



Cannabis Legalization in Washington State

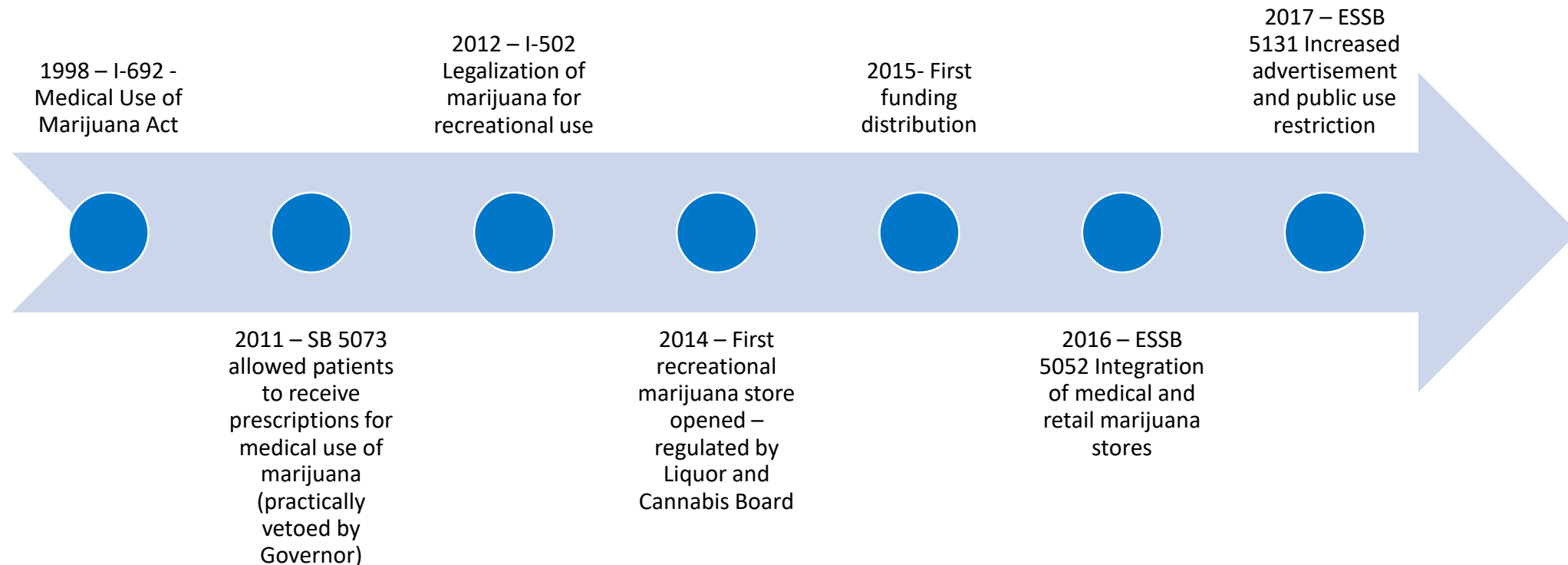
Sarah Mariani, CPP
Behavioral Health Supervisor
Division of Behavioral Health & Recovery
Health Care Authority

Learning Objectives

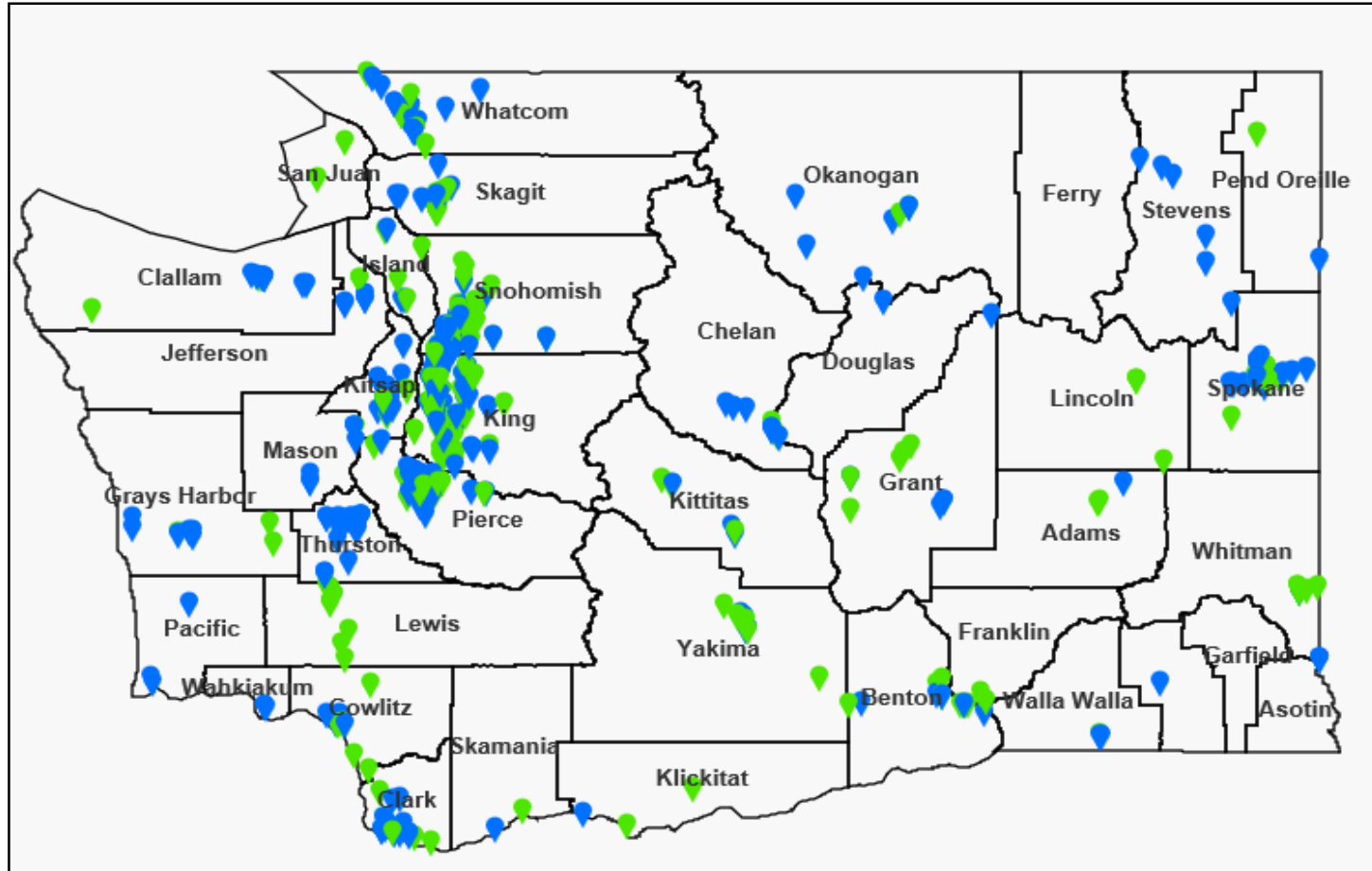
- ▶ Review Washington's cannabis policy
- ▶ Learn Washington's statistics on youth cannabis use
- ▶ Discover youth cannabis use prevention efforts



Washington Marijuana Legalization Timeline



2018 Retail and Medical Marijuana Locations

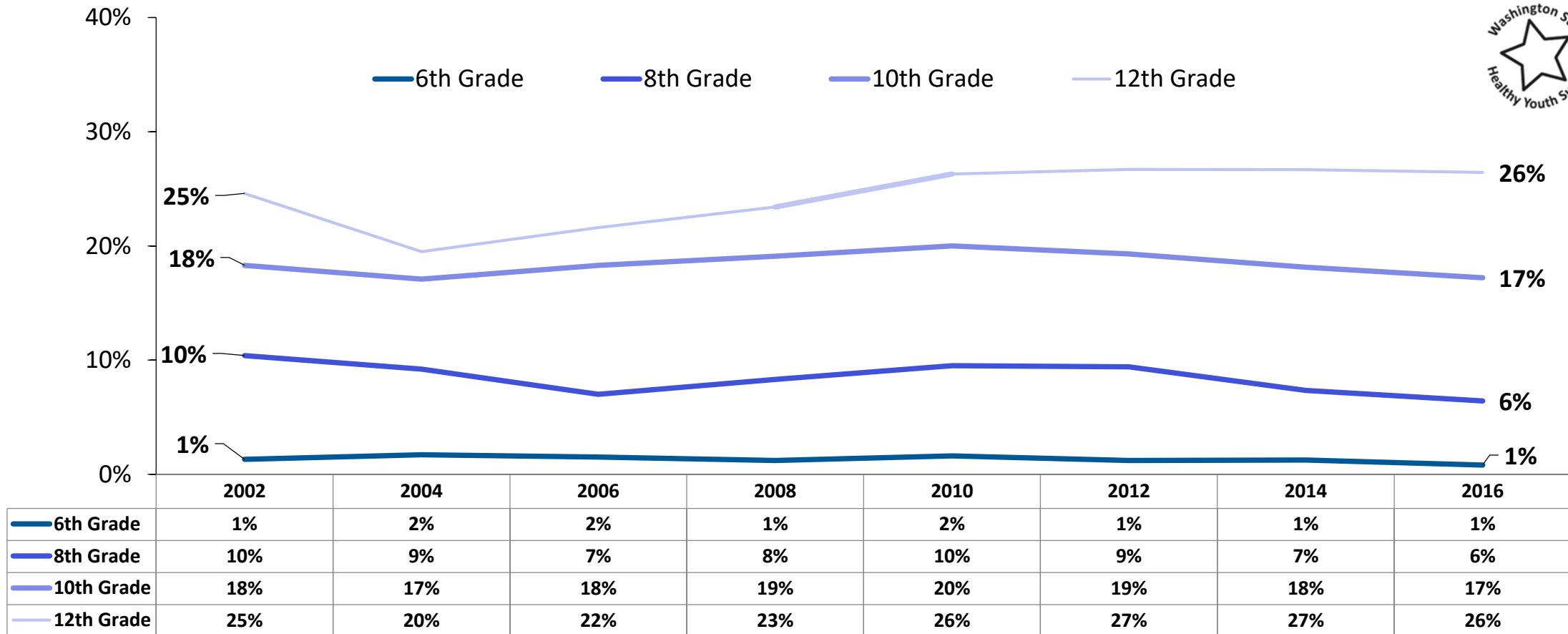


Retail– **GREEN**
Retail/Medical – **BLUE**

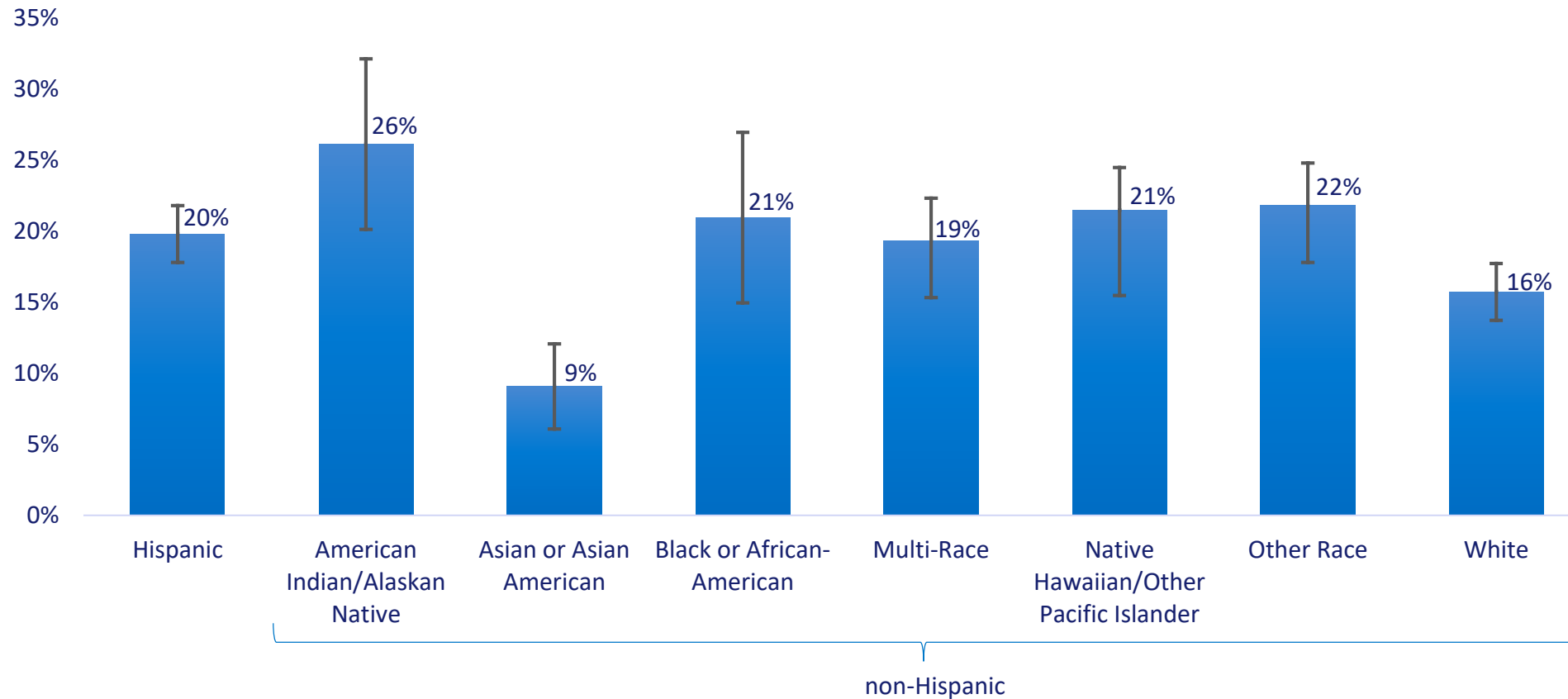
Total: 497

Source: [Washington Liquor and Cannabis Board](#)

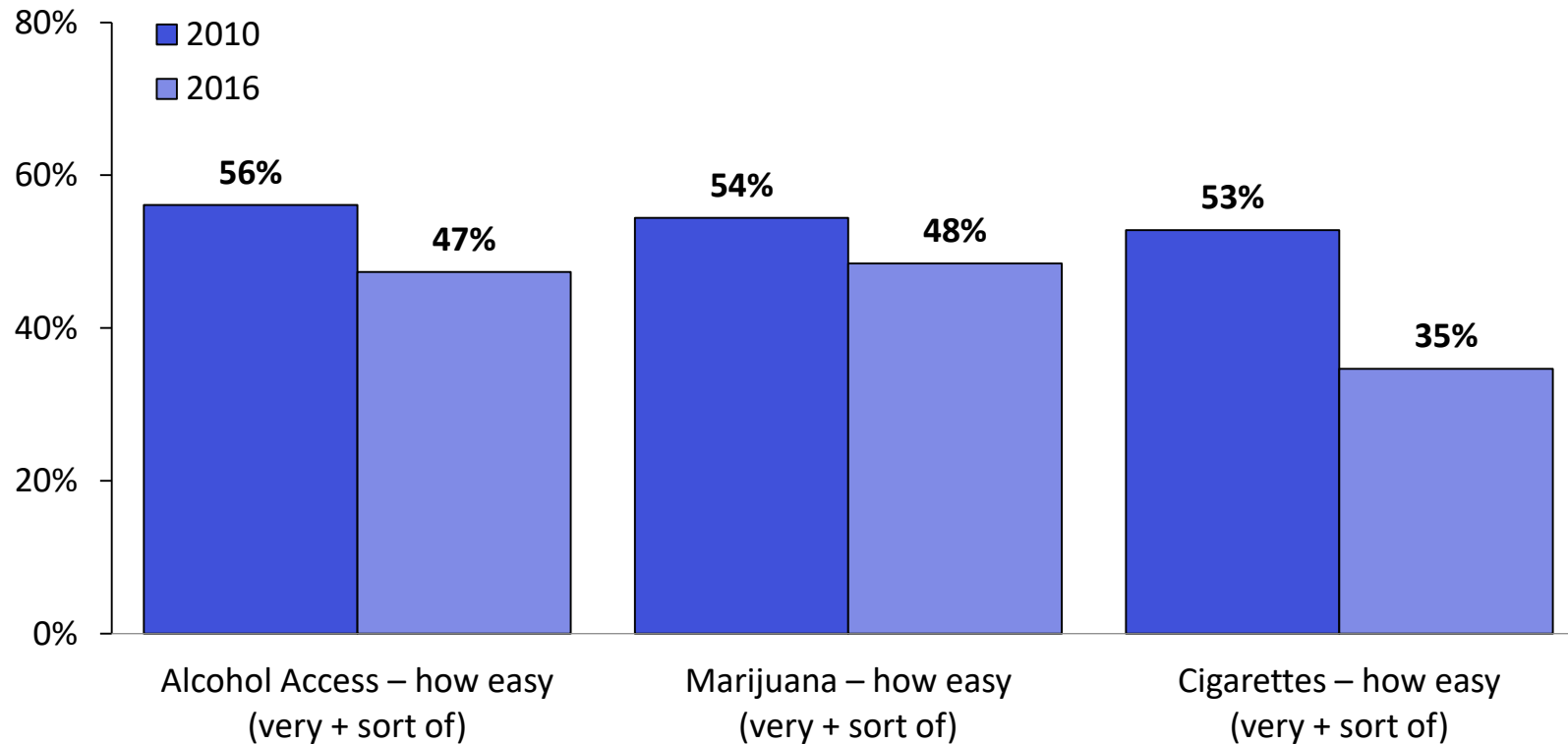
Marijuana Use: Past 30 Days remains steady



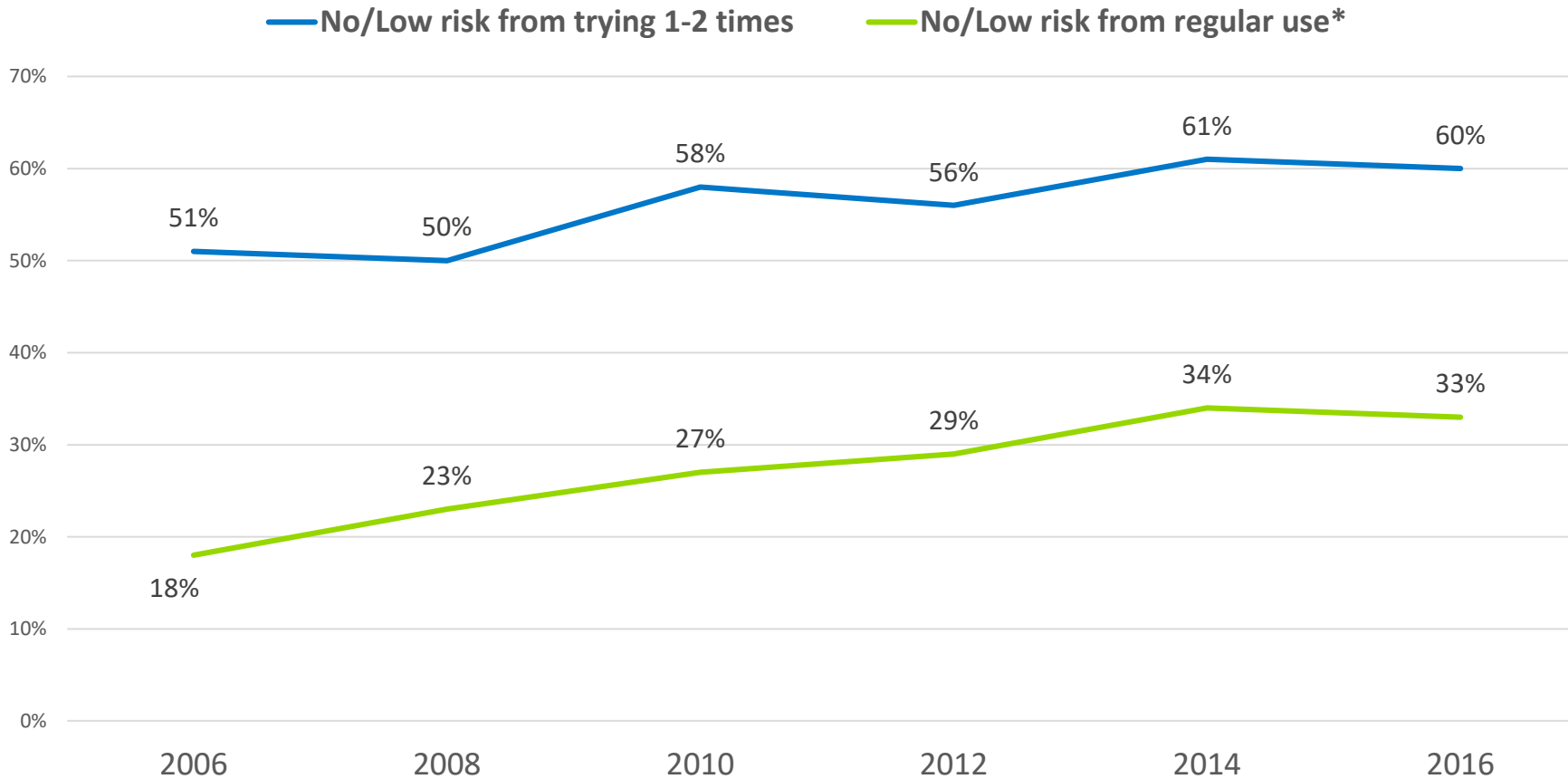
Marijuana Use, Past 30 Days 10th Grade by Race/Ethnicity



Youth Perceptions on Ease of Availability, 10th Grade



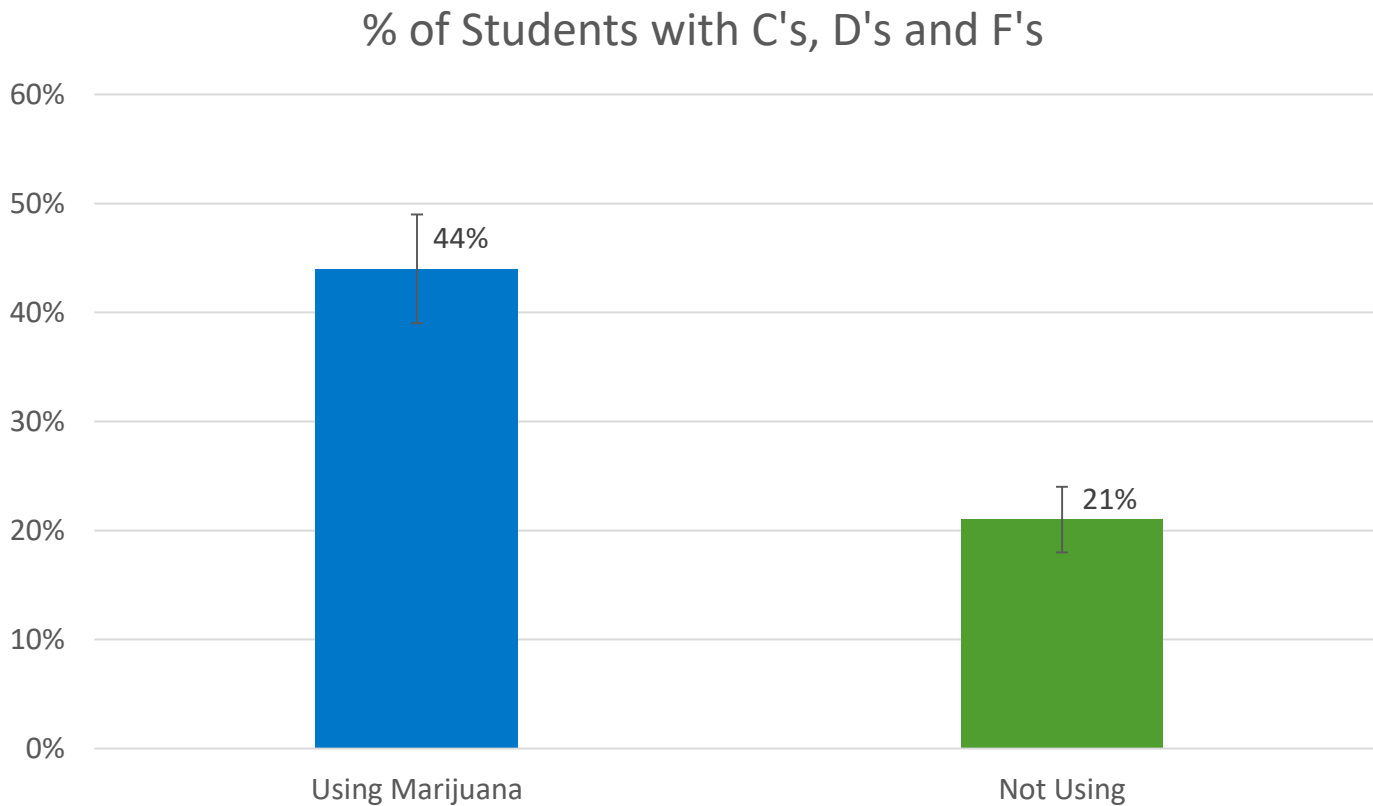
Perception of Low/No Harm, 10th Grade



* "Smoke" marijuana was changed to "use" regularly in 2014. This may mark a break in the trend.

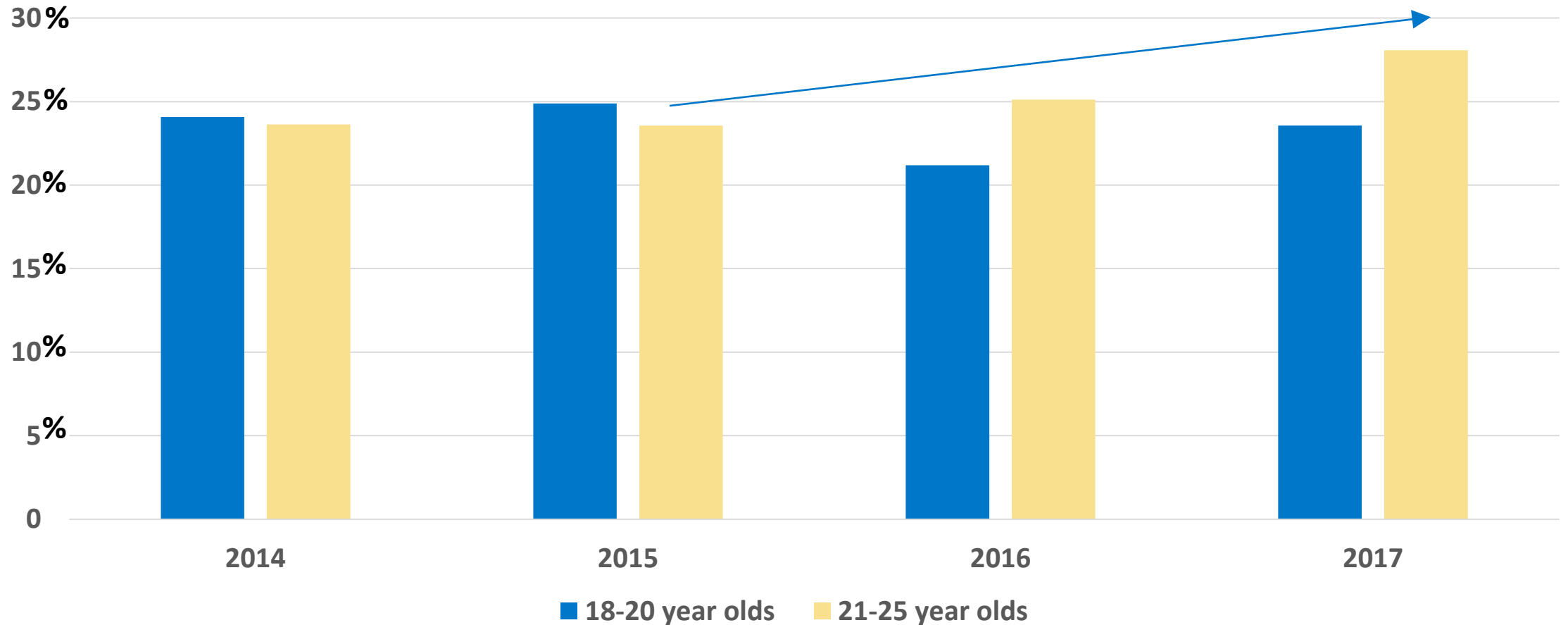
Washington Healthy Youth Survey - 2010, 2016.

Relationship between Grades and Past 30 Day Use, 10th Grade

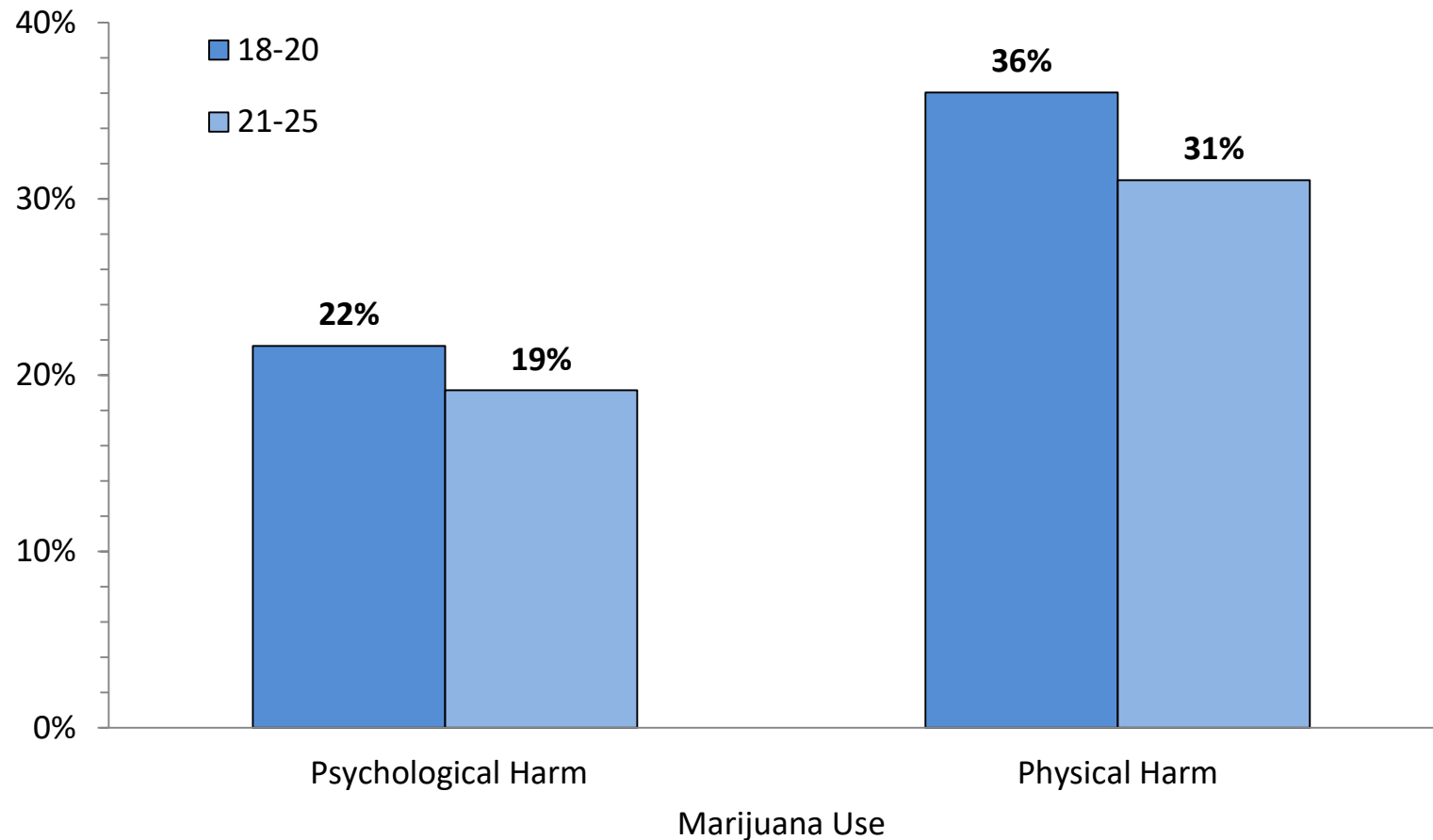


Statewide, more 10th graders who use marijuana report C's, D's and F's in school compared to those who don't use.

Washington marijuana use by young adults: 18-25

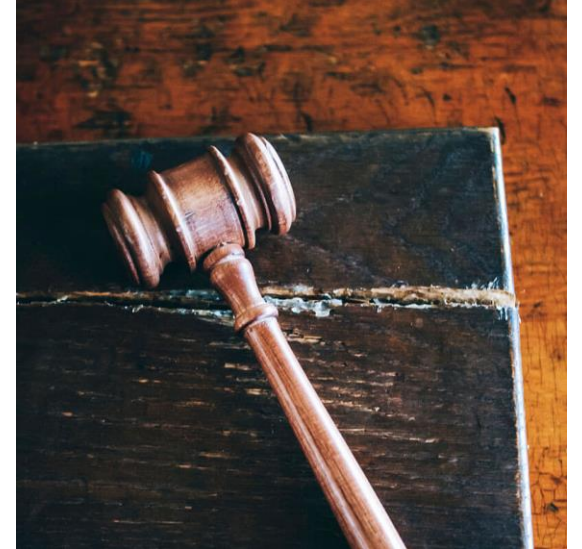


Perceived Risk of Harm from Marijuana Use: Young Adults



Youth use of Cannabis Prevention Efforts

- ▶ Policy
- ▶ Advertising and Labeling restrictions
- ▶ Prevention programs



Policies: Laws and Rules

Earmarked funds for prevention, treatment, education

Under 21 years of age not allowed in stores

Labeling and packaging regulations

Advertising limitations and regulation

Per se DUI Limit of 0.5 ng/mL (RCW 46.61.502)

No delivery allowed.

Illegal to use marijuana in public

Local Zoning/Bans

Taxes

Businesses can use banks, which prevents cash on hand

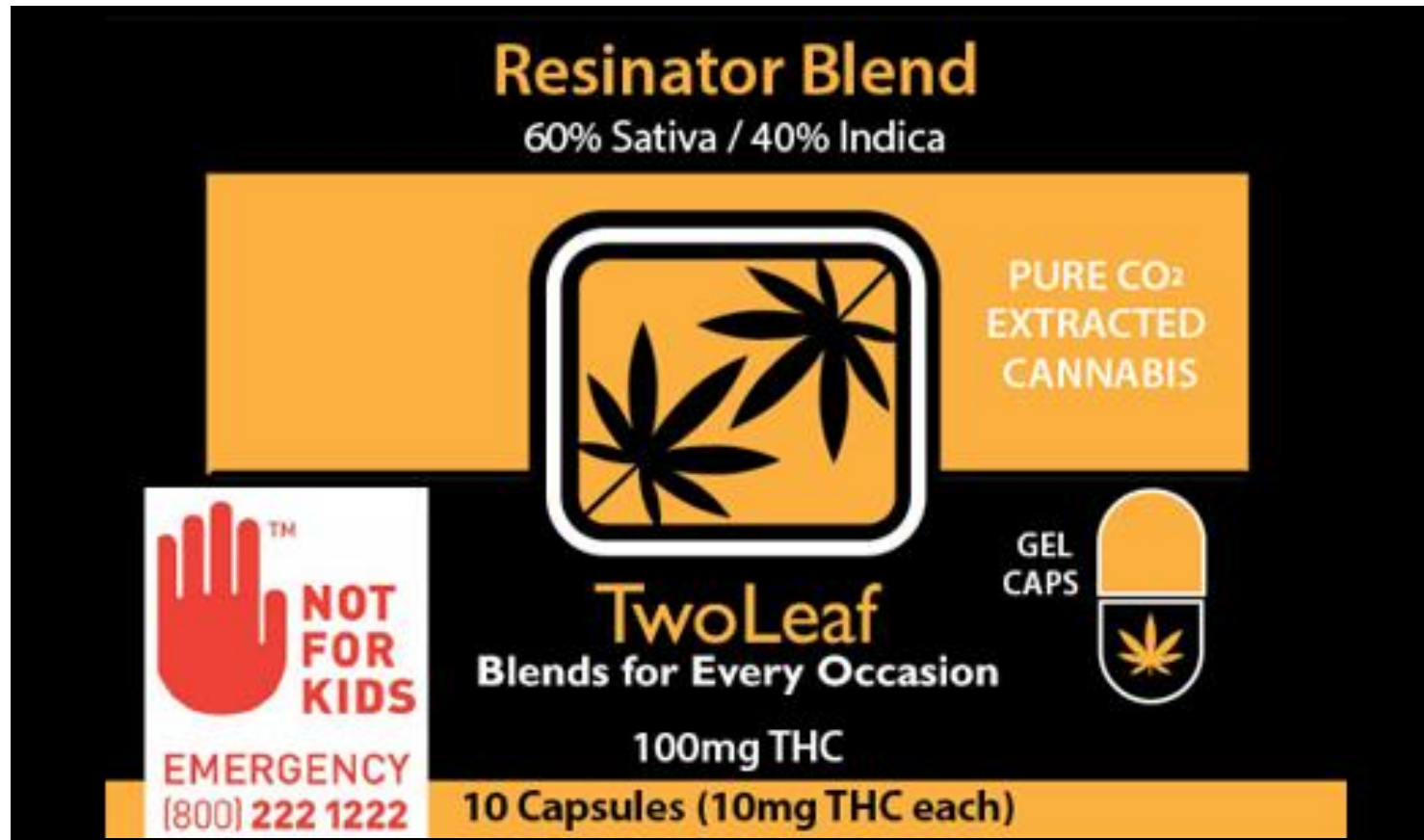
Cannot infuse into alcohol or tobacco

Marijuana research license allows researcher to produce, process and possess marijuana for research

Advertisement Restrictions



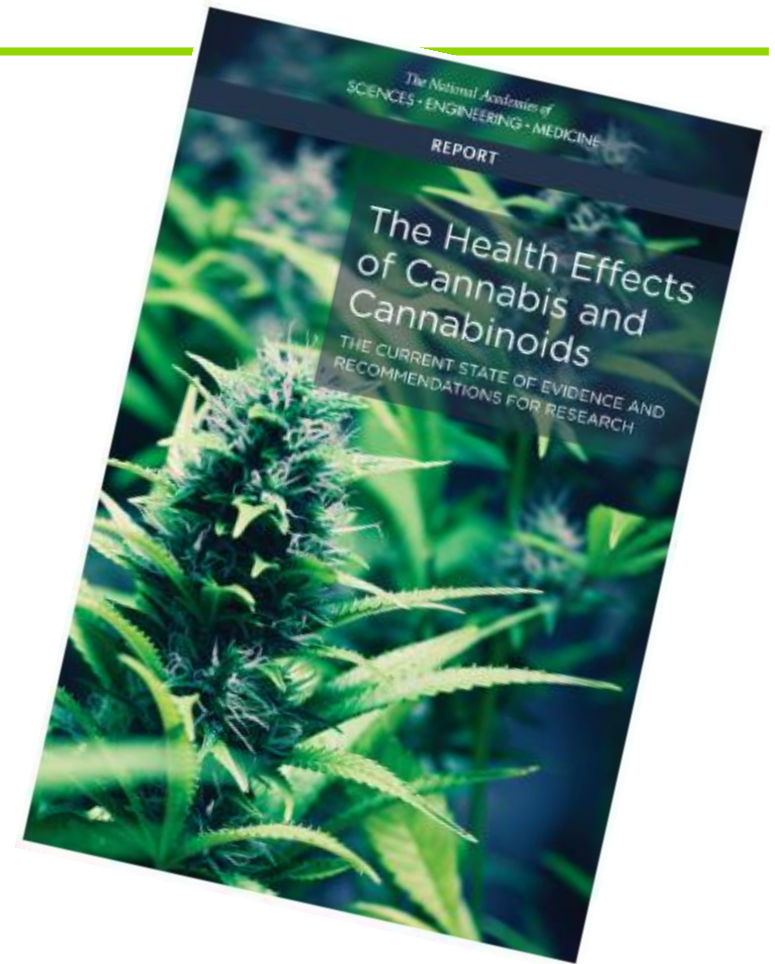
Packaging Requirements



Washington
Liquor and
Cannabis Board

Consistent messaging of health risks

- ▶ Marijuana is addictive for 1 in 10 users, addiction rates increase as age of initial use decreases *
- ▶ Memory loss, attention and learning difficulties *
- ▶ Increased risks of testicular cancer *
- ▶ Increased risk of chronic psychosis disorders (including schizophrenia)*



*CDC: <https://www.cdc.gov/marijuana/health-effects.html>

NAS: <https://www.nap.edu/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state>

Education and Media Campaigns

Now that marijuana is legal for adults in Washington ...




A parent's guide to preventing underage marijuana use



Social Development Research Group

Extra Patrols On Now



**DRIVE HIGH
GET A DUI**



TEENS ARE UNDER THE INFLUENCE...OF YOU.
LEARN MORE AT STARTALKINGNOW.ORG

5 Things to Know

about marijuana use while pregnant or breastfeeding

Pregnancy and breastfeeding can be exciting and full of learning experiences for new moms. No two women have the same experience. Here are five things new moms should know about using marijuana. To learn more, visit LearnAboutMarijuanaWA.org

- 1** There are safer ways to manage pregnancy discomforts.

Morning sickness, stress, pain, and nausea can cause discomfort. If you have any of these symptoms, there are ways to manage them that don't harm your baby. Talk to your primary care provider for safer alternatives.
- 2** The chemical in marijuana that makes you feel "high" can transfer to your baby.


The active ingredient in marijuana, THC, can pass to your baby during pregnancy and breastfeeding. This can happen no matter how you use marijuana. Babies exposed to THC can have problems with feeding, paying attention, and learning. You may not see some effects until your child is older.
- 3** Smoking and storing marijuana in the home has risks.

Protect your children from secondhand smoke by only smoking outside, washing your hands, and changing clothes afterwards because smoke can linger. If you have marijuana products in your home, be sure to keep them locked up and out of reach of your children.
- 4** Marijuana can affect your ability to protect your baby.

Marijuana can impair your judgment, alertness, and reaction time. You need these skills to drive safely and tend to your baby's needs.
- 5** "Natural" does not mean safe.


Marijuana has health risks for you and your baby. Just because it is a plant, does not mean it is safe to use while pregnant or breastfeeding.

For help quitting marijuana, call **Washington Recovery Helpline: (866) 789-1511**
For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD) / TTY call 711.



140-NorDOH March 2018

Know this about Cannabis



Keep cannabis where kids can't reach.


Manage discomforts during pregnancy with safer substitutes.

Cannabis can affect your coordination behind the wheel.

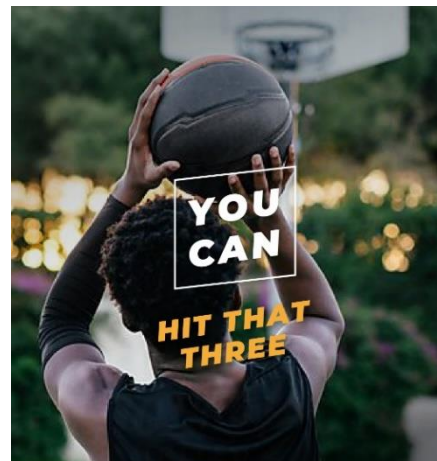
If you've recently used, it's safer to let someone else drive.

IT COMES TO CANNABIS IN ATE, THERE'S A LOT TO KNOW.

Learn more about safe practices at KnowThisAboutCannabis.org



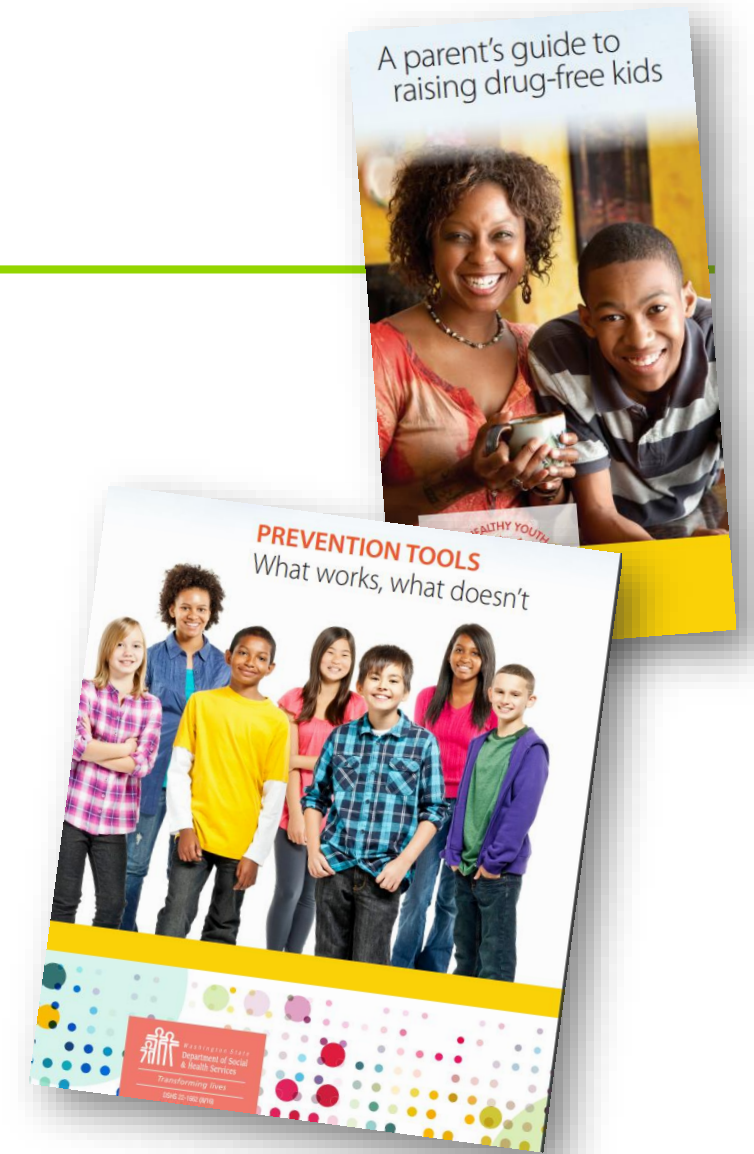

**YOU CAN
ACHIEVE YOUR DREAMS**



**YOU CAN
HIT THAT THREE**

Prevention Services

- ▶ Tribal Prevention Services
- ▶ Community Prevention Services - Community Prevention Wellness Incentive and Community Based Organizations
- ▶ Life Skills Training (*Office of Superintendent of Public Instruction*)
- ▶ Home Visiting (*Department of Children, Youth and Families*)
- ▶ Prevention EBP Training
- ▶ Best Practices Toolkit



Best Practice Program List Results



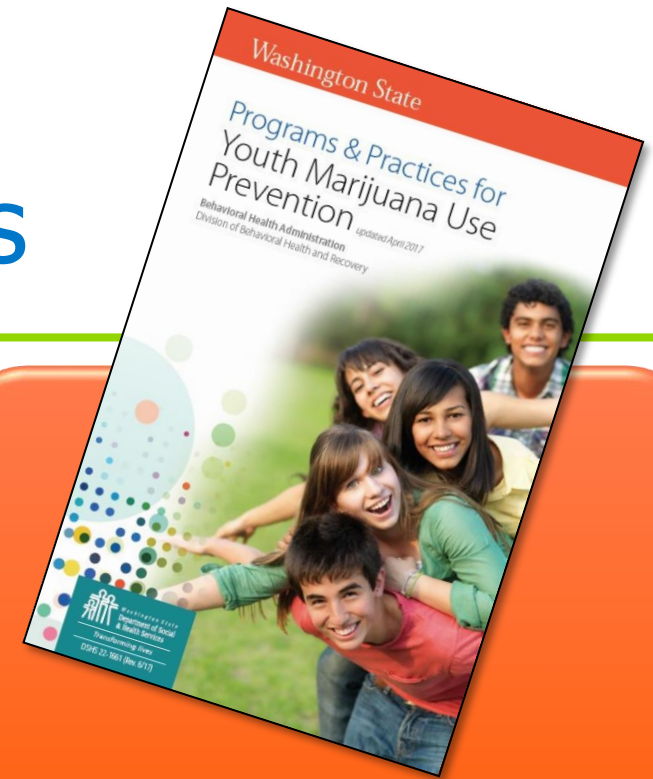
EBP/RBP

19 Evidence-based Programs (EBP) and Research Based Programs (RBP)



Promising Programs

5 Promising Programs (PP)
5 Promising Environmental Strategies



We found more programs!
We identified a total of 29 programs

List is available at: www.theAthenaForum.org/prevention-101/excellence-prevention-strategy-list

What does this mean for Washington?

- ▶ Rates of youth using marijuana use has remained steady since legalization
- ▶ Smoking marijuana is still the most popular use of marijuana
- ▶ Emergence of vaping of marijuana
- ▶ There's a need for increased research on driver impairment testing

Troubling Trends

Higher THC concentrates in products (concentrates)



Cannabis poisoning increases of children 0-5 years old



Marijuana at private events – infused food or “weed bar”



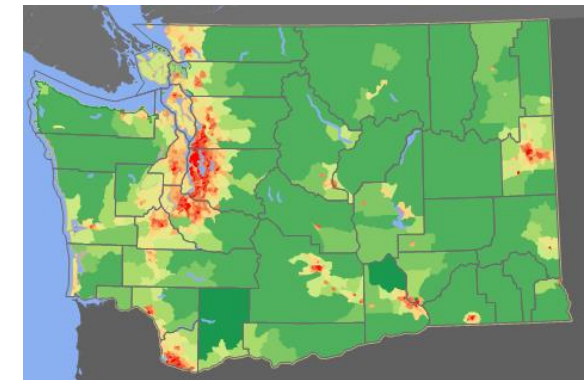
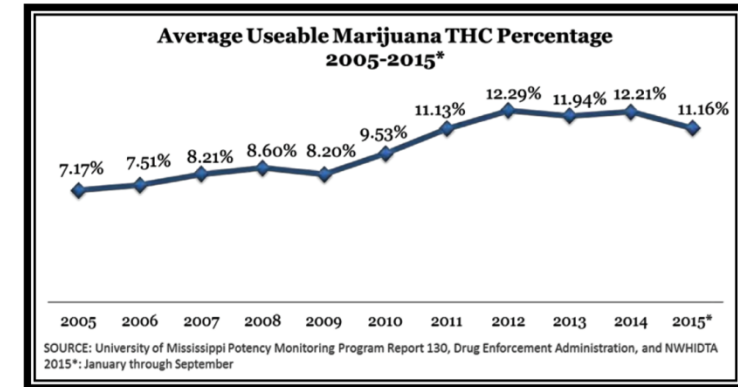
Juuling is a vaping product that appeals to kids with marijuana infused pods in various flavors.



Successes

- ▶ Advertising Restrictions
- ▶ Packaging Restrictions
- ▶ Edible dosage Limitations
- ▶ Expanded Prevention and Treatment Services
- ▶ Increased Research

Lessons Learned



Resources

- ▶ Athena Forum – www.TheAthenaForum.org/Marijuana
- ▶ Healthy Youth Survey – www.AskHYS.net
- ▶ You Can WA – www.youcanwa.org
- ▶ Know This About Cannabis – www.knowthisaboutcannabis.org
- ▶ Start Talking Now – www.starttalkingnow.org
- ▶ Liquor and Cannabis Board – <https://lcb.wa.gov>
- ▶ University of Washington Alcohol and Drug Abuse Institute – www.LearnAboutMarijuanaWA.org
- ▶ CDC - <https://www.cdc.gov/marijuana/>
- ▶ SAMHDA (Substance Abuse & Mental Health Data Archive) <https://datafiles.samhsa.gov/study-publication/effect-medical-marijuana-laws-adolescent-and-adult-use-marijuana-alcohol-and-other>

Questions?

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