

## Marijuana Update: How the ever changing environment for marijuana affects campus prevention

James Lange, Ph.D.  
Coordinator of AOD Initiatives  
San Diego State University

Presentation at the 2014 NASPA  
Alcohol, Other Drug Abuse, and  
Violence Prevention Conference,  
San Diego, CA. January 16 – 18, 2014



## Including SAM

- Who is SAM?
- What is their mission?
- Why didn't Kevin Sabet make it?
- How can I learn more to help them spread their message?

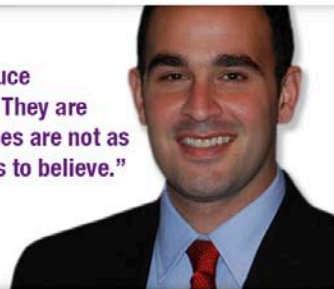
## Kevin Sabet, Ph.D.



Preventing Another 'Big Tobacco' Marijuana & Public Health Legal Reform Cannabis-Based Medicines

**"Through smart measures, we can reduce marijuana use and incarceration rates. They are not mutually exclusive goals. Our choices are not as stark as legalization advocates want us to believe."**

**- Kevin A. Sabet, drug policy expert,  
University of Florida**

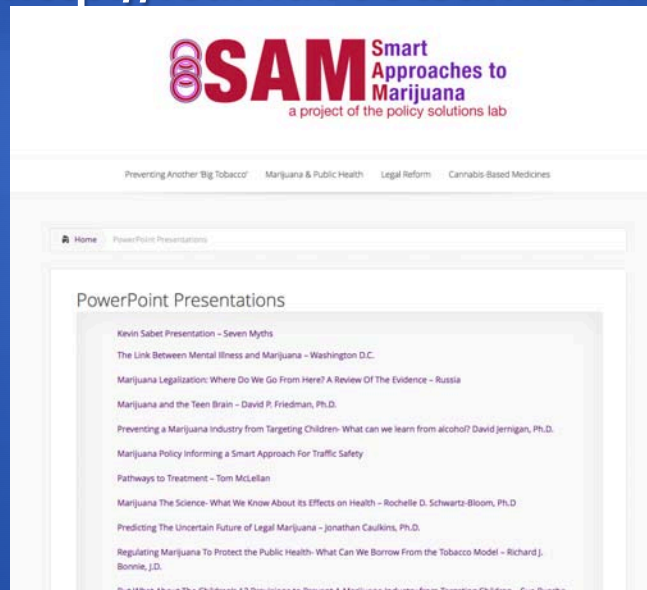


## Really? Where is he?

Jan 7-8 WA State  
Jan 13-17 Oregon  
Jan 21-22 NYC  
Jan 23 Missouri  
Jan 30 New Hampshire  
Feb 3-6 Wash DC  
Feb 7 Salt Lake City  
Feb 10 Hartford, CT  
Feb 13 Minnesota  
Feb 14-22 Hawaii  
Feb 24-25 Tampa  
Feb 25 Miami  
Feb 26 Gainesville  
Feb 27-28 Orlando  
Mar 1-3 Atlanta  
Mar 7 Atlantic City  
Mar 11th-21st Vienna

## SAM Resources

<http://learnaboutsam.com/>



## A bit about AOD Initiatives at SDSU

- Since implementing our Comprehensive Strategy...
  - Reduction in alcohol related medical transports
  - Reduction in alcohol related campus judicial referrals
  - Increase in Freshman claiming alcohol-abstinence
  - Have not been listed in any publications "party school" lists
- Our Aztec Nights program has been featured by the U.S. Department of Education
- We were the first (or nearly so) to publish on... Ritalin abuse in the west coast; Salvia use by college students; BAC definitions of binge drinking; the association between marijuana and binge drinking in college parties

## Where does marijuana fit within the AOD issues at SDSU?

- Drug Free Schools and Community Act requires all IHEs to certify that it has a program to prevent illicit drugs. Illicit would be defined federally.
- The CSU System has made clear that medical marijuana is not permitted on its campuses.
- SDSU Student Health Services will not recommend marijuana to students.
- Use eCheckUptoGo-Marijuana as needed.
- Policy: Grounds upon which student discipline can be based... Use, possession, manufacture, or distribution of illegal drugs or drug-related paraphernalia, (except as expressly permitted by law and university regulations) or the misuse of legal pharmaceutical drugs. SDSU does not permit the possession or use of marijuana even with a medical recommendation.

## GOT WEED?

### Don't Bring It To Campus!

SDSU policy will remain unchanged...

- Possession, use or sale of marijuana on SDSU campus, including within residence halls, will continue to be prohibited.
- Possession, use or sale of marijuana in connection with any SDSU sanctioned activity will remain prohibited.
- Impaired driving laws will remain strictly enforced around campus.
- Counseling and Psychological Services remains open to those who may feel marijuana is causing problems for themselves or their friends.
- Students can take the Marijuana eCHECKUP TO GO to explore their use in an anonymous and confidential way.

QUESTIONS? CONTACT AOD@MAIL.SDSU.EDU

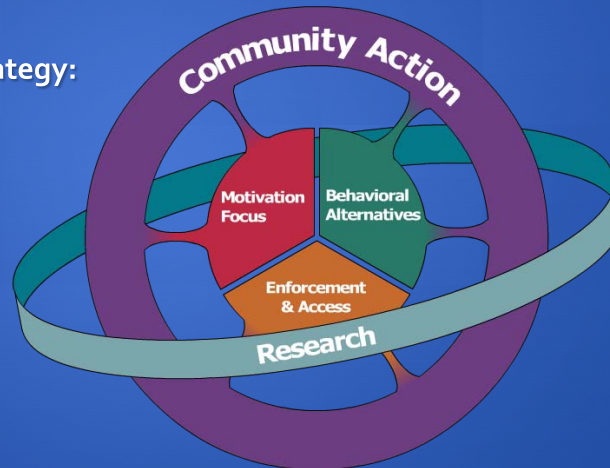
## Just in Case

2010 Prop 19 Flyer  
& perhaps for 2014



## Prevention Approach

- Comprehensive Strategy:
  - Motivational focus
  - Alternative focus
  - Access focus



## The Medicine

- The FDA has this to say "... has not been proven to have a positive impact"
- No peer-reviewed publication of randomized development trials showing benefits.
- Reported adverse side effects include: Psychotic behavior (hallucinations, impulsive/destructive behavior) vehicle crashes, and even suicide.

Of course *the* “Medicine” here is...

Tamiflu

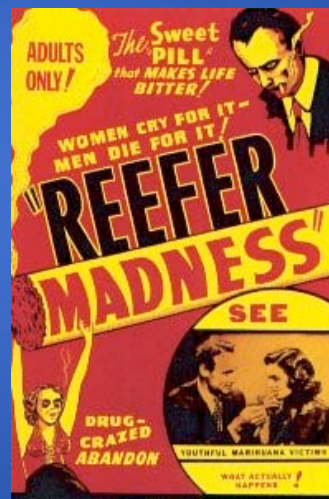
British medical journal claims there is no proof that Tamiflu can stop influenza

INFLUENZA | NOVEMBER 14, 2012 | BY: JEANNIE STOKOWSKI-BISANTI | [Subscribe](#)



## College Students are Hypocrisy, Faux-Expert, and Bias Detectors

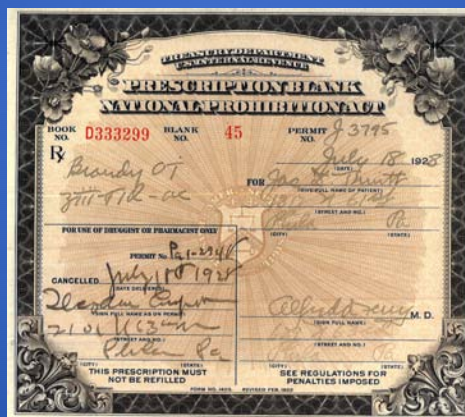
- We are faced with an educated, skeptical and capable group.
- The ghost of *Reefer Madness* is always hanging over our efforts.
- Sometimes they are right and we need to approach this with a proper sense of historical and public health understanding.
- However, like all of us, they can suffer from confirmatory biases.



## Standardization of Policy: Border Towns – Mexico's Universities are Watching Us



Is this déjà vu?  
From a distance, it seems to be.





## 1921 to 1933

### ONLY 9 STATES GET BEER AS MEDICINE

Brewers Are Preparing to Supply It—Seven Plants to Open in Milwaukee.

### DRYS' COUNSEL SEES HOPE

Believes People Will Resent Turning 'Drug Stores Into Booze Shops'—Rush Expected Here.

Brewers in the nine States where beer may be legally prescribed as medicine began preparations yesterday for the

ONLY 9 STATES GET BEER AS MEDICINE. (1921, October 26). *The New York Times*. Retrieved from <http://www.nytimes.com>

### Prohibition Nears Its Doom As 6 States Vote Today

By The Associated Press

Voters in half a dozen widely scattered states today are inscribing the answer to whether thirteen years of national prohibition shall end next month.

### Lindberghs Forced Back into Holland

AMSTERDAM, Nov. 7.—(AP)—Col. and Mrs. Charles A. Lindbergh returned to Holland today, when unfavorable flying conditions prevented them from continuing to Geneva after a flight over Belgium and France in a heavy fog. They hopped off this morning.

A dispatch from Geneva, where they were expected to land shortly before nightfall, said a large crowd had waited for them several hours at the Nautical Club in Geneva.

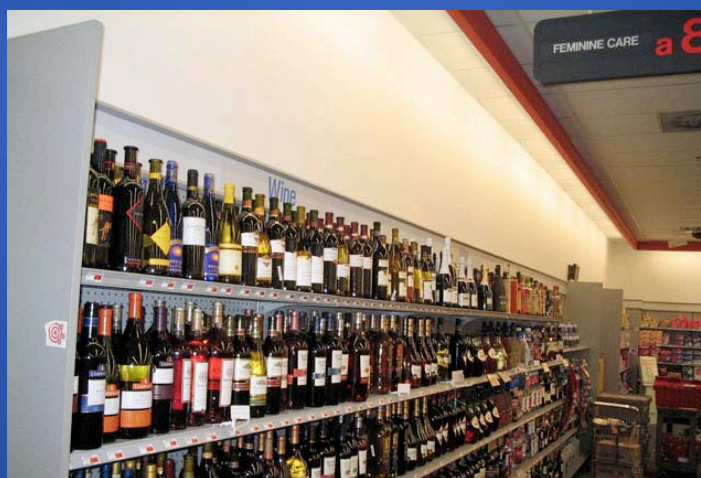
Confidence that the balloting in Pennsylvania, Ohio, North and South Carolina, Kentucky and Utah would climax the administration's campaign to restore liquor was expressed by Postmaster General Farley.

Wet organization leaders forecast anti-prohibition majorities in at least three of the six states voting—all that is necessary to assure elimination of the Eighteenth Amendment from the Constitution—while dry organization captains said there were good chances for halting the hitherto unbroken anti-dry parade.

Although voters express themselves today, actual repeal could not materialize until the first week in December, the balloters' chief

Rochester Evening Journal (1933, November 7). Retrieved July 3, 2013, from <http://news.google.com/newspapers>

## Today



sLkYX.jpg (JPEG Image, 640 × 428 pixels). (n.d.). Retrieved July 12, 2013, from <http://i.imgur.com/sLkYX.jpg>



## Remember the History



Prohibition: Watch Videos - Fiorello La Guardia | PBS. (2011). Retrieved January 9, 2014, from <http://www.pbs.org/kenburns/prohibition/watch-video/#id=2085902822>

## Historic Era

**MARIJUANA SMOKING IS REPORTED SAFE**

Hemp Leaves, Classed in Some States With Drugs, Tested by Canal Zone Committee.

EXPERIMENT MADE ON 17

Panama Judge Recently Gave Bailor a Year's Sentence for Possessing the Weed.

Special Correspondence of The New York Times.

PANAMA, Nov. 18.—A Panama judge recently sentenced an American woman, Hamilton Mém, to a year of penal confinement for smoking and having in his possession cigarettes

**On My Mind**  
A. M. ROSENTHAL

*While We Slept*

ig money" used to mean just ing — the fortunes manipulat- drug criminals. Last week, America slept, it took on one meaning: the gobs of money uted by a few rich Americans lined to put across state bal- positions that would widen the

**The new drug money.**

influences against drugs, goodbye. Bog. 1'5 could mon Geor Mi hand Now tion, bene In use: attac financial re said the rsion" of dr not tax-dev mentioned

**California Rejects Marijuana Legalization**

By MARC LACEY

OAKLAND — California voters rejected a ballot initiative on Tuesday that would have legal- ized marijuana for recreational use.

**Colorado begins recreational pot experiment with first sales**

Marijuana retailers open their stores — and a new chapter in the debate over legalizing pot — as Colorado becomes the first state where specialty stores may sell small amounts of pot for recreational use.

TIMES, S. C. of T. N. Y. (1926, November 21)  
Rosenthal, A. M. (1996, November 15). While We Slept.  
Lacey, M. (2010, November 3).  
New York Times  
Deam, J. (2014, January 1).  
Los Angeles Times

## Ballot Initiatives Legislative Action

- California has three trying
- Many other states

## Federal Legislation

117TH CONGRESS  
1ST SESSION

### H. R. 1523

To amend the Controlled Substances Act to provide for a new rule regarding the application of the Act to marihuana, and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

APRIL 12, 2013

Mr. ROMANOFF (for himself, Mr. COHEN, Mr. YOUNG of Alaska, Mr. PERLIN, Mr. KATZ, and Mr. BUDENECER) introduced the following bill, which was referred to the Committee on the Judiciary, and in addition to the Committee on Energy and Commerce, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned:

### A BILL

To amend the Controlled Substances Act to provide for a new rule regarding the application of the Act to marihuana, and for other purposes.

1 Be it enacted by the Senate and House of Representatives

2 of the United States of America in Congress assembled,

3 SECTION 1. SHORT TITLE.

4 This Act may be cited as the "Respect State Mari-

5 juana Laws Act of 2013".

"SEC. 710. RULE REGARDING APPLICATION TO MARIHUANA."Notwithstanding any other provision of law, the provisions of this subchapter related to marihuana shall not apply to any person acting in compliance with State laws relating to the production, possession, distribution, dispensation, administration, or delivery of marihuana."

## Adolescent Diversion

- Denver, Colorado adolescents in treatment
  - 74% had used someone else's medical marijuana
  - Those who had, lower age of onset, earlier age of regular use, more disorder symptoms.

Salomonsen-Sautel, S., Sakai, J. T., Thurstone, C., Corley, R., & Hopfer, C. (2012). Medical marijuana use among adolescents in substance abuse treatment. *Journal of the American Academy of Child & Adolescent Psychiatry*, 51(7), 694–702. doi:10.1016/j.jaac.2012.04.004

- Denver adolescents in Primary Care Setting (N=66) Knowing medical user predicted
  - Past year use
  - Ease of availability

Thurstone, C., Tomcho, M., Salomonsen-Sautel, S., & Profita, T. (2013). Diversion of medical marijuana: When sharing is not a virtue. *Journal of the American Academy of Child & Adolescent Psychiatry*, 52(6), 653–654. doi:10.1016/j.jaac.2013.03.019

## The Student Medical User

- Survey of 729 Southern California undergraduates
  - 4.8% report some doctor recommended use of marijuana in past 12 months
  - 3.5% report having a current valid recommendation

### Past 12 Month Marijuana Smokers

- 11.4% have valid recommendation
- 33.3% 50+ smokers have valid recommendation

### Card Holders

- 94.2% have had card for 3 or fewer years
- Of 19 students who reported medical reasons:
  - 86.9% for anxiety, PTSD, depression, insomnia or ADD
  - 50% Pain management or nausea
- 50% purchase marijuana weekly, 66.7% report smoking before noon, and 84.8% smoke daily or almost daily.
- 24% used alcohol concurrently with their marijuana the last time they smoked.
- 58.9% drove while under the influence of marijuana in the past month
- 60.8% began using marijuana at age 16 or younger.



## Issues that complicate medical use research and discussions:

### Research Issues

- Definitions of medical vs. recreational use: Is “too relax” a medical purpose? Medical ethics of Viagra and birth control *lifestyle drugs* complicate this.
- Determining “legitimate” recommendations
- Mixed use

### Campus Policy Issues

- Court decisions can change compliance requirements:
  - ADA-type concerns
  - Legislative actions both federal and state
  - NCAA testing

## Beyond Arguing

- We must acknowledge that many of the moral and even public health oriented arguments against marijuana use are fraught with shaky foundations
  - Lung health: Cigarette analogy fails both on research-based harms and legal grounds. It also does not address other forms of consumption.
  - “Medical” vs. *Recreational* distinction fails on epistemological grounds-See lifestyle drug discussion of birth control and Viagra. It also oversimplifies the potential pharmacological action of marijuana
  - Both Gateway Drug and Amotivational Syndrome have failed to be confirmed
  - Risk of dependence true, but legal and use guidelines are inconsistent with other drugs
  - Impaired driving is true, but legal and use guidelines are inconsistent with other drugs
  - THC-level inflations: Partially true, but public health implications have not been documented. Synthetic cannabinoids are not a model for informing this debate due to their action on CB<sub>1</sub> and also the lack of countervailing chemicals such as CBD.

# Marijuana Use Trajectories

"Specifically, infrequent, increasing, and chronic/heavy marijuana use patterns were associated with significantly increased risk for discontinuous enrollment (adjusted odds ratio = 1.66, 1.74, and 1.99, respectively) compared with minimal use."

The Trajectories also correlated with use of other drugs: Alcohol, Illicit and Rx.

Reasons for discontinuous enrollment were not identified, and could include suspension, expulsion and transfer.

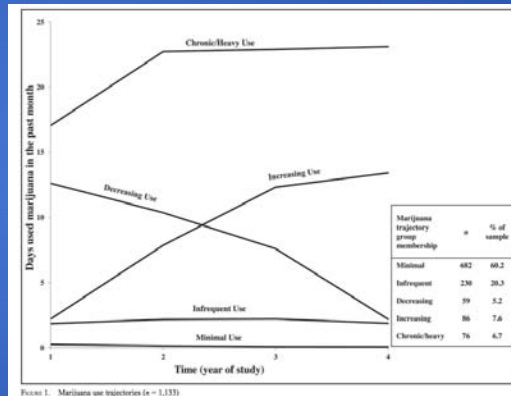


FIGURE 1. Marijuana use trajectories (n = 1,131)

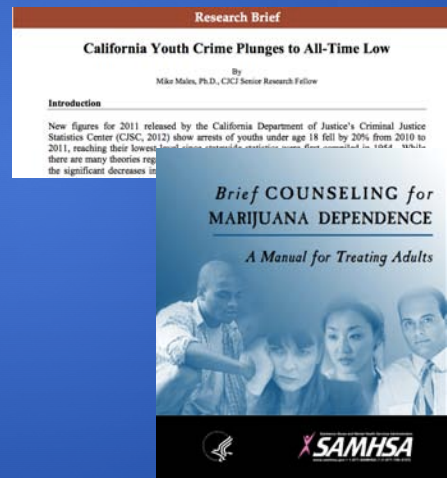
Arria, Amelia M, Laura M. Garnier-Dykstra, Kimberly M. Caldeira, Kathryn B. Vincent, Emily R. Winick, and Kevin E. O'Grady. "Drug Use Patterns and Continuous Enrollment in College: Results From a Longitudinal Study." *Journal Of Studies On Alcohol And Drugs* 74, no. 1 (2013): 71-83.

# Motivational Focus

- *Motivational Interviewing* approaches appear to reduce use and problems.
- Argumentative and counter marketing approaches are not appearing to reduce use. These often rely on abstinence-only approach that may not be adaptable to legalized environments.
- Information campaign to change the views on driving may be warranted. Roadside survey found marijuana common (7.4%). Only 11% thought it harmed their driving. (Lacey et al, 2012).
- *Promotion* instead of *Prevention* messaging to avoid internal counter-arguing.

## Clinical Aspect

- Changes to DSM
  - DSM V removes legal consequences as diagnosis criteria.
- Legal contact as an identifier
- Motivation for treatment in a de-stigmatized social environment. 2 of the 3 examples related to stigmatized use as the main problem.



## Getting involved

- It's now or never if we want to impact policy
  - We need to be at the table now before moneyed interests swamp the process.
- Pick battles carefully
  - Avoid the losing arguments
  - Focus on the harms you want to prevent
  - Understand that "at the table" may not be usual settings
- Focus will be on State and Local regulation schemes



## Local Sales Restrictions: Is there a model yet?

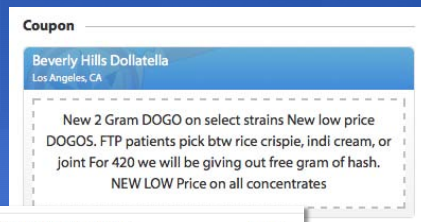
- Perhaps a conditional use permit model for local restrictions; some things to think about:
  - No on-premise use-  
*Since there is no unimpaired use level, on-premise responsible sales will necessarily lead to intoxication.*
  - No per-hit sales.



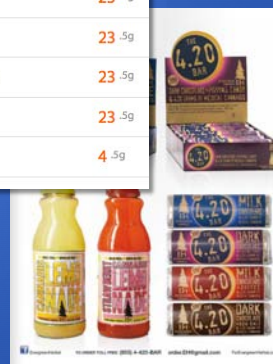
DOPE Magazine July '13 "The Travel Issue." *Issuu*. Retrieved July 12, 2013, from [http://issuu.com/dlistmagazine/docs/dope\\_july13\\_web\\_](http://issuu.com/dlistmagazine/docs/dope_july13_web_)

## Suggestions Cont.

- No single dose (joint) sales. Would apply also to eatables.  
*—Just as single serving drinks appeal to youth with little spending money, so too will single joint sales.*
- Advertising restrictions: Similar to tobacco restrictions. *Prohibit ads that appeal to youth and also highly sexualized, irresponsible behavior (Includes strain naming).*
- Location restrictions to include college campuses.



Strawberry Diesel Wax	23 .5g
Alien Space Fuck	23 .5g
Jupiter Dust	23 .5g
Batman (Dark Nights) Wax	23 .5g
Astlavista Gold Dust	23 .5g
Paris OG KIEF	4 .5g



## Suggestions Cont.

- No concurrent alcohol sales-*Restricts the growth of industry. Also recognizes the synergistic effect on impairment*
- Support tools for enforcement and data collection

## What happens on campus if/when marijuana is de-scheduled

- ADA and fair housing may force medical marijuana on campus
- Age-21 restrictions become meaningless for medical users. This may also include allowing growing own.
- Smoking bans may or may not apply if focus on nicotine and tobacco. Eatables will be difficult to control.

## Other Strange Directions with Continued Fed/State Conflict

- Drop Boxes: Federal law is guiding us, but there is apparently tolerance for an amnesty and disposal approach.
- Legislative restrictions on resources for enforcement



Springs Airport Installing Amnesty Boxes For Pot Surrender. Retrieved January 15, 2014, from <http://www.kktv.com/home/headlines/Springs-Airport-Installing-Amnesty-Boxes-For-Pot-Surrender-240261661.html>

## Things that worry me

- Delivery services
- THC-based edibles and drinkables – Detection, overdose and accidental use
- Campus anti-vape policy weakness
- Sudden changes in federal law or legal interpretation
- Impaired driving
- High frequency off-campus users





# Big Marijuana Concerns

## Government 'buried' release of key evidence on minimum alcohol price before policy U-turn



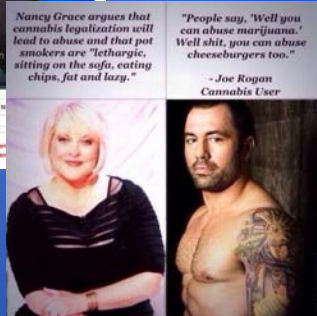
Cooper, C. (2014, January 8). Government "buried" release of key evidence on minimum alcohol price before policy U-turn. *The Independent*. Retrieved January 8, 2014, from <http://www.independent.co.uk/life-style/health-and-families/health-news/government-buried-release-of-key-evidence-on-minimum-alcohol-price-before-policy-uturn-9045158.html>

# Avoid looking foolish, hypocritical and overselling research

## Stephen Colbert Destroys David Brooks' Wacky Anti-Pot Column



## Jon Stewart Joyously Mocks Bill O'Reilly's Fear That Kids Are Smoking Weed And Texting



*"Audiences know what to expect, and that is all they are prepared to believe in."*

*-The Player: Rosencrantz and Guildenstern are Dead.*

- I've been accused of smirking when I say "medical." I am almost always accused by someone in the audience of having a "bias", though the direction of bias seems to reflect more on the listener... there is only so much I can do.
- Remember that students are on guard to rebut any attempt to dissuade use. They'll see *Reefer Madness* hidden behind any negative health claim.
- MI approach: "'The Good' and the 'Not So Good effects.'" - *Jason Kilmer and colleagues*

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