS THE BODY

Alcohol interrupts brain's communication pathways

- Changes in mood and behavior
- Difficulty thinking clearly
- Loss of balance

Chronic drinking can lead to liver disease, heart problems, addiction.

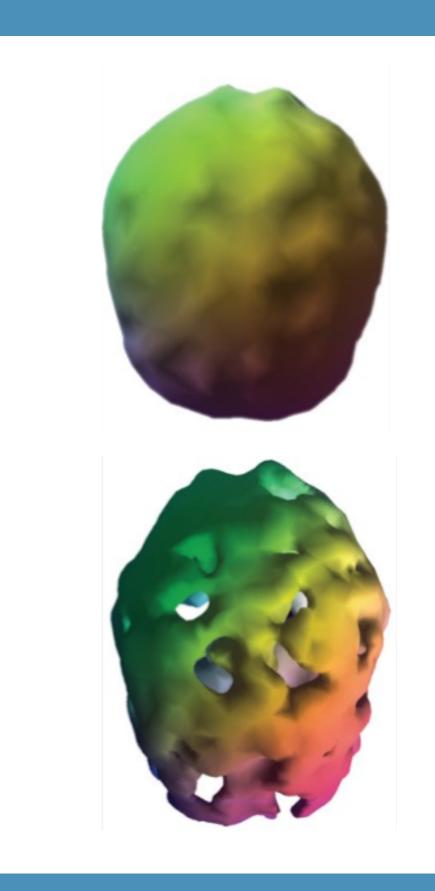


EFFECTS OF ALCOHOL ON DEVELOPING BRAINS

Teenagers and Young Adults:

- **Brain Development:** Alcohol can interfere with brain development and learning.
- **Memory and Learning:** Impaired ability to learn new information and recall.
- **Risk of Addiction:** Higher likelihood of developing alcohol dependence later in life.

Scan of Brain Activity (Alcohol). Too Good for Drugs.



ALCOHOL AND HEALTH RISKS

Short-Term Risks:

- Accidents: Increased risk of accidents and injuries due to impaired coordination.
- Violence: Higher chance of involvement in violence or risky behavior.

Long-Term Risks:

- Chronic Diseases: Liver disease, cardiovascular problems, cancer.
- Mental Health: Increased risk of depression and anxiety.

HEALTHY WAYS TO RELEASE DOPAMINE

Because alcohol can impact how the brain functions, here are healthier ways to naturally boost dopamine and support your mental wellbeing.

- Get 20 to 30 minutes of physical activity
- Spend time in natural sunlight
- Listen to music you enjoy
- Connect with friends or loved ones
- Practice a creative hobby (drawing, writing, crafting)
- Eat a balanced meal or snack
- Do something relaxing like reading or journaling



RESOURCES FOR HELP

If You Need Support:

- National Helpline: 1-800-662-HELP (4357)
- Local Support Groups: Look for Alcoholics Anonymous (AA) meetings.
- Educational Resources: Books, websites, and local programs.
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2023). **Find a Treatment Facility.** SAMHSA
- Alcoholics Anonymous. (2023). Find a Meeting. AA

LIST OF RESOURCES

Find a Treatment Facility	National Treatment Hotline	Crisis Support Services	Reno ASAP Alcohol and Drug Services
http://findtreatment.gov	1-800-662-4357	988 Text "care" to 839863	620-665-6446
Join Together Northern Nevada	Reno Behavioral Health	Northern Nevada HOPES	The Life Change Center
775-324-7557 505 S. Arlington Ave, Suite 110 Reno, NV 89509 www.jtnn.org	775-393-2200 6940 Sierra Center Pkwy Reno, NV 89511	775-786-4673 580 W. 5th Street Reno, NV 89503	775-355-7734 1755 Sullivan Lane Sparks, NV 89431
Washoe County Human Services	Quest Counseling & Consulting	Vitality	Willow Springs
775-785-8600	775-786-6880 3500 Lakeside Court, Suite 101 Reno, NV 89509	775-322-3668 1135 Terminal Way #208B Reno, NV 89502	1-800-448-9454 Youth Residential Treatment 690 Edison Way Reno, NV 89502

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