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Cannabis Legalization and
Youth: Developing Clear
Messages in an Evolving Policy
Climate
Boulder, CO Nov 15-16, 2018

Six Lessons Learned From Cannabis Legalization in Washington State....one researchers perspective



Dr. Haggerty is the director of the UW Center for CTC and does receive payments for training and consultation services

Six Lessons from Washington State

1. The sky hasn't fallen....
2. Parent's make a difference
3. Public Health Messaging is critical
4. Defining Evidence Based Programs is difficult and essential
5. Communities bring it all together
6. There is a lot we still don't know.

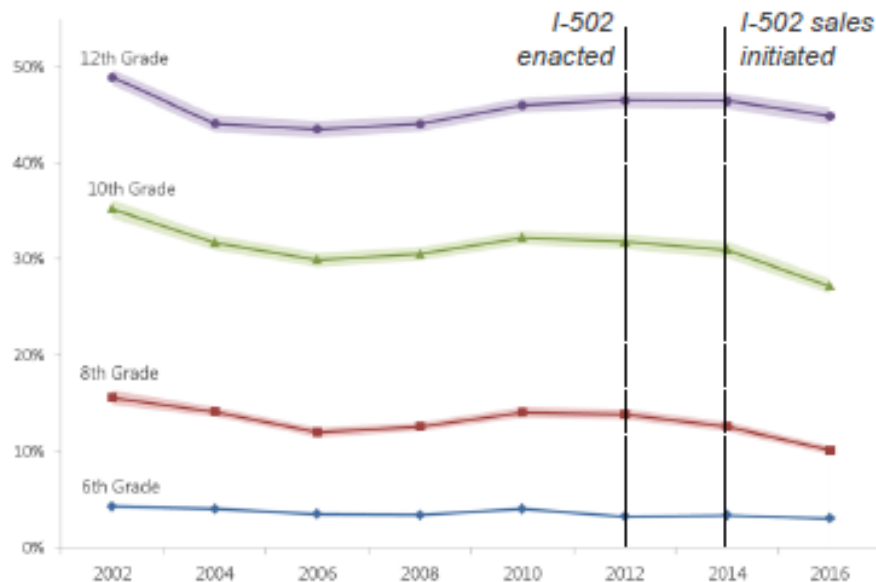
1. The sky hasn't fallen....



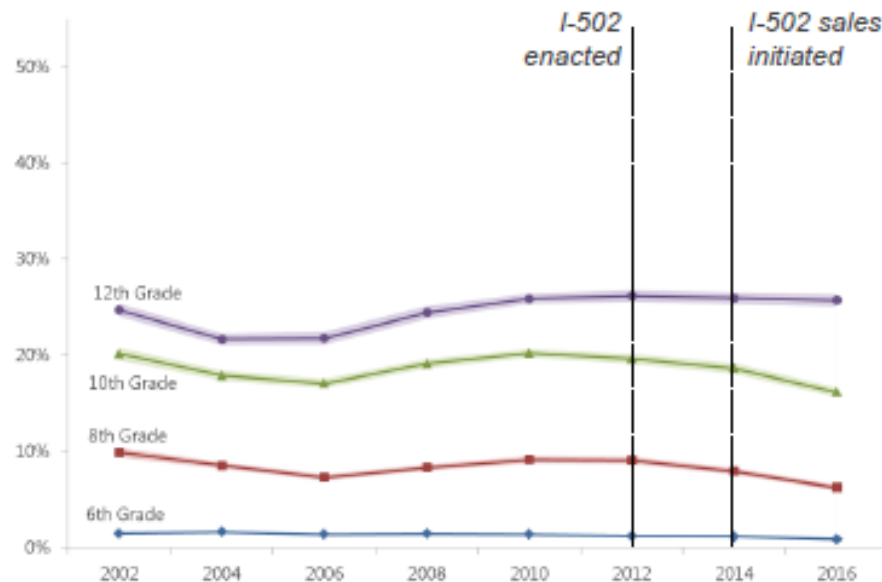
Washington Healthy Youth Survey Trends by Grade



Lifetime cannabis users

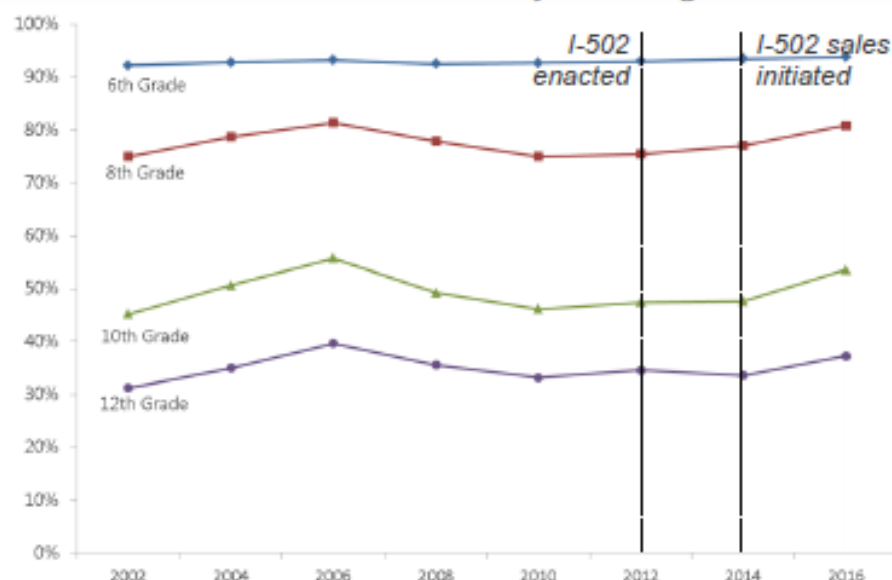


30-day cannabis users

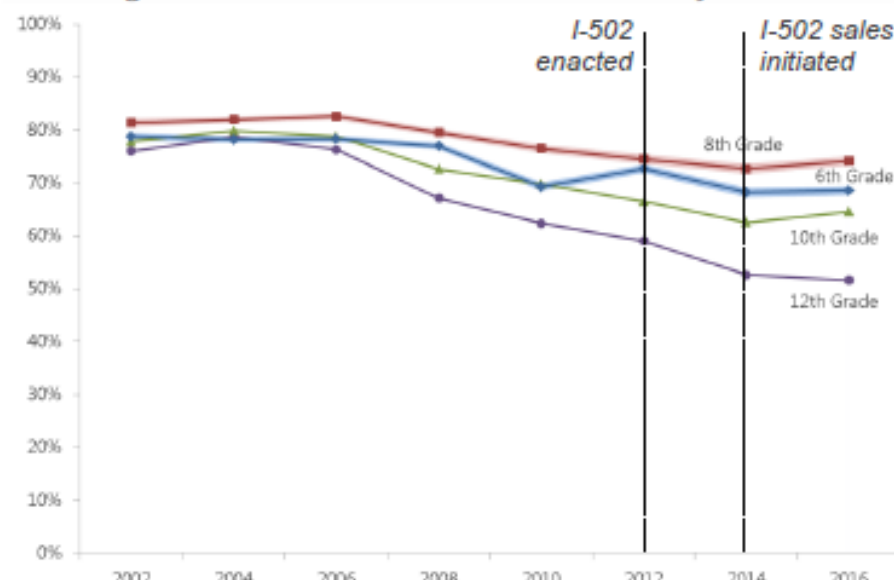


Shaded regions represent 95% confidence intervals ($p < .05$)

Cannabis is hard or very hard to get



Regular use of cannabis is harmful or very harmful



For adults, use is increasing for those who have used in the past

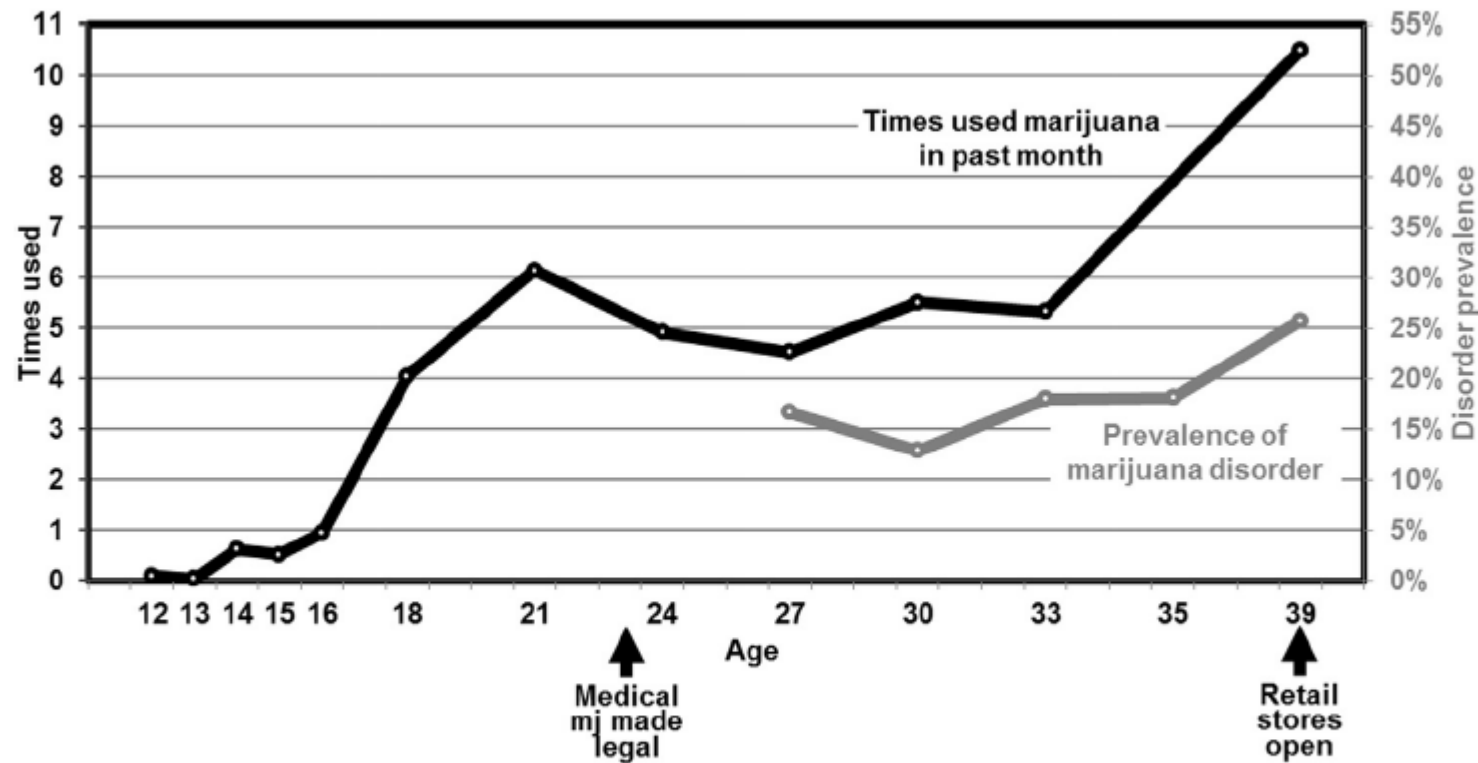
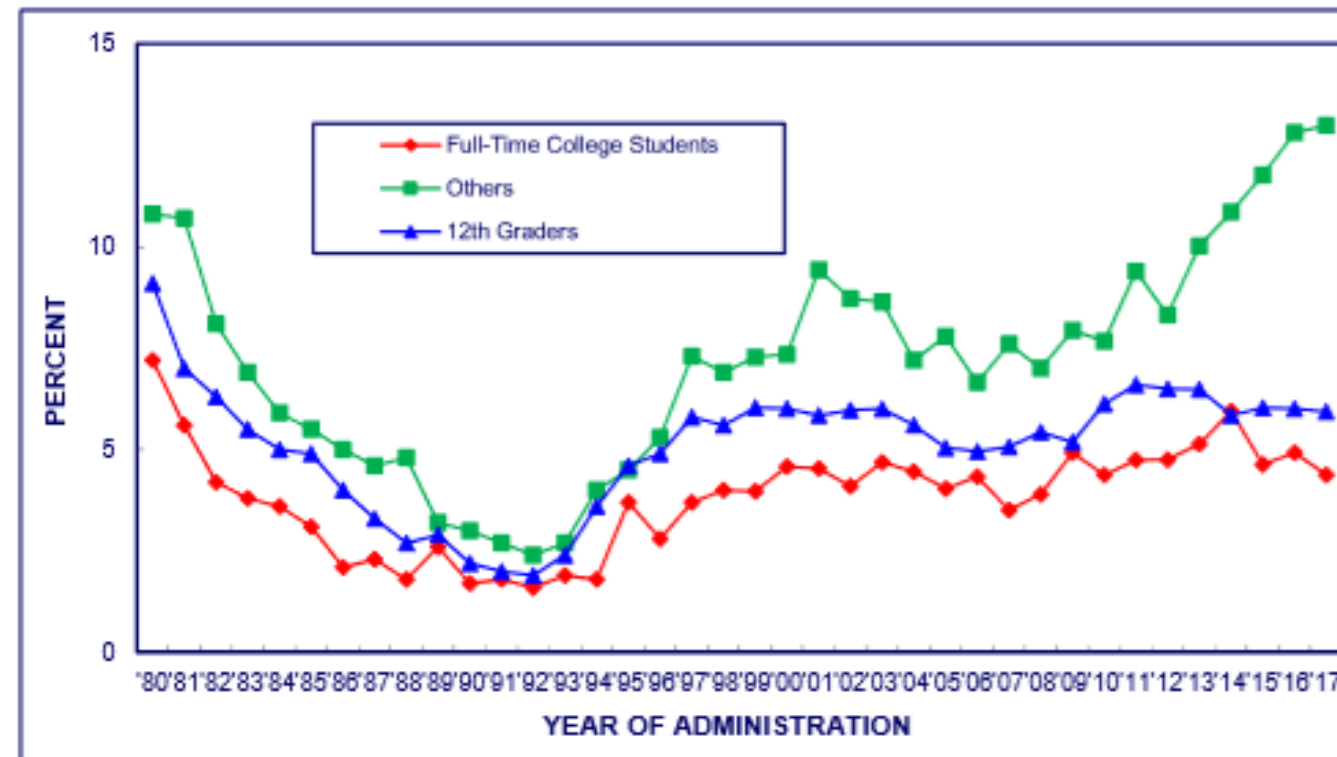


Figure 4. Change in marijuana use (left axis) and DSM-IV disorder prevalence (right axis) among those who used marijuana in the past year at age 39. Increase in use at age 39 was significantly different from age 33 at $p < .05$; increase in disorder prevalence at age 39 was not significantly different from ages 33 or 35. mj = marijuana.

We need to focus on increase in frequency of use rather than ever use or single use in the last 30 days.

FIGURE 9-3b
MARIJUANA
Trends in 30-Day Prevalence of Daily Use among College Students vs. Others
1 to 4 Years beyond High School
 (Twelfth graders included for comparison.)



AND...THC levels are going up...and we don't know what that means....



2. Caregivers can influence risk factors for adolescent cannabis use

Risk factors for youth cannabis misuse



Community

Family

School

Individual/Peer

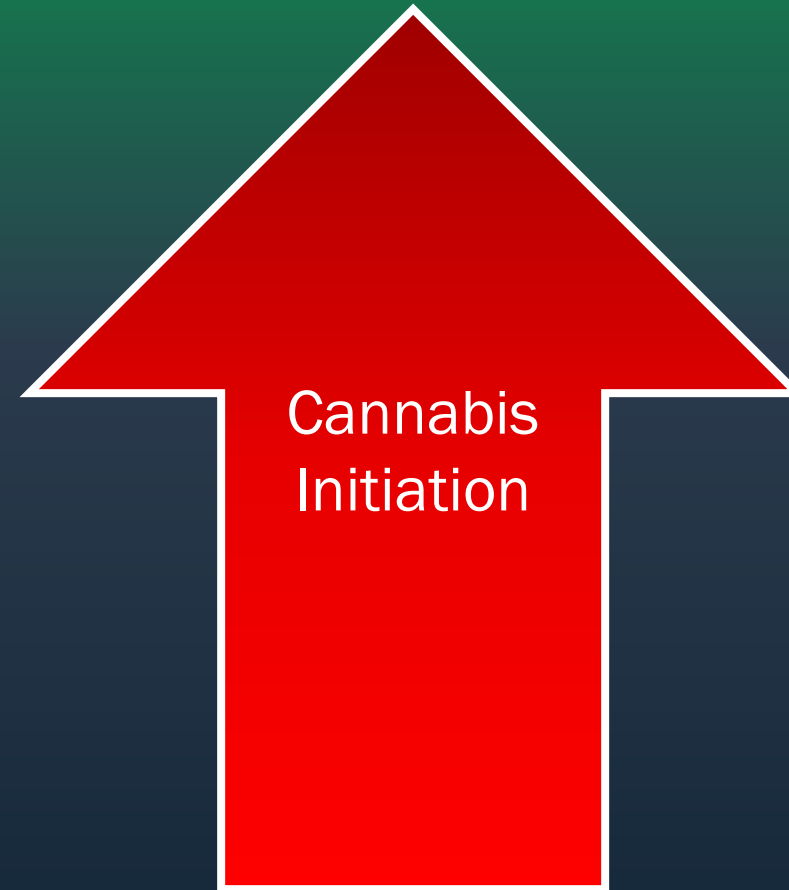
Risk Factors	Cannabis Misuse						
	Substance Abuse	Delinquency	School Drop-Out	Teen Pregnancy	Depression & Anxiety	Violence	
Community							
Availability of Drugs	✓				✓		✓
Availability of Firearms		✓			✓		✓
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	✓	✓			✓		✓
Media Portrayals	☐				✓		
Transitions and Mobility	✓	✓		✓		☐	✓
Low Neighborhood Attachment and Community Disorganization	✓	✓			✓		✓
Extreme Economic Deprivation	✓	✓	✓	✓	✓		✓
Family							
Family History of the Problem Behavior	✓	✓	✓	✓	✓	✓	✓
Family Management Problems	✓	✓	✓	✓	✓	☐	✓
Family Conflict	✓	✓	✓	✓	✓	✓	✓
Favorable Parental Attitudes and Involvement in the Problem Behavior	✓	✓			✓		✓
School							
Academic Failure Beginning in Late Elementary School	✓	✓	✓	✓	✓	✓	✓
Lack of Commitment to School	✓	✓	✓	✓	✓		✓
Individual/Peer							
Early and Persistent Antisocial Behavior	✓	✓	✓	✓	✓	✓	✓
Alienation and Rebelliousness	✓	✓		✓			✓
Friends Who Engage in the Problem Behavior	✓	✓	✓	✓	✓		✓
Favorable Attitudes Toward the Problem Behavior	✓	✓	✓	✓			✓
Early Initiation of the Problem Behavior	✓	✓	✓	✓	✓		✓
Constitutional Factors	✓	✓			✓	✓	✓

Harrop &
Catalano, 2016

Catalano et al., (2018)
*Contemporary Health
Issues on Marijuana*,
Oxford University Press

Our work at SDRG has shown...

- Peer or sibling use
- Prior alcohol use
- Prior cigarette use





Parent Norms are an Important Risk Factor

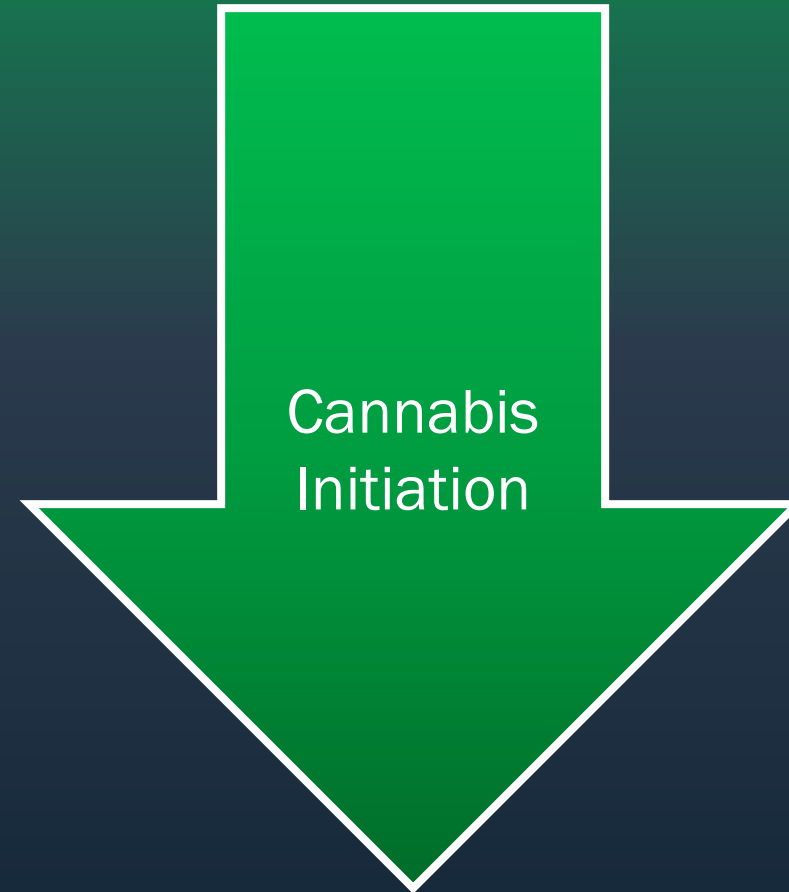
Children who perceive their parents as having favorable attitudes toward drug use were...

5 X more likely to **have tried** cannabis by 8th grade

6 X more likely to be a **frequent user** by 10th grade

Our work at SDRG has shown...

- Good family management
- Norms against use & perceived harm



Tips for Parents:

Developing messages for parents

G = *Clear and Specific Guidelines*

M = *Monitor*

C = *Consequence & Problem-Solving*



3. Public Health Messaging is Critical

What Parents Care About



FIGURE 1. Example of message containing information about the law. *Note:* This message was presented with both visual and audio components.

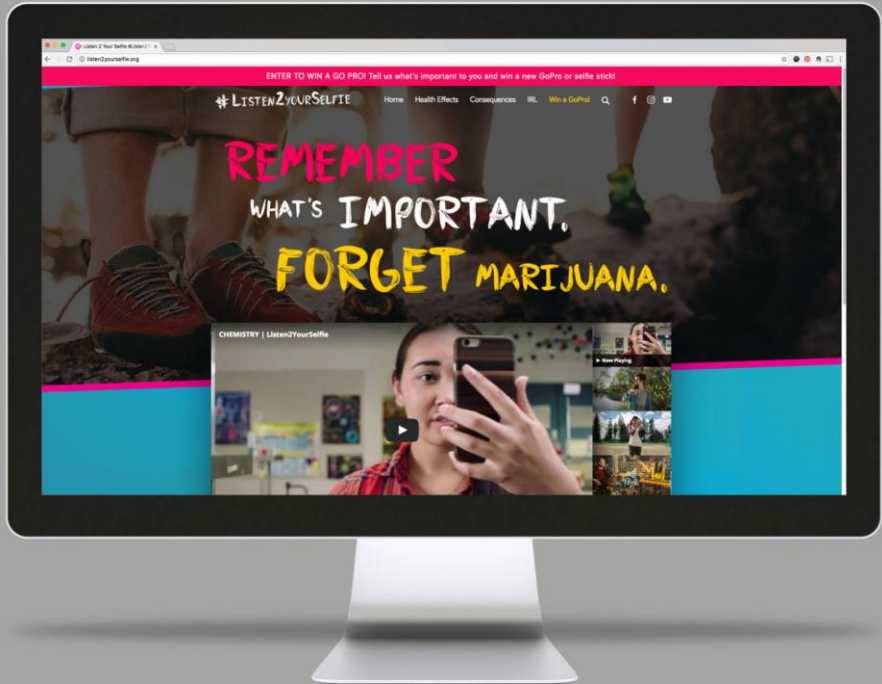
Hanson, K., Haggerty, K. P., Fleming, C. B., Skinner, M. L., Casey-Goldstein, M., Mason, W. A., ... & Redmond, C. (2018). Washington State Retail Marijuana Legalization: Parent and Adolescent Preferences for Marijuana Messages in a Sample of Low-Income Families. *Journal of studies on alcohol and drugs*, 79(2), 309-317.

TABLE 2. Mean values of overall rating scores for parents and youth

Variable	Information about the law <i>M (SD/range)</i>	Advice/ conversation starters <i>M (SD/range)</i>	Consequences/ positive alternatives <i>M (SD/range)</i>	Harmful effects of marijuana use <i>M (SD/range)</i>
Parents (<i>n</i> = 282)	7.26 ^{a,b,c,*} (1.73/1.0–9.0)	7.01 ^{a,d,*} (1.66/1.5–9.0)	6.95 ^{b,e,*} (1.78/1.0–9.0)	6.76 ^{c,d,e,*} (2.11/1.0–5.0)
Youth (<i>n</i> = 283)	6.63 ^{a,b,c} (1.79/1.5–9.0)	5.92 ^{a,d} (1.88/1.0–9.0)	6.43 ^{b,d,e} (2.01/1.0–9.0)	5.98 ^{c,e} (2.19/1.0–9.0)

Notes: Means with shared superscript in each row differ significantly ($p < .05$). *Means in the top row with an asterisk denote a significant ($p < .05$) difference between values in that column.

Listen to Your Selfie



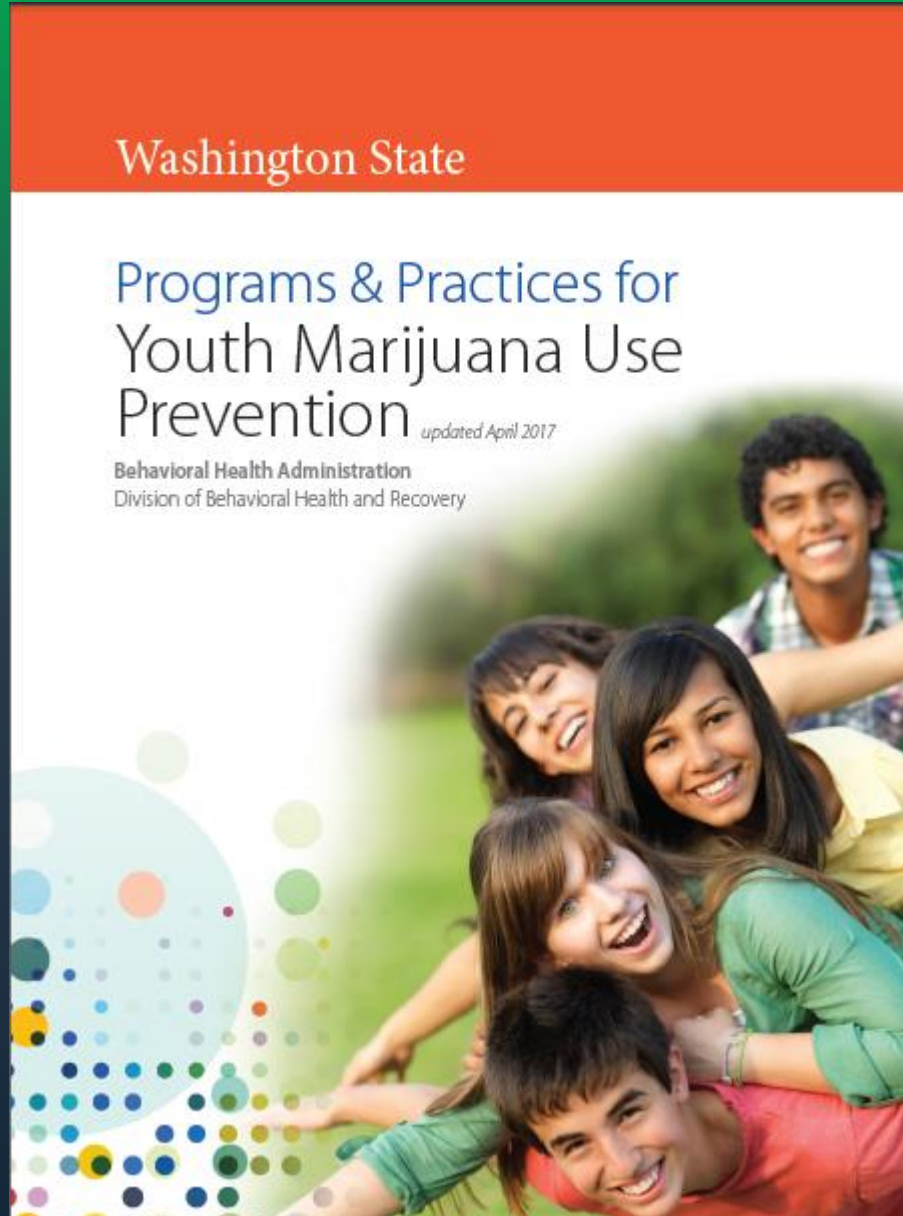
You Can

<https://www.youcanwa.org/>

Know This about Cannabis



4. Determining EBPs is essential



- 19 Evidence Based Approaches
 - 16 *Blueprints* programs
- 5 Promising
 - 3 *Blueprints*
- 12 EBP recommendations for tribal communities
 - 4 *have strongest research*
 - 3 *have some evidence (with concerns)*
 - 5 *have some evidence (pre-post only)*



5. Communities Bring it All Together

Creating Optimal Enabling Contexts for Tested, Effective Programs/Practices/Policies Within Public Systems



Even when communities carefully select tested, effective programs/practices/policies well-matched to their community-identified needs, we need the support of public systems to create *enabling contexts* for strong implementation.

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The Challenge for Community Prevention: Different Communities, Different Needs



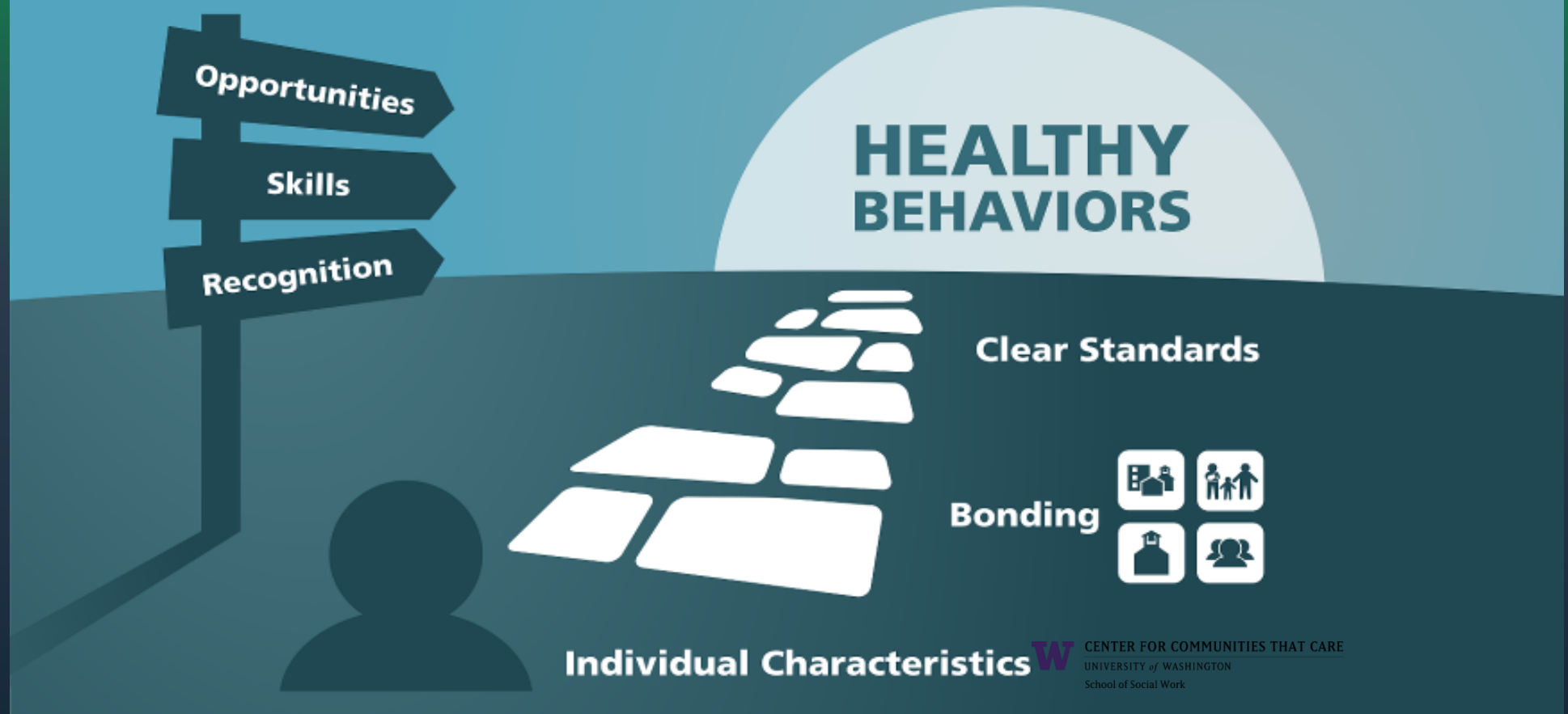
Communities that Care Builds Prevention Capacity and Infrastructure

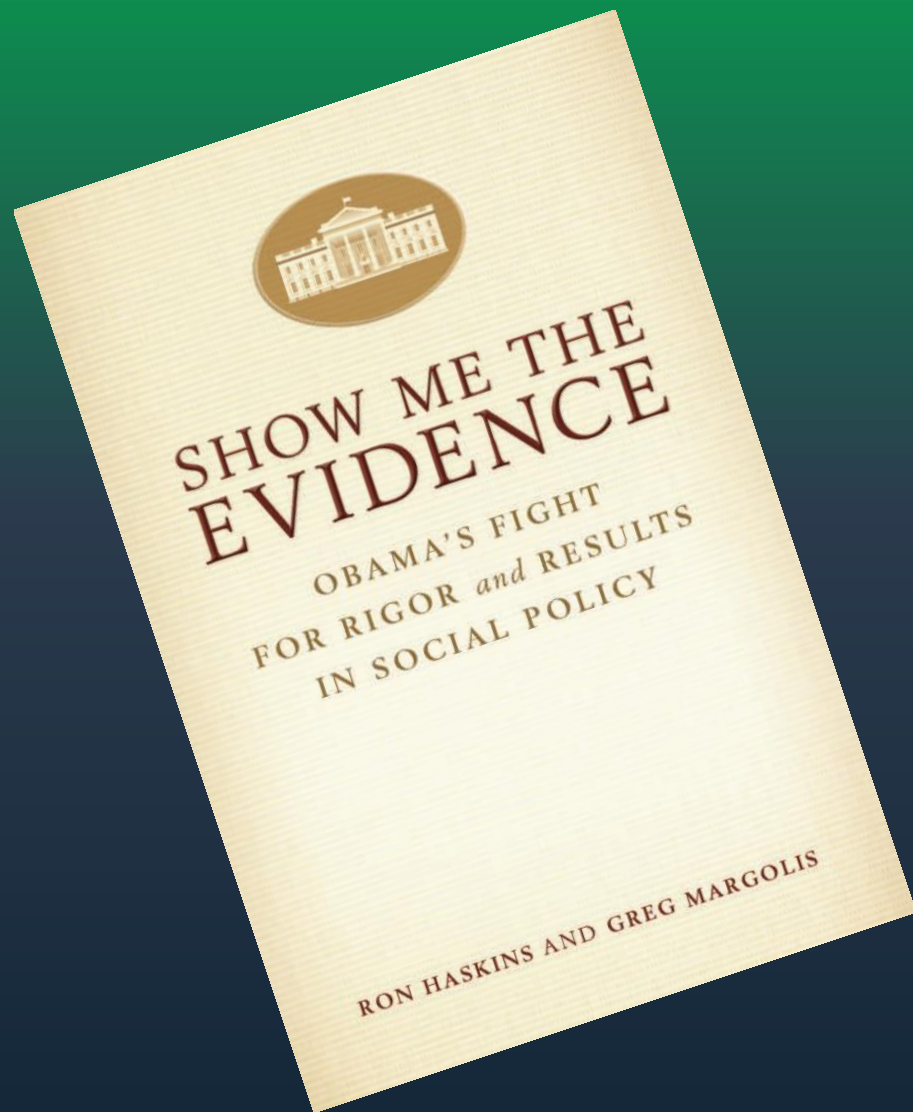


- Build a coalition of diverse stakeholders
- Assess and prioritize risk, protection, and behavior problems with student surveys
- Address locally prioritized risk and protection with tested, effective preventive interventions
- Support/sustain high fidelity implementation of interventions delivered at scale

Promoting Well
Being using
the Social
Development
Strategy

SOCIAL DEVELOPMENT STRATEGY





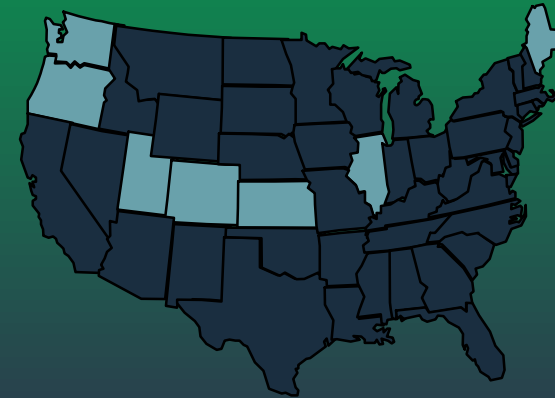
What is the evidence that CTC has a collective impact?



Randomized Trial of Communities That Care 2003-2017

24 incorporated towns in 7 states

- ~ Matched in pairs within state
- ~ Randomly assigned to CTC or control condition



4407 students followed through age 23

- ~ All 5th graders in public schools
- ~ Surveyed annually from grade 5

Supported by grants from the National Institute on Drug Abuse, National Cancer Institute, the Center for Substance Abuse Prevention, National Institute on Child Health and Human Development, National Institute of Mental Health, National Institute on Alcohol Abuse and Alcoholism



CTC Reduced Behavioral Health Problems After 3 Years (Grade 8)



tobacco – 33%

alcohol – 32%

antisocial behavior – 25%

binge drinking - 37%

Significant community-wide reductions in drug use and delinquency compared to control communities by end of grade 8.

Hawkins et al. (2009). *Arch Pediatr Adolesc Med*.163(9):789-798.

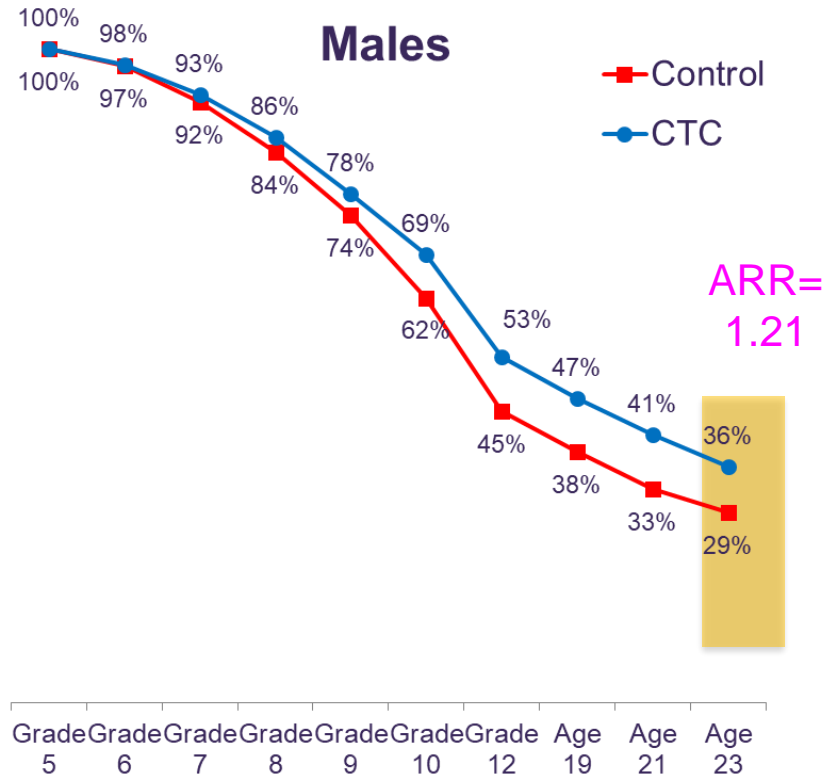
Effects on Youth Outcomes

	Age 11 Grade 5	Age 12 Grade 6	Age 13 Grade 7	Age 14 Grade 8	Age 16 Grade 10	Age 18 Grade 12	Age 19	Age 21	Age 23
	2004	2005	2006	2007	2009	2011	2012	2014	2016
Risk	Baseline		✓	ns	✓	ns			
Protection				✓	ns				
Delayed Initiation and Sustained Abstinence									
Antisocial Behavior	Baseline		✓	✓	✓	✓	✓	✓	✓
Violence					✓	✓	ns	✓	✓
Gateway Drugs [#]						✓		✓	✓
Alcohol				✓	✓	✓	ns	ns	✓ males
Cigarettes				✓	✓	✓	✓ males	✓ males	✓ males
Marijuana				ns	ns	ns	ns	✓ males	ns
Any Drugs ⁺			ns				✓	✓ males	ns
Reduced Prevalence of Recent Behavior (Past-month/Past-Year)									
Antisocial Behavior	Baseline			✓	✓	ns	ns	ns	ns
Violence					✓	ns	ns	ns	ns
Alcohol				✓	ns	ns	ns	ns	ns
Binge Drinking				✓	ns	ns	ns	ns	ns
Cigarettes					✓	ns	ns	ns	ns
Smokeless Tobacco				✓	ns	ns	ns	ns	ns

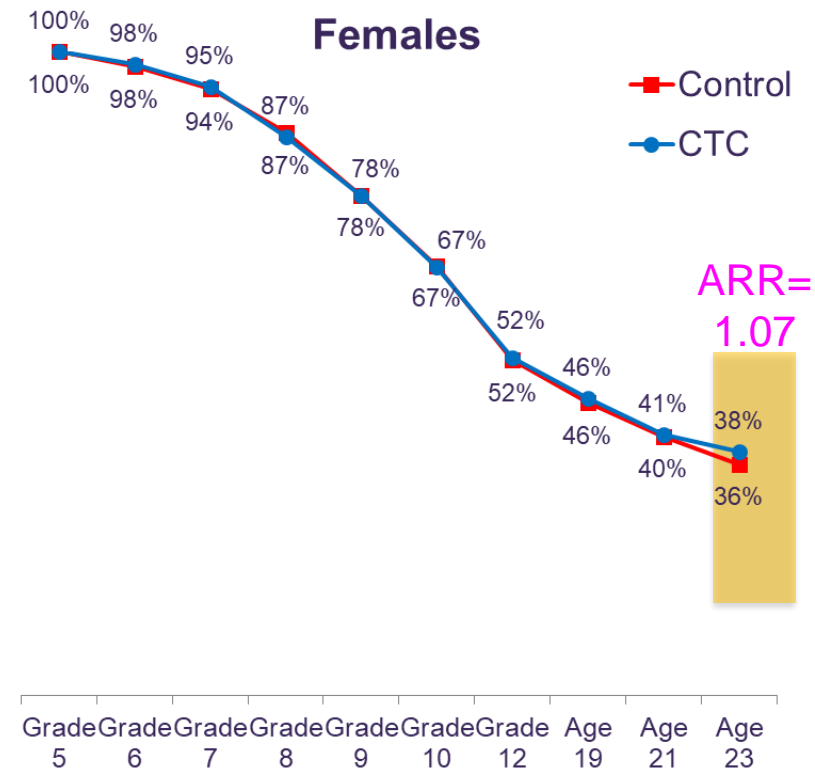
✓ = significant CTC effect ns = not significant empty cells = CTC effect not tested
[#] Gateway drugs include tobacco, alcohol, marijuana, and other drugs.
⁺ Any drugs include tobacco, alcohol, marijuana, and other drugs.



Sustained Effects: % who have never Used Marijuana



Among baseline (grade 5) non-initiators
(91% of sample)



Among baseline (grade 5) non-initiators
(92% of sample)

ARR=Adjusted Risk Ratio
*p < .05

6. A few things we still don't know....

- *Health and behavior consequences* of incredibly high doses of THC and the impact on parenting behaviors
- The costs of *moderate* cannabis use, impact on parenting
- Is alcohol sneaking through the back door
- *Impact of evidence based programs* in a legalized cannabis context
- The synergistic effect of community supported evidence based program, policies and practices to prevent youth cannabis use
- What *industry will do* to reduce regulation and how communities can advocate for strong regulation

COMMUNITIES THAT CARE

Building Community Engagement
and Capacity to Prevent
Youth Behavior Problems



ABIGAIL A. FAGAN • J. DAVID HAWKINS
RICHARD F. CATALANO • DAVID P. FARRINGTON

The book is
coming...
December 3rd,
2018

For more information visit
www.communitiesthatcare.net



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