



CANNABIS ON CAMPUS

RESOURCE CREATION TO PREVENT HIGH RISK
CANNABIS USE BY POST SECONDARY STUDENTS

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UNIVERSITY OF SASKATCHEWAN





Research Project
Best Practices
Resource Creation
Questions





WELLNESS STRATEGY

STUDENT WELLNESS



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Fall of 2017, Saskatchewan Ministry of Health reaches out to Student Wellness at University of Saskatchewan

- Aim: develop evidence-based resources for post-secondaries to educate students on cannabis

Graduate student was hired to take on the work

Two Main Phases

1. Research on Best Practices
2. Development and Piloting of Resources





WELLNESS STRATEGY

BEST PRACTICES



1. Peer-Based Education in conjunction with other substances and mental health concerns
2. Harm Reduction Focus
3. Social Norm Messaging
4. Education based on Lower Risk Guidelines
5. Link Students with Experts
6. Increase Student Awareness of Legislation
7. Multiple Points of Support
8. Enhance Partnerships
9. University Wide Policy
10. Build Evaluation into Programming



**Generation
Legalized**



LOWER RISK GUIDELINES FOR CANNABIS USE

CBD
↓
THC ↑
CHOOSE LOWER RISK PRODUCTS
Some strains have higher THC content which may cause more harm. CBD can counteract some of the adverse effects of THC. This means that products with high CBD to THC ratios can reduce some risks.



STICK TO NATURAL PRODUCTS
Compared with natural products, synthetic cannabis products (K2, Spice) can have unpredictable and in some cases, life-threatening effects. If you use, give preference to natural products and avoid synthetics.



REDUCE EXPOSURE TO SMOKE
Cannabis smoke contains tar and toxins that can harm your lungs. Vaporizers or edibles reduce the risks to your lungs.

If you are going to consume edibles, take small amounts or wait at least an hour before taking more.



USE SMART SMOKING PRACTICES
Reduce toxins in your lungs by taking shallow puffs. 95% of the THC in smoke is absorbed in the first few seconds so you don't need to puff hard or hold your breath.



OCCASIONAL USE LOWERS RISK
Occasional use has less risk than regular use. Try to limit use to only on weekends or one day a week.



WAIT SIX HOURS BEFORE DRIVING
Cannabis can impair your motor coordination, judgement and other driving skills. A good rule of thumb is to wait six hours before driving but listen to your body as you may need more time.



WHEN TO AVOID USING
Being young increases the likelihood of adverse health, educational, cognitive, and social effects. The Saskatchewan Medical Association suggests waiting until 21 years of age. If you or your family has a history of psychosis or if you are pregnant.

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This display has been adapted from Canada's Open-Door Cannabis Use Guidelines published by Canadian Research Institute for Substance Abuse and the Centre for Addiction and Mental Health.

CANNABIS: WHAT YOU NEED TO KNOW ABOUT THE MODES OF CONSUMPTION AND THE EFFECTS

SMOKING

- Allows control over strains
- Variety of concentrations and potency
- Smoke can contain carcinogenic compounds



Onset: within seconds
Duration: 1-3 hours



EDIBLES

- Effects last much longer
- Discrete and convenient
- If not labeled, it can be mistaken as non-infused substances
- Not to be regulated until 2019

Onset: 15 minutes-2 hours
Duration: usually 4-6 hours

VAPING

- Minimal odor
- Be aware of reputable cartridges and oils
- Can be cleaner than smoking



Onset: within seconds
Duration: 1-3 hours



TOPICALS

- For localized pain
- No psychological effects
- Very discreet
- May cause skin irritations

Onset: 5 minutes - 2 hours
Duration: over 12 hours

TINCTURES

- Often made with alcohol
- Discreetly taken under the tongue
- Can be made with specific concentrations



Onset: 20-30 minutes
Duration: several hours



DABBING

- Very high THC levels (80-90%)
- Fast uptake can cause worse and more extreme effects
- Best only for those with high tolerance or serious illness

Onset: immediately
Duration: 1-3 hours

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CANNABIS: KNOW THE LAW

CANNABIS FOR NON-MEDICAL USE IS NOW LEGAL, BUT THERE ARE STILL MANY RULES AROUND CANNABIS USE IN SASKATCHEWAN



POSSESSING POT

Anyone over the age of 19 can possess up to 30 grams of dried cannabis or equivalent in non-dried form



SHOP SMART

Anyone over the age of 19 can purchase dried or fresh cannabis and cannabis oil from a provincially licensed retailer



CARE TO SHARE?

Anyone over the age of 19 can share up to 30 grams of legal cannabis with other adults.



HOME GROWN

Anyone over 19 years of age can grow up to four plants per household for their personal use.



COOKING WITH CANNABIS

Anyone over 19 years of age can make edible cannabis products, provided that organic solvents (alcohols, etc) are not used.

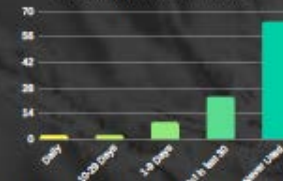
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A BLURB ON HERB: CANNABIS AT THE U OF S

How Often do Students at the U of S consume Cannabis?

Within the last 30 days, on how many days did you consume cannabis?



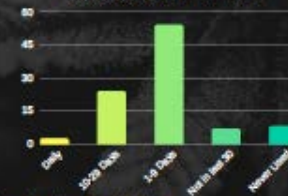
Note: U of S rates mirror Canadian post-secondary rates of use

DID YOU KNOW?

64% of students who responded to this survey said they had never used cannabis

How Often do Students THINK others consume Cannabis?

Within the last 30 days, on how many days did you consume cannabis?



Survey data taken from 2016 RCHA

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What is Cannabis?

Cannabis, the most commonly used illicit drug in Canada today, comes from the hemp plant **Cannabis Sativa** and can be brown, grey or green in colour.

Forms of Cannabis:

- Dried herbal material ("bud")- smoked in joints, pipes, blunts, bong, hookahs or one-hitters
- Oil ("Hash" or "Cannabis Oil")- used with vaporizers
- Concentrates ("Shatter")- dabbed
- Edibles ("budder")- ingested in food or drinks

Common Street Names: weed, marijuana, pot, bud, kush, grass, herb, Mary Jane

Get to Know The Ganja:

The two main chemical's found in cannabis are **tetrahydrocannabinol (THC)** and **cannabidiol (CBD)**.

THC is the chemical ingredient that gives the plant its mind-altering effects.

CBD is the chemical ingredient that **does not** produce psychoactive effects but potentially offers therapeutic benefits. CBD can also counter some effects of THC.



Whether cannabis is inhaled or ingested it eventually enters the blood stream, brain and other organs which is when an individual begins to feel "high"

The **"High"** may include: euphoria/relaxation, giggling/laughing, increased appetite – the "munchies", increased heart rate

Indicas: more relaxing and can help control nausea, improve appetite, and help with sleep

Sativas: lighten your mood, improve your appetite, and make you laugh and talk

When Using: How to Lower Your Risk

Identify and Choose Lower-Risk Cannabis Products

Some strains have higher THC content. Products with high THC may cause more harm. CBD can counteract some of the adverse effects of THC. This means that products with high CBD to THC ratios reduce some of the risks. Its best to know what you are using to limit your risks.

Tip: If you know it has a higher THC, you can use less and avoid unnecessary smoke and toxins in your lungs. If you aren't sure of its strength, use less to test it.

Stick to Natural Cannabis Products

Compared with natural products, synthetic cannabis products (i.e. K2 and Spice) can have unpredictable effects and in some cases, life-threatening effects. If you use, give preference to natural products and avoid synthetics.

Reduce Exposure to Cannabis Smoke

Cannabis smoke contains tar and toxins that can harm your lungs and respiratory system. Vaporizers or edibles limit the risk of harms on your lungs. Edibles or cannabis tea should be done slowly as you can get much higher for much longer than you wanted to. To prevent this, use a small amount and wait at least one hour to feel the effects before using more.



If You Smoke, Use Smart Smoking Practices

Reduce toxins in your lungs by taking shallow puffs. About 95% of the THC in the smoke is absorbed in the first few seconds so you don't need to buff hard or hold your breath.

Only Using occasionally lowers the risk of harm

Occasional use has less risk. Try to use only on weekends or one day a week.

Wait Six Hours Before Driving

Cannabis can impair your motor coordination, judgement and other skills related to safe driving. A good rule of thumb is to wait six hours after using before driving or using any machinery. Listen to your body as you may need more time to be able to drive safely.

When to Think About Not Using

- When you're young. Being young increases the likelihood of adverse health effects. The later in life you start using, the lower the risk of developing health, educational, cognitive, and social problems. Saskatchewan Medical Association suggests waiting until 21 years.
- When you or a family member has a history of psychosis or substance use disorders. Hallucinating can trigger symptoms of a mental health problem.
- If you are pregnant. As with other substances cannabis could cause harm to the fetus
- When it becomes your main method to deal with stress. Look for healthier ways to cope with pressures and negative moods.



Consider abstinence as the best way to limit all harm

Cannabis and Other Drugs

Stick with one substance at a time. Combining cannabis use with other substances, such as alcohol or prescription drugs, may cause stronger and more unpredictable reactions. For instance, when used with alcohol, a person may experience nausea and/or vomiting, or they react with panic, anxiety, or paranoia

Blurb on Herb: Did You Know...

- 36% of U of S students reported that they have **tried** marijuana. 7% use once a week or more. 64% reported they have **never used** (2016 National College Health Assessment)
- THC is stored in your fat cells. Drug test results can be positive for **1 week to 3 months**

Bad Trips: What to do

If someone is using cannabis, there is a chance they may experience a bad trip which may include sweating, nausea, numbness in the face, and shortness of breath. This usually happens when someone takes a dose much higher than they are used to.

What to do during a bad trip:

- go to a safe place and sit down
- try to relax and prevent anxiety or fear
- remember the effects are only temporary
- talk to someone you trust to remain grounded

As of 2017, no one has overdosed from cannabis, but if you feel in extreme danger, seek medical advice.

Medical Cannabis

Cannabis is used for medical purposes in order to treat or relieve chronic diseases, ailments or conditions rather than for recreational or spiritual purposes. Medical Cannabis has been prescribed to:



- relieve nausea/vomiting associated with chemotherapy
- help with poor appetite and weight loss associated with illnesses such as cancer and HIV/AIDS
- provide relief from chronic pain
- treat muscle spasms associated with MS
- help with treatment-resistant epilepsy in children

Visit Health Canada's website for more information on medical marijuana.

Note: Student Health Service Physicians and Nurse Practitioner do not prescribe medical cannabis at this time.

Know the law

Cannabis is in the process of becoming legal in Canada. Saskatchewan Law states any person 19 and over can:

- possess up to 30 grams of legal dried cannabis or equivalent in non-dried form
- share up to 30 grams of legal cannabis with other adults
- purchase dried or fresh cannabis and cannabis oil from a provincially licensed retailer
- grow up to 4 plants (maximum of 100cm in height) per residence for personal use from licensed seed or seedlings
- make cannabis products, such as food or drink, at home provided that organic solvents (alcohols, acetone, benzene, etc.) not be used

Given that the Government of Saskatchewan has prohibited cannabis use in public places, cannabis use is not allowed on University of Saskatchewan campuses.

So how much is 30 grams? Depends on characteristics of specific product but generally 30 grams is about a sandwich Ziploc bag and makes about 40 joints.

This pamphlet has been adapted from *Canada's Lower-Risk Cannabis Use Guidelines* published by Canadian Research Initiative in Substance Misuse and the Centre for Addiction and Mental Health.

More Health Help:

usask.ca/stayhealthy
tinyurl.com/cannabisusask

Community Addictions Services:

Anyone can refer individuals to Community Addictions Services: Clients themselves, Family, Friends, employers, other professionals. If you feel you need help, Call Adult Mental Health Services Centralized Intake: 306-655-7777

usask.ca/stayhealthy

Sept, 2018



Student Wellness Centre

usask.ca/studentwellness
306-966-5768



Student Wellness Centre News You Can Use

Cannabis: The Basics

Non-medical cannabis will be legalized for people 19 and over on October 17, 2018 in Saskatchewan. Here's a few things you need to know.

THC and CBD?

The two most popular chemicals in cannabis are THC (tetrahydrocannabinol) and CBD (cannabidiol). THC causes the mind-altering affects whereas CBD counteracts the psychoactive effects and has potential therapeutic benefits. Choosing products with higher CBD to THC ratios decreases the risk for negative effects.

Forms of Cannabis

- Dried material- smoked in joints, pipes, blunts, bongs, etc.
 - Onset within seconds with a 1-3 hour duration
- Oils- hash, cannabis oils, vape juices
 - Onset within seconds and 1-3 hour duration
- Concentrates- shatter, waxes, dabs (extremely high THC levels)
 - Onset immediately with 1-3 hour duration
- Edibles- budder, baked goods, drinks, candies,
 - Onset up to 2 hours with duration of 4-6 hours or longer

If you choose to use, be sure to know the ratio of chemicals in your product and the onset to expect before using.

For more info visit tinyurl.com/cannabisusask

Student Wellness Centre News You Can Use

Cannabis: The Basics

Non-medical cannabis will be legalized for people 19 and over on October 17, 2018 in Saskatchewan. Here's a few things you need to know.

Know the Law

In Saskatchewan anyone 19 years of age or over can:

- Possess up to 30 grams of dried cannabis or equivalent
- Purchase dried or fresh cannabis and cannabis oil from a provincially licensed retailer
- Share up to 30 grams with another adult
- Grow up to 4 plants per household for personal consumption (this may be further regulated depending on your living situation)
- Make edible cannabis products as long as organic solvents (alcohols, benzene, etc) are not used

In accordance with provincial law, cannabis use is not permitted at the University of Saskatchewan.

If you choose to use cannabis there are ways you can lower your risk of harms. The risk of mental health harms can be lowered if you use only occasionally, use lower potency products, and delay use. The Saskatchewan Medical Association suggests delaying use until 21.

For more info visit tinyurl.com/cannabisusask

Student Wellness Centre News You Can Use

Cannabis: Lowering Your Risk

Non-medical cannabis will be legalized for people 19 and over on October 17, 2018 in Saskatchewan. If you choose to use, there are some ways you can lower your risk of harms associated with cannabis use.

THC and CBD?

The two most popular chemicals in cannabis are THC (tetrahydrocannabinol) and CBD (cannabidiol). THC causes the mind-altering affects whereas CBD counteracts the psychoactive effects and has potential therapeutic benefits.

Identify and Choose Lower-Risk Products

Products with higher CBD to THC ratios can reduce the potential harms. If you don't know what is in your product, use a very small amount and take time in between use to know the effects of that product.

Stick to Natural Products

Compared to natural products, synthetic cannabis products (e.g. K2 and Spice) can have unpredictable and in some cases, serious effects. If you use, give preference to natural products and avoid the synthetics.

Wait Six Hours Before Driving

Cannabis can impair your motor skills making driving unsafe. A good rule of thumb is to wait six hours before driving. Remember: listen to your body as you may need more time before driving.

For more info visit tinyurl.com/cannabisusask

Student Wellness Centre News You Can Use

Cannabis: Lowering Your Risk

Non-medical cannabis will be legalized for people 19 and over on October 17, 2018 in Saskatchewan. If you choose to use, there are some ways you can lower your risk of harms associated with cannabis use.

Reduce Exposure to Smoke

Cannabis smoke contains toxins that can harm your lungs and respiratory system. Vaporizers or edibles limit the risk of harms on your lungs. **Remember:** cannabis edibles take much longer to kick in and the high can last longer so use them slowly and in small amounts.

Smart Smoking Practices

If you choose to smoke, use safe smoking practices. Chemicals are absorbed in your lungs within seconds so there is no need to hold your breath or puff hard. Breathe as normally as possible.

Use Occasionally to Lower Risk

Occasional use has less risk. Try using only on weekends or one day a week.

When to Reconsider Using

Age- when you are under 21 the risks of adverse health effects increases

Family History- a history of psychosis has been linked with adverse mental health effects in those who use

Pregnancy- Like other substances, cannabis can harm a fetus

For more info visit tinyurl.com/cannabisusask

Gone to the
Dogs to



PAWS my
Stress!





Petting a dog can increase levels of the stress-reducing hormone oxytocin and decrease production of the stress hormone cortisol.



Cannabis became legal in Canada October 17, 2018. If you choose to use, follow the Lower Risk Cannabis Use Guidelines:

1. LOWER RISK PRODUCTS

THC  **CBD**  THC causes the "high" but it also causes negative effects. CBD is a chemical that can counteract the negative effects of THC. Using strains that have high CBD:THC ratios can help reduce the risk of harm.

2. NATURAL PRODUCTS



Synthetic cannabis products (e.g., K2, Spice) can have unpredictable effects and should be avoided. If you use, give preference to natural products.

3. REDUCE SMOKE EXPOSURE



Smoke has toxins and can hurt your lungs. Edibles can reduce the harm to your lungs but have a delayed onset. If you use edibles take it slow and use small amounts.

4. WAIT BEFORE DRIVING



Cannabis can impair your coordination. If you have used, it is best to plan another way home and avoid driving all together. Wait at least six hours before driving but listen to your body, you may need more time!

5. WHEN TO RECONSIDER USE



Being young increases the chances of negative mental health impacts associated with cannabis. Saskatchewan Medical Association suggests waiting until 21.

A family history of psychosis increases the likelihood of psychosis from cannabis use.

Cannabis may be harmful and should be avoided during pregnancy.

These guidelines were adapted from Canada's Lower-Risk Cannabis Use Guidelines published by Canadian Research Initiative in Substance Misuse and the Centre for Addiction and Mental Health.

* With funding support from the Centennial Enhancement Chair in One Health



Cooking with Cannabis

Budding fact: Saskatchewan law states that anyone over 19 years of age can make edible cannabis products, provided that organic solvents are not used.*

*An organic solvent is any carbon-based solvent such as alcohols, acetone, or benzene

What's in Your Brownie?

Cannabis Edibles have very different effects than smoking.

Tips if you choose to use edibles:

- take it slow- wait an hour until taking more
- try small amounts at first
- know the concentration in your edible
- clearly label edibles to prevent accidental use
- eat regular food before use so you aren't using on an empty stomach



Onset: 15 minutes - 2 hours

Duration: 4-6 hours

Peaks: 2-3 hours

What Was in That?

Cannabis edibles have different effects than smoking. If you eat one without knowing or have too much you can have these effects:

- nausea
- shortness of breath
- accelerated heart rate
- anxiety
- psychosis in extreme cases

What to do:

- find a safe place and sit down
- try to relax and prevent anxiety
- talk to someone you trust to remain grounded
- hydrate and eat a snack
- remember the effects are temporary
- get medical attention if symptoms are severe



Onset: 15 minutes - 2 hours

Duration: 4-6 hours

Peaks: 2-3 hours





WELLNESS STRATEGY

KEY TAKE-AWAYS



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- University students and administration are **interested** in talking about cannabis
- **Harm reduction and social norm messaging** needs to be the focus
- **Lower Risk Guidelines** act as an excellent foundation for education
- Gaining **feedback** from students and experts in the field is highly beneficial
- A variety of **dispersal methods** is beneficial
- Learn from **other jurisdictions** as much as possible



THANK YOU!

Thank you to all those who made this project possible:

- Saskatchewan Ministry of Health
- Staff at Student Wellness
- Experts who were interviewed
- School of Public Health students for their support in resource development





HOPEFULLY WE HAVE CLEARED SOME
OF THE SMOKE AROUND CANNABIS
LOWER RISK EDUCATION

ANY QUESTIONS?

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