But what do we tell the children?
Cannabis teaching pedagogy in an era of change

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zeitgeist

[tsahyt-gahyst]
noun
1. the intellectual, moral, and cultural climate of an era
2. the spirit of the time; general trend of thought or feeling characteristic of a particular period of time.
<table>
<thead>
<tr>
<th>Twentieth Century zeitgeist 1960-1999</th>
<th>Twenty-First Century zeitgeist 2000 - today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Peace</td>
<td>Multiculturalism, globalism</td>
</tr>
<tr>
<td>Hippies</td>
<td>Millennials, Gen X’ers</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Cannabis</td>
</tr>
<tr>
<td>Pot</td>
<td>Ganja</td>
</tr>
<tr>
<td>Smoke</td>
<td>Vape</td>
</tr>
<tr>
<td>Hash Brownies</td>
<td>Edibles</td>
</tr>
<tr>
<td>Herb dealer</td>
<td>Ganjapreneurs &amp; budtenders</td>
</tr>
<tr>
<td>$40 ounce (28 grams)</td>
<td>$20 Dub (3.5 grams)</td>
</tr>
</tbody>
</table>
Marijuana, as we knew it, has been -
from...

Potheads, Dens & Stoners...
to Budtenders, trimmigrants, & ganjapreneurs
Legalized
Institutionalized

The *Department of Health Medicinal Marijuana Program

..*NJ, WA, OR, CA, CO, NV, AK, HI, NM, MT, LA, FL, AR, PA, OH, MO, IL, MN, ....
Monetized
Purified....
and corporatized
No longer smokers...

But vapers
Munchies no more....

instead --- Edibles!!
Is this what we are talking about?
No, this is what we are talking about!

Not the Same Old Pot…up to 98% THC
The power of rebranding.....
Creates ---
new audiences..

Legalization = High Youth Rate

- Youth marijuana Past 30 day Use among 12-17 year olds
- Legalized Recreational and Medical Marijuana (Green)
- Legalized Medical Marijuana (Red)
- States without any marijuana legalization (Blue).

National survey on health & drug use 2015
New exposures
New directions for cannabis for new users – and
Normalization

International org takes on creating safety and other standards for cannabis industry
<table>
<thead>
<tr>
<th>Primary Drug**</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>20,880</td>
<td>27%</td>
</tr>
<tr>
<td>Heroin</td>
<td>33,147</td>
<td>43%</td>
</tr>
<tr>
<td>Other Opiates</td>
<td>5,187</td>
<td>7%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>3,638</td>
<td>5%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>10,979</td>
<td>14%</td>
</tr>
<tr>
<td>Other Drugs</td>
<td>2,503</td>
<td>3%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intravenous Drug Users</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>26,505</td>
<td>35%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>10,979</td>
<td>14%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoke Tobacco (Yes)**</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>49,643</td>
<td>65%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unemployed</td>
<td>19,135</td>
<td>25%</td>
</tr>
<tr>
<td>Student</td>
<td>2,422</td>
<td>3%</td>
</tr>
<tr>
<td>Not in Labor Force</td>
<td>30,635</td>
<td>40%</td>
</tr>
<tr>
<td>Employed Full/Part Time</td>
<td>24,225</td>
<td>32%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Living Arrangement</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homeless</td>
<td>4,428</td>
<td>6%</td>
</tr>
<tr>
<td>Dependent Living/Institution</td>
<td>9,585</td>
<td>13%</td>
</tr>
<tr>
<td>Independent Living</td>
<td>62,395</td>
<td>82%</td>
</tr>
</tbody>
</table>

In the meantime...
What do we know?
NAS Weight of Evidence categories:

- Conclusive
- Substantial
- Moderate
- Limited
- None
- Insufficient
Conclusive or Substantial Evidence:

Effective for:

- Chronic Pain in Adults
- Nausea and Vomiting in Chemotherapy Patients
- Multiple Sclerosis Spasticity

Conclusive or Substantial Evidence:

- Worsens respiratory symptoms & chronic bronchitis
- Lower birth weights in babies of moms who use cannabis
- Greater risk of vehicle crashes
- Greater association between using & development of schizophrenia or other psychoses

- Greater risk factors:
  - being male & smoking tobacco
  - earlier use
  - more use creates greater risk

None - or insufficient evidence - of efficacy for:

- Cancers (esophageal, prostate leukemia, lymphomas, & more)
- Anorexia (nervosa or cancer related)
- Irritable bowel syndrome
- Epilepsy
- ALS (Lou Gehrig Disease)
- Parkinson’s
- Huntington’s Chorea

- Achieving abstinence from addictive substances
- Improved mental health outcomes for those with schizophrenia or other psychoses

No increased risk of:

- mortality
- HPV
- acute myocardial infarction
- COPD hospital admissions
- exacerbation of asthma
- impact on HIV immune status
- death by cannabis overdose
- occupational accidents or injuries
- changes in depression
- development of PTSD

BUT---

There is still so much that we don’t know.
Right now we can’t -

- Easily measure how much THC is in a person’s body

Impact?

Driving
Machinery
Accidents
How much is too much?
We don’t handle edibles well.

And children and teens pay the price.
How many gummy bears does it take to get high?
How long after eating a cupcake will you feel it?
How much is too much?
Is eating cannabis better for you than vaping it?
So...

What do we tell the children?
The Truth.

(Even though it’s complicated).
Remember -
This is their world.

2000 to present: Silent Generation or Generation Z
1980 to 2000: Millennials or Generation Y.
1965 to 1979: Thirteeners or Generation X.
1946 to 1964: Baby Boomers.
1925 to 1945: Silent Generation.
1900 to 1924: G.I. Generation.
Want to be heard?

• In order to be heard, you have to be culturally relevant.

• In order to be culturally relevant, you have to be in tune/in touch.

• In order to be in tune, we must listen, learn, and adapt gracefully.
And here’s the truth:

It’s legal...
It’s medicine for some,
Overdosing doesn’t happen

but it’s not legal.
illegal drug for others.
But psychosis does.
“When I was a kid…”

Not!!

Remember: today’s cannabis is not yesterday’s pot!
Winning approaches

- Harm Reduction Approach works
- Respectful and curious*
- Appreciate that even time tested ideas can grow and change...

*”Less judgment, more curiosity.”
You will need partners.
A BUDDHIST INSPIRED PATH TO RECOVERY FROM ADDICTION

DIVERSE AND WELCOMING TO ALL.

https://refugerecovery.org/
Y12SR combines the practical tools of the 12-step program with the ancient and everyday tools of yoga.
“Just Say No, Yes or Maybe”

NYT
10/29/14
Finally, remember

There are risk factors, yes, but ---

there are also *resilience* factors -

those people, practices, and places that help to balance the

scale for our children - which LOWER the risk factors...
# Risk & Protective Factors: Alcohol, Tobacco & Drug Use

<table>
<thead>
<tr>
<th>Levels</th>
<th>Risk Factors</th>
<th>Protective Factors</th>
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<tbody>
<tr>
<td>I. Drug</td>
<td>Early onset of use</td>
<td>Delayed onset of use</td>
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<tr>
<td></td>
<td>Choice of drug</td>
<td></td>
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<tr>
<td></td>
<td>Experimentation</td>
<td></td>
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<tr>
<td></td>
<td>“Gateway” effect</td>
<td></td>
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<tr>
<td>II. Individual:</td>
<td>Genetic vulnerability</td>
<td>Self-esteem and</td>
</tr>
<tr>
<td>1. Biomedical</td>
<td>Physiological vulnerability</td>
<td>internal locus of control</td>
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<tr>
<td></td>
<td>Age</td>
<td>Self-discipline</td>
</tr>
<tr>
<td></td>
<td>Sex</td>
<td>Problem-solving and critical</td>
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<tr>
<td></td>
<td>Race/ethnicity</td>
<td>thinking skills</td>
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<tr>
<td></td>
<td>Novelty and thrill-seeking/risk taking</td>
<td>Sense of humor</td>
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<td>Alienation and rebelliousness</td>
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<td>Poor impulse control</td>
<td></td>
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<td></td>
<td>Poor coping skills</td>
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<td></td>
<td>Co-occurrence of psychiatric disorders</td>
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<td></td>
<td>High stress (inter or intrapersonal,</td>
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<tr>
<td></td>
<td>life transitional</td>
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<tr>
<td></td>
<td>Misperceptions of peer use</td>
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<tr>
<td></td>
<td>Particular life challenges (e.g.,</td>
<td></td>
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<tr>
<td></td>
<td>homosexuality, disability,</td>
<td></td>
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<tr>
<td></td>
<td>oppression)</td>
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