

# **Substance Abuse Prevention and Control Prevention System of Services**

## **Prevention Program Efforts**

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# Prevention Program Efforts



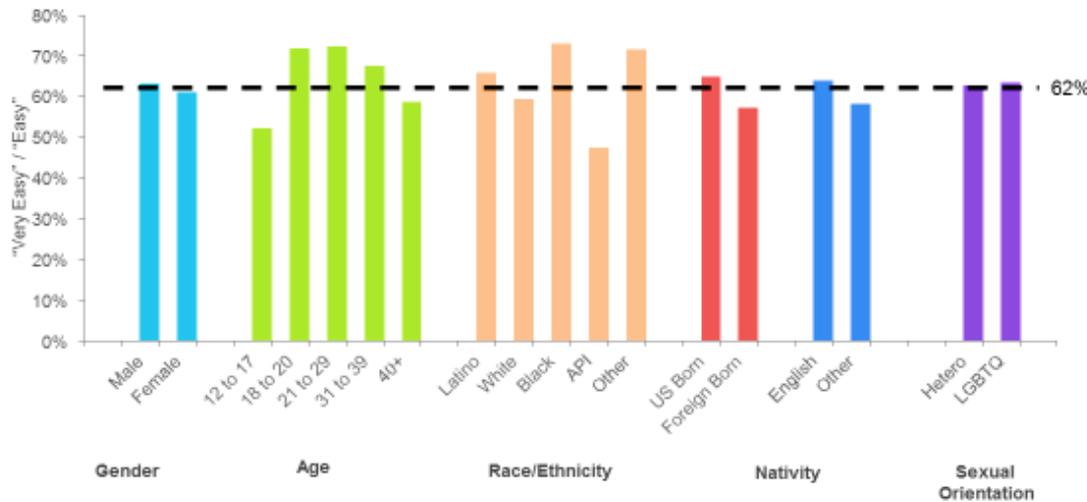
- Rethinking Access to Marijuana Coalition
- Marijuana Campaign
- DPH-SAPC Cannabis Summit
- Emerging Leaders Youth Summit
- Marijuana Education Initiative (MEI) Pilot
- Community Needs Assessment (CNA) Surveys
- Cannabis Education, Prevention and Intervention (EPI) Workgroup
- Marijuana Public Smoking Initiative (MPSI)
- Community Health Environmental Scan (CHES)

# CNA Findings: Access and Availability

## Perceived Easy Access



How easy would it be for **someone** to get marijuana on the street around your neighborhood?



13

- 62% of survey responders felt that it was easy for them to get marijuana on the streets around their neighborhoods

- Slightly over half of youth, ages 12-17, felt they had easy access to marijuana

- Over 70% of young adults between 18-20 reported having easy access to marijuana

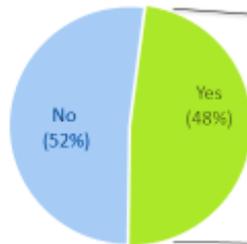
# CNA Findings, Prevalence

## Prevalence of Cannabis Use

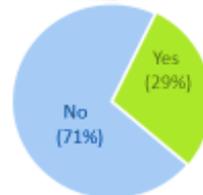


COUNTY OF LOS ANGELES  
Public Health

Have you ever used marijuana (lifetime use)?



Have you used marijuana in the last 30 days (current use among ever users)?



YRBS (youth)=34.7%

24

- 48% of all responders reported having used marijuana at least once in their lifetime.
- Among those who reported lifetime use of marijuana, 29% reported current use of marijuana.
- Among youth, 26% and among young adults 53% reported using marijuana at least once in their lifetime.

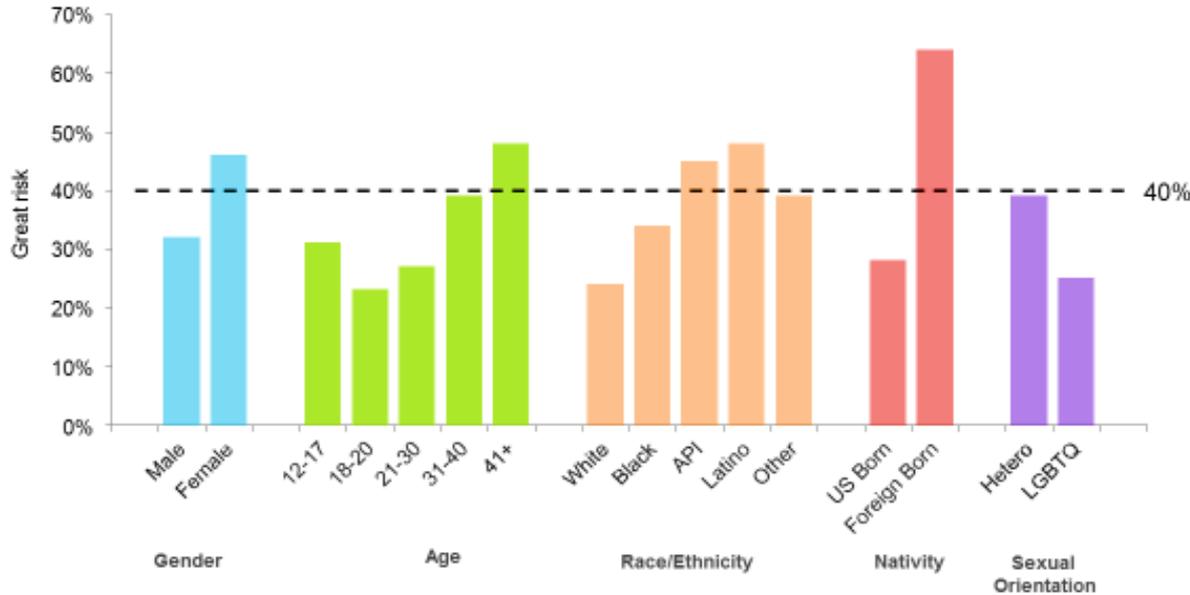
# CNA Findings: Perception of Harm

## Perceived Great Risk of Occasional Use



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How much do you think **youth** risk harming themselves if they use marijuana **occasionally** (try once or twice)?



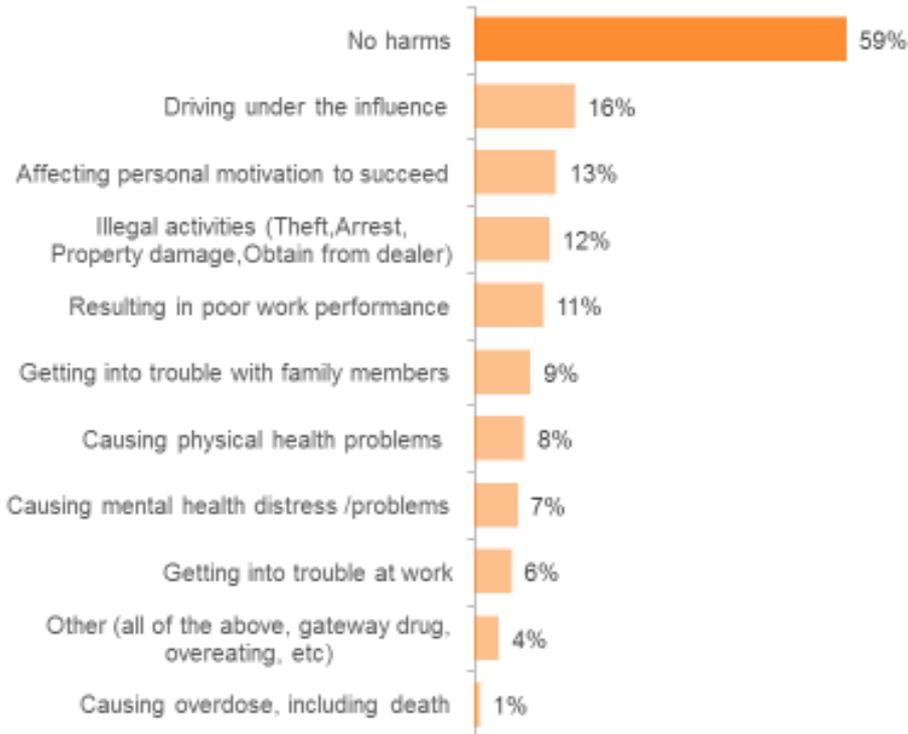
NSDUH: 12yrs+=29.38%

18

- 40% of all survey responders felt there was some harm associated with marijuana occasional use!
- Among Youth, 12-17, about 30% believed occasional cannabis use was harmful.
- Perception of harm was much higher among the foreign born respondents!

# CNA Findings: Perception of Harm

In what ways did your marijuana use cause harm?



- **59% of survey responders felt there was no harm associated with marijuana use;**
- **16% believed there was harm if driving under the influence.**
- **13% of responders felt cannabis use would decrease motivation!**
- **12% were concerned about illegal activities! 11% felt it would lead to poor work performance.**

# CNA Findings: Cannabis Use Consequences

27% of all survey reported having gone to work or school under the influence of marijuana!

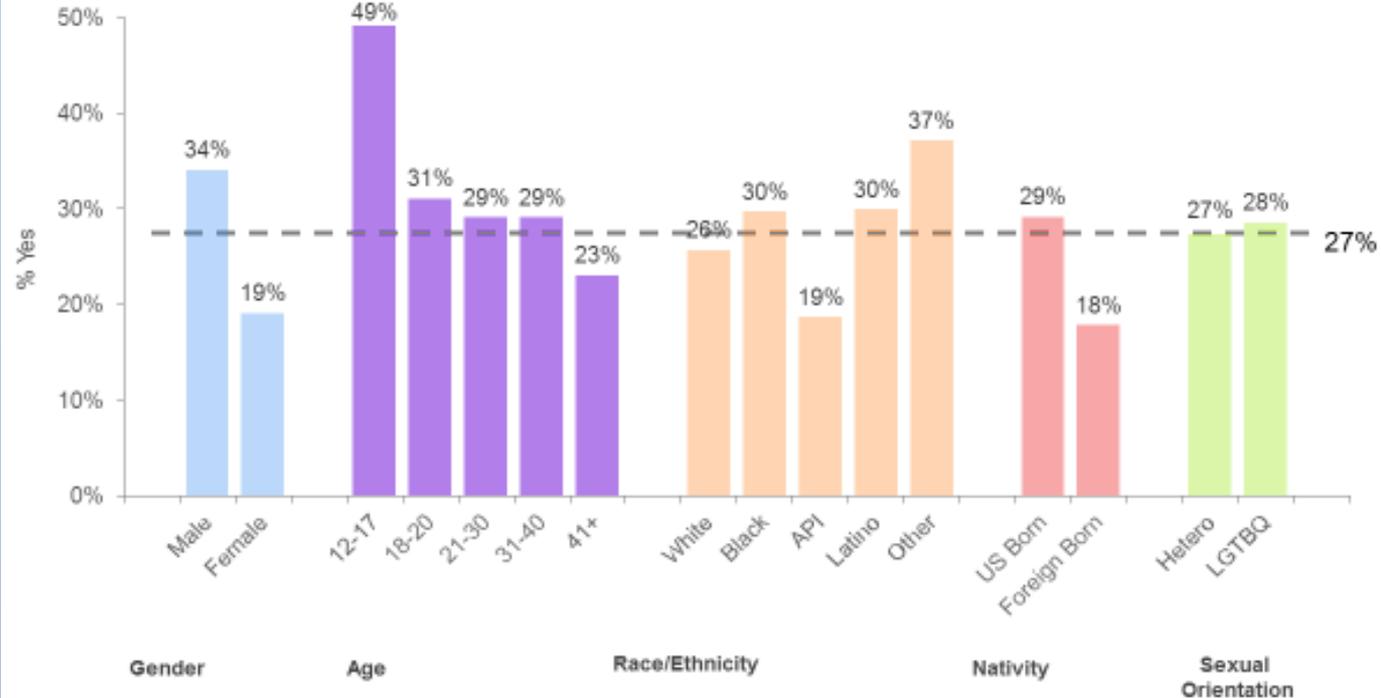
Almost half (49%) of Youth, ages 12-17, and 31% of young adults ages 18-20 reported having gone to school under the influence!

## Consequences of Use



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Have you ever gone to work/school under the influence of marijuana?



# Marijuana and the Teen Brain

## What We Now Know

- Adolescence is a critical period in brain development.
- The brain is still developing until approximately age 25

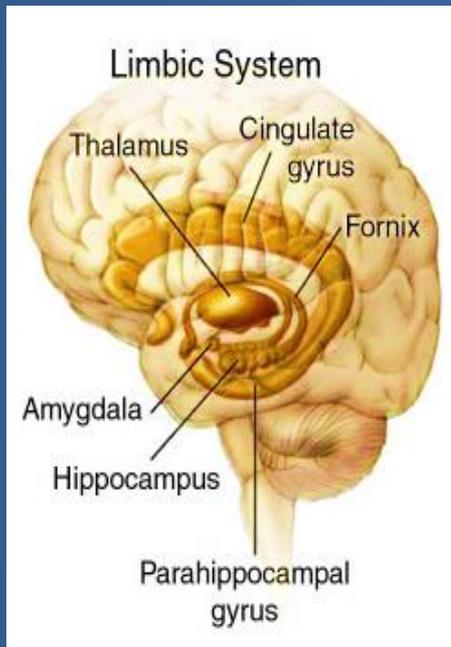


**NIH**

**National Institute  
on Drug Abuse**

*Advancing Addiction Science*

# ADOLESCENT BRAIN DEVELOPMENT



- The **Prefrontal Cortex** is responsible for controlling planning, working memory, organization, modulating mood, and is constantly changing and growing.
- The **Limbic System** is responsible for controlling emotion and other brain functions related to our instincts and memories, such as giving a sense of reward for engaging in risk.

# ADOLESCENT BRAIN DEVELOPMENT

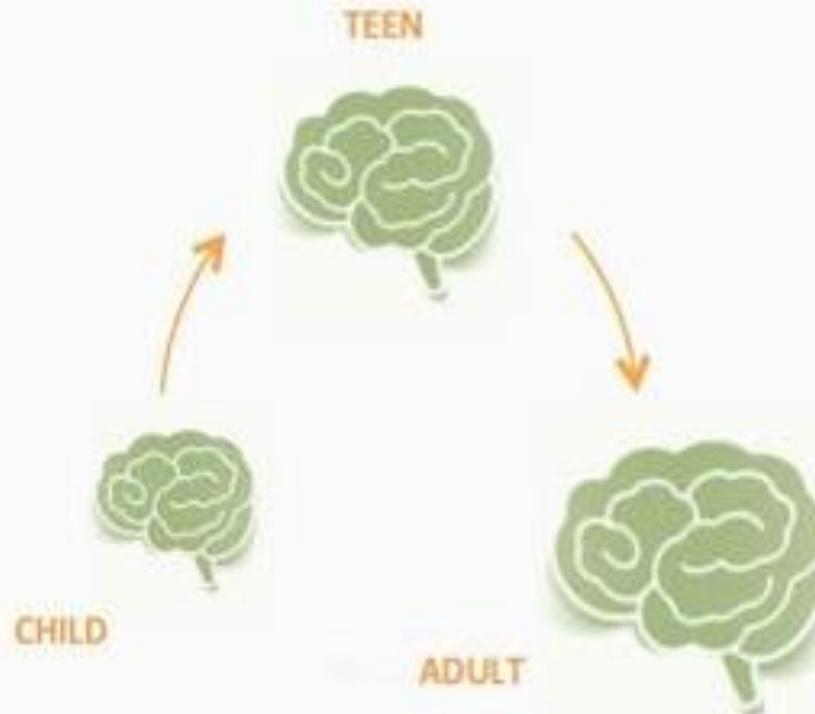
**Underdevelopment of the frontal lobe/prefrontal cortex** make adolescents more prone to *"behave emotionally or with 'gut' reactions"*

Adolescents tend to use an alternative part of the brain– the AMYGDALA (emotions) rather than the prefrontal cortex (reasoning) to process information.

# Cannabis and the Adolescent Brain

## MARIJUANA MAY HURT THE DEVELOPING TEEN BRAIN

The teen brain is **still developing** and it is especially vulnerable to drug use.



Regular heavy marijuana use by teens can lead to an IQ drop of up to **8 points<sup>3</sup>**

The National Institute on Drug Abuse Blog Team. (2014, December 1). Marijuana Use Can Lower Your Grades. Retrieved from <https://teens.drugabuse.gov/blog/post/marijuana-use-can-lower-your-grades> on March 19, 2018.

# HEAVY MARIJUANA USE BY TEENS IS LINKED TO<sup>4</sup>:

## Educational Outcomes



**lower**  
grades and  
exam scores



**less likely**  
to graduate  
from HS or  
college



**less likely**  
to enroll in  
college

## Life Outcomes



**lower**  
satisfaction  
with life



**more**  
**likely** to be  
unemployed



**more likely** to  
earn a **lower**  
income

MOST MARIJUANA USE BEGINS IN  
**ADOLESCENCE**



**78%**

of the 2.4 million people who began using in the last year were aged 12 to 20.<sup>1</sup>

As perception of harm decreases...



teen marijuana use increases.<sup>2</sup>



**EVERY DAY,  
3,287 TEENS  
USE MARIJUANA  
FOR THE  
FIRST TIME<sup>1</sup>**

**NIH**

National Institute  
on Drug Abuse

1. NSDUH, SAMSHA, 2014; 2. MTF Survey; 3. Meier et al 2012; 4. MTF Survey; Cobb-Clark et al, 2013; Silins et al 2014; Tucker et al 2005; Homel et al, 2014; Volkow et al 2014; Fergusson and Boden 2008; Brooks et al 2013



## TEENS AND EDIBLES

Recent research indicates that Marijuana-infused food product (i.e., edible) use is becoming nearly as common as smoking marijuana where medical marijuana is available.

**Teen Use of Marijuana Edibles:** A Focus Group Study of an Emerging Issue  
J Prim Prev. 2016 Jun; 37(3): 303–309. doi: 10.1007/s10935-016-0432-9

## Infused Products

Use of either plant, hash oil or concentrates in edibles and drinks

Eaten as ingredient in baked goods, candies, and sodas

THC concentration varies item with no current regulation on dosage



Amounts of THC in edible products can vary widely.



# Resources

## **LAC Substance Use Treatment Services**

Screening and Referral Call 1-844-804-7500

## **DPH – Substance Abuse Prevention and Control, Prevention Services:**

Prevention Website

<http://publichealth.lacounty.gov/sapc/prevention/PreventionLinks.htm>

## **DPH Prop 64 Resource Webpage:**

<http://publichealth.lacounty.gov/sapc/Prop64/Proposition64.htm>

## **LA County Office of Cannabis Management:**

<https://www.lacounty.gov/marijuana>