

District of Columbia Department Of Behavioral Health Substance Use Disorder Services



Trends of Alcohol & Marijuana:
And the impact these substances
have on your brain and your body

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District of Columbia Department of Behavioral Health

OBJECTIVES

- Discuss the potential harms and effects in relation marijuana and alcohol use and how it impacts your development
- Provide a short synopsis of the law and discuss how it influences substance use/non-use in young adults
- Examine the prevalence/community norms related to alcohol and marijuana use and abuse
- Identify resources and how to get help for yourself or others
- Understand how to get help

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SUD: Single State Authority (SSA)

- To establish and strengthen substance abuse prevention, treatment, and recovery continuum of services for the District of Columbia residents and families coping with addiction or at risk of becoming addicted to alcohol, tobacco and other drugs (ATOD)

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Department of Behavioral Health Mission

The Mission of the Department of Behavioral Health (DBH) is to support prevention, resiliency and recovery for District residents in need of public mental health services.

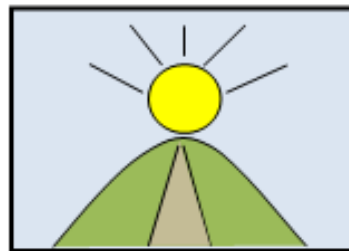
Vision
Mission
& Values

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Department of Behavioral Health Vision

The District of Columbia is a thriving community where prevention is possible and recovery from mental health and substance use disorders is the expectation.



Vision

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Prevention

Prevention is creating conditions for healthy families and communities and developing personal skills to reduce the risk and increase protection from alcohol, tobacco and other drug abuse.

Our office is charged with developing social marketing campaigns and prevention messaging around priority substance use issues in the District.



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What is the #1 Substance Used by Youth in the District?

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ALCOHOL

- **What is Alcohol?**

There are different kinds of alcohol. Ethyl alcohol (ethanol), the only alcohol used in beverages, is produced by the fermentation of grains and fruits. Fermenting is a chemical process whereby yeast acts upon certain ingredients in the food, creating alcohol.

- **What does it look like?**

Alcohol is used in liquid form which mostly include beer, wine, liquor but has also been known to be used in powder form



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WHAT IS ALCOHOL?

Alcohol is a drug.

- It is classed as a depressant, meaning that it slows down vital functions—resulting in slurred speech, unsteady movement, disturbed perceptions and an inability to react quickly.
- As for how it affects the mind, it is best understood as a drug that reduces a person's ability to think rationally and distorts his or her judgment.
- Although classified as a depressant, the amount of alcohol consumed determines the type of effect. Most people drink for the stimulant effect, such as a beer or glass of wine taken to “loosen up.” But if a person consumes more than the body can handle, they then experience alcohol's depressant effect. They start to feel “stupid” or lose coordination and control.



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Alcohol In The District

Average age of first use of alcohol

First drink of alcohol



% of youth who perceive regular use of alcohol as a great risk



1-2 alcoholic drinks per day nearly every day

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ALCOHOL

- Is a drug. It can be extremely dangerous and can cause irreversible damages to every organ in your body.
- Travels from the stomach right into the blood, which moves quickly to the brain and changes the way the brain works.
- Is a depressant, or downer because it reduces brain activity, reduces attention, and slows reaction speed.
- In all states, a person must be 21 or older to buy or use alcohol and it is illegal to sell or serve alcohol to anyone under 21.
- A person is legally drunk with a blood alcohol content (BAC) of only 0.08.
- It takes on whole hour for your body to no longer feel the effects of just one drink.
- One drink could possibly make you fail a police breathalyzer test.

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There's A Reason



Need help now!? Call 1-888-793-4357. Accessible 24/7.

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FAMILIES & CARING ADULTS ADULTS YOUTH ADDICTION DC LAWS RESOURCES



THERE'S A REASON

TO KEEP YOUR CHILD OR TEEN
OUT OF THE MIX WITH ALCOHOL.



THERE'S A REASON

ALCOHOL ISN'T ON A LUNCH TRAY.

Research shows that youth who start drinking before the age of 15 are five times more likely to develop alcohol dependence or abuse than those who begin drinking after age 21. You taught him to tie his shoes and ride a bike. Now teach him about underage drinking. **Talk. They Hear You.**

For tips on what to say when you talk to your child or teen about alcohol, visit www.theresareasondc.com

 
DC DEPARTMENT OF BEHAVIORAL HEALTH
f t @ DrugFreeDC

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What is the #2 Substance Used Most by Youth in the District?

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The Blunt Truth DC

THE BLUNT TRUTH

Weed Out the Myths

You CAN

- Legally use marijuana under the provisions in Initiative 71 if you are over the age of 21
- Possess two ounces of marijuana
- Smoke marijuana and consume edibles in your private residence
- Give and receive one ounce or less of marijuana to another person of legal age as long as no money, goods, or services are exchanged
- Grow within your primary residence up to six marijuana plants, no more than three of which can be mature

You CANNOT

- Possess, grow, consume, sell, or give or receive marijuana if you are under the age of 21
- Possess amounts of marijuana in excess of two ounces
- Consume marijuana in your car, a public space, anywhere to which the public is invited, or someone else's private property without their consent (i.e., apartment complexes, restaurants, or private clubs)
- Sell any amount of marijuana. This includes the acceptance of donations
- Grow marijuana in excess of six plants, outdoors, or on public property

For more information and resources about DC's marijuana laws, visit theblunttruthdc.com.

“Mary Jane”

“Reggie”

“Kush”

DBH DISTRICT OF COLUMBIA DEPARTMENT OF BEHAVIORAL HEALTH

DrugFreeDC

THE BLUNT TRUTH

Weed Out the Myths with

Myth:
If it's legal for people to smoke marijuana, it can't be bad for you

Fact:
Beyond the physical threats, there are also some serious mental health risks

“Mary Jane”

“Reggie”



THE BLUNT TRUTH



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Legalization of Marijuana use in DC

- **Marijuana use (with some restrictions) became legal on 2/26/15 through Initiative 71.**
- **Adults 21 and over are able to consume marijuana, but only on private property.**
- **Marijuana use for youth (under 21) is still illegal in the District.**
- **Individuals of legal age may only possess two ounces or less of marijuana.**
- **Marijuana may be shared between individuals, but not sold or bartered for.**

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What is Marijuana “Drug Facts”

Marijuana refers to the dried leaves, flowers, stems, and seeds from the hemp plant, *Cannabis sativa*. The plant contains the mind-altering chemical delta-9-tetrahydrocannabinol (THC) and other compounds. Extracts with high amounts of THC can also be made from the cannabis plant.



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HOW DO PEOPLE USE MARIJUANA



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Marijuana Extracts and Edibles

Marijuana **extracts**; smoking THC-rich resins extracted from the marijuana plant is on the rise. Users call this practice dabbing. People are using various forms of these extracts, such as:

- hash oil or honey oil; wax or budder; Shatter—a hard, amber-colored solid
- These extracts can deliver extremely large amounts of THC to users, and their use has sent some people to the emergency room. Another danger is in preparing these extracts, which Usually involves butane (lighter fluid) which can cause fires and explosions and have been seriously burned

Source NIH/ National Institute on Drug Abuse (NIDA)<https://www.drugabuse.gov/publications/drgufacts/marijuana>

Edibles include cookies, gummies, cakes, hard candies, chocolate bars and more.

Unlike smoking cannabis, where cannabinoids enter the body through the lungs, edibles introduce cannabinoids through the gastrointestinal tract. The result is a high that is more intense and lasts much longer.

Some edible products are manufactured to contain as much as 100 milligrams of THC, and therefore should be used for multiple servings. Other edibles have lower dosages of THC such as 5 or 10 milligrams

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IS MARIJUANA ADDICTIVE?

Recent research shows that use of the drug can indeed lead to dependence. Some heavy users of marijuana develop withdrawal symptoms when they have not used the drug for a period of time.



Research suggest that about 1 in 11 users becomes addicted to marijuana (Anthony, 1994; Lopes-Quintero 2011). This number increases among those who start as teens (to about 17 percent, or 1 in 6) (Anthony, 2006) and among people who use marijuana daily (to 25-50 percent) (Hall & Pacula, 2003).

Source NIH/ National Institute on Drug Abuse (NIDA) <https://www.drugabuse.gov/publications/drgufacts/marijuana>

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Marijuana Trends in DC Pt. 1

- Data from a 2016 District of Columbia Youth (ages 12 – 17) Prevention Survey show that the...

Average age of first use of marijuana

First tried marijuana



% of youth who perceive regular use of alcohol as a great risk

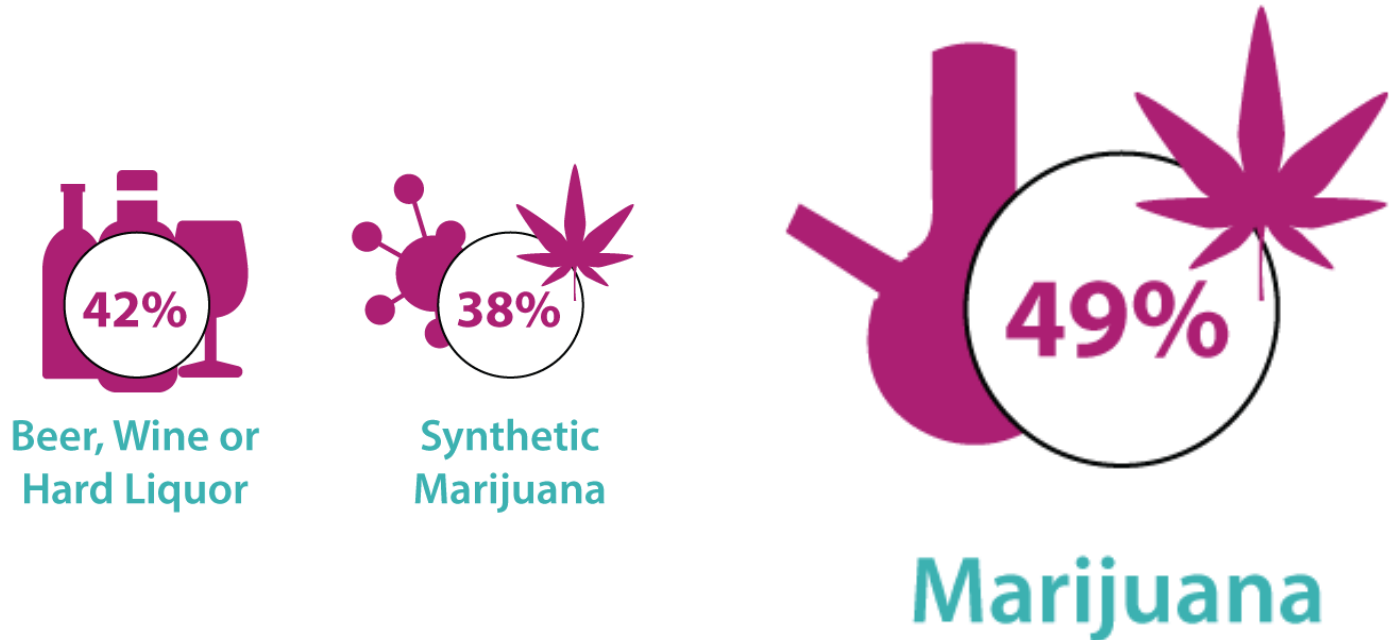


Smoke marijuana regularly
once or twice a week

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Easiest to Access



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HOW DOES MARIJUANA AFFECT A USER'S LIFE

Contrary to nonusers, heavy marijuana users more often report the following:

- Lower life satisfaction
- Poorer mental health
- Poorer physical health
- More relationship problems

Users also report less academic and career success. For example, marijuana use is linked to a higher likelihood of dropping out of school (McCaffrey, 2010). It is also linked to more job absences, accidents, and injuries (Zwerling, 1990).

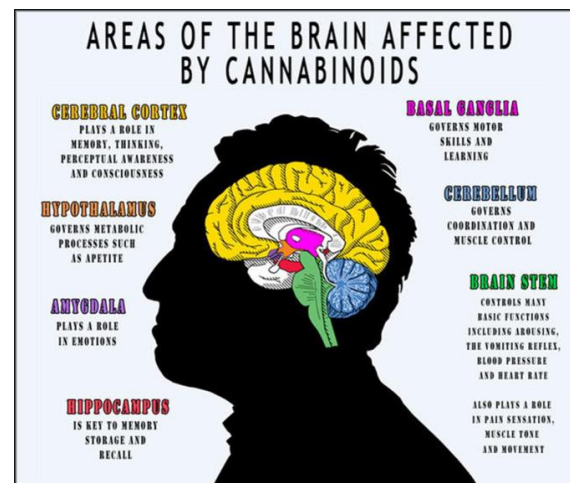
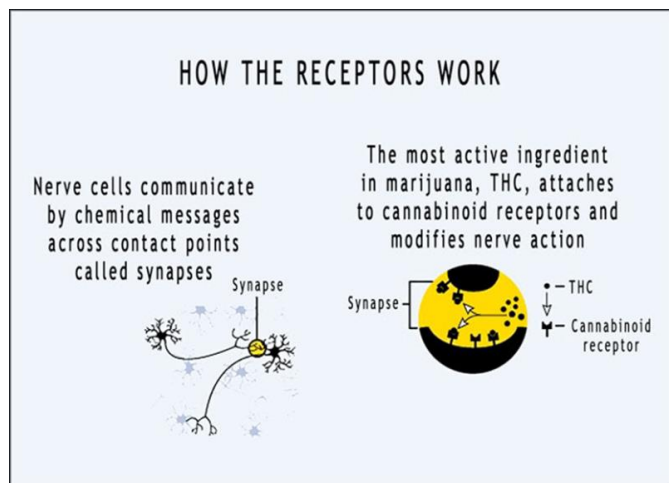
Source NIH/ National Institute on Drug Abuse (NIDA) <https://www.drugabuse.gov/publications/drgufacts/marijuana>

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HOW DOES MARIJUANA AFFECT THE BRAIN

When a person smokes marijuana, THC quickly passes from the lungs into the bloodstream. The blood carries the chemical to the brain and other organs throughout the body. THC acts on specific brain cell receptors that ordinarily react to natural THC-like chemicals in the brain. These natural chemicals play a role in normal brain development and function.



Marijuana over activates parts of the brain that contain the highest number of these receptors. This causes the “high” that users feel: altered senses, altered sense of time, changes in mood, impaired body movement and impaired thinking, also difficulty with thinking and problem solving, impaired memory.

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Mental Effects

- The Drug Enforcement Administration clarified that marijuana extracts – including cannabidiol (CBD) – fall under Schedule I drug classification, making all forms of the plant illegal under federal law.
- CBD is now considered a Schedule I controlled substance, alongside heroin and LSD, because there is no proven medical use for CBD and it has a high potential for abuse, according to the DEA.
- Marijuana has an unexpectedly high potency, or the person is inexperienced. People who have taken large doses of marijuana may experience an acute psychosis, which includes hallucinations, delusions, and a loss of the sense of personal identity. These unpleasant but temporary reactions are distinct from longer-lasting psychotic disorders, such as schizophrenia, that may be associated with the use of marijuana in vulnerable individuals.

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Why Teens Are More Prone to Addiction, Mental Illness Continued

- By comparing the brain's response to a food reward in adult and teen rats, researchers have pinpointed some differences that might explain why adolescents take more risks and are more prone to addiction, depression and schizophrenia. “
- The brain region that is very critical in planning your actions and in habit formation is directly tapped by reward in adolescents, which means the reward could have a stronger influence in their decision-making, in what they do next, as well as forming habits in adolescents," study researcher Bita Moghaddam, of the University of Pittsburgh, told LiveScience. "Teenagers could do stupid things in response to a situation not because they are stupid, but because their brains are working differently. Somehow they perceive and react to a situation differently."
- We don't really know what happens to a first-time user — we don't know if one use will change the brain and make you more vulnerable to taking other drugs, for example," Weiss told Live Science. [7 Ways Marijuana May Affect the Brain

The study was published today (Jan. 16) in the journal Proceedings of the National Academies of Sciences

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What to do if you or someone you know needs help with substance use/abuse...

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Assessment and Referral Center (ARC)

- Assessment and referral is available to District residents ages 21 and older
- The ARC is a walk-in clinic with no appointment necessary between the hours of 7am – 6pm Monday thru Friday
- Clients are required to show valid identification to receive services (required under Title 29 Chap. 24 of DCMR)
- Accessible by Metrorail (Red Line – New York Avenue/Florida Ave/Galludent University) and Metrobus (Routes 90, 92, 93, X3)

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ARC Assessment Process

- Every client is assessed by a nurse
- The Nursing Assessment is designed to identify clients with urgent needs:
 - Substance Intoxication
 - Substance withdrawal
 - Acute psychiatric symptoms
 - Medical issues requiring immediate attention

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How to Reach Us

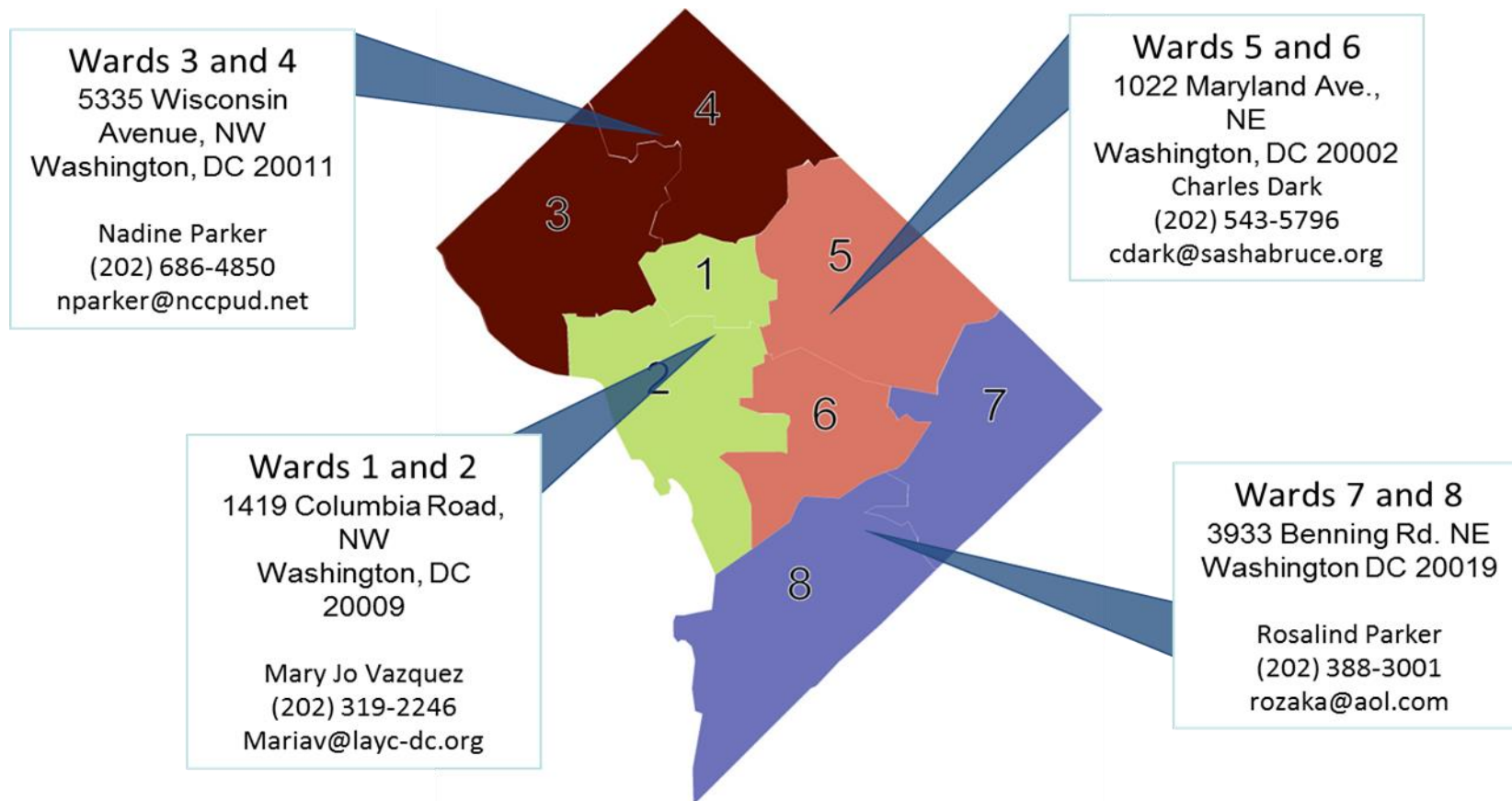
**Department of Behavioral Health
Substance Use Disorder Services
64 New York Avenue, NE
Washington, DC 20002
(202) 727-8857 – www.dmh.dc.gov**

**Assessment and Referral Center (ARC)
75 P Street, NE
Washington, DC 20002
(202) 727-8473
7:00am – 6:00pm – Walk-in (no appointment needed)**

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DC Prevention Centers



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QUESTIONS AND ANSWERS



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