Cannabis
What’s in cannabis (marijuana)?

There are over 480 natural components of the Cannabis sativa plant. The two most well known and researched components are THC and CBD.

**THC versus CBD**
- **THC** = Tetrahydrocannabinol
  - Part of weed that causes the “high”
  - Much stronger potency than even 20 years ago
- **CBD** = Cannabidiol
  - Medicinal effects
  - Thought to interact with THC to lessen the anxiety and other psychoactive effects of THC
IC Social Norms:
Past-month cannabis use among Ithaca College students

Percentage of IC survey respondents

Data collected from the Ithaca College National College Health Assessment February 2019 IC undergraduate students
Some states have legalized recreational cannabis use for people 21 years of age or older. New York is not yet one of those states. (As of 11/2020)

There are other states that have legalized the medical use of marijuana, but not the recreational use.

The federal government still maintains that marijuana is an illegal substance.
How people may feel when they use:

- Sleepy
- Less self-conscious
- Unmotivated
- Depressed
- Breathing difficulties (long term use)
- Less anxious/more anxious
- “Chilled out”
- Sociable
- Relaxed
- Paranoid
- Nauseous
- Issues with memory/attention
- Happy
- More anxious
THC levels have increased from about 4% in the 1980s to 20% or higher now.

Oils, dabs/shatter and other similar products have higher THC levels than the plant, because they are highly concentrated.

Some people have needed medical treatment after using concentrates.

Synthetic marijuana (spice, mango kush) is not real marijuana. It contains chemicals made in a lab, and the effects are highly unpredictable.
The effects of edibles

- Difficult to predict the effects on an individual
- Absorbed slower into the bloodstream
- It can take up to 1-2 hours to feel the effect
- Children can mistake an edible for a regular brownie, cookie, candy, etc.
Cannabis and Sleep

REM disturbance may cause:
✓ Daytime sleepiness
✓ Problems with concentration
✓ Problems with muscle development
✓ Depressed mood
✓ Increased anxiety and irritability

White line- regular sleep pattern Orange line- sleep pattern under MJ use
Is cannabis addictive?

• Addiction is defined as substance use despite when that use causes problems in areas of life, like school, relationships, and work.

• Studies show that regular cannabis use can cause:
  • Difficulty thinking
  • Problems with memory and learning
  • Delayed brain development
  • Can cause dependence (Cannabis Use Disorder).

• Not all people who use cannabis will have problems related to it. Studies show that about 19% of users will develop a Cannabis Use Disorder.

Who is most vulnerable to developing a Cannabis Use Disorder?

- Age: Younger users (using before age 18) are 4-7 times more likely to develop a Cannabis Use Disorder.
- How much someone uses; how long they’ve been using, and how often they use.
- Mental health concerns such as depression and anxiety.
- Family history of a substance use disorder (biological parents, grandparents, aunts/uncles).
Are You In Control?  
Ask yourself …

- Do you use more weed now than you used to get high?

- Do you spend a lot of time using weed, being high, getting weed, thinking about getting high?

- Do you get nauseous, depressed, irritable, shaky, get the chills and/or the sweats, and crave weed if you haven’t used it recently? (withdrawal symptoms)

- Have you experienced issues with your relationships, work, school work, grades, etc. because of using weed?

- Have you thought about quitting or used even though you said you wouldn’t?

If you feel you’re not in control, the BASICS Program can help.
BASICS- Balancing Alcohol and Substance Use to Improve College Success

- Free, confidential and nonjudgmental
- Discuss personal use patterns
- Identify practical changes for reducing risk
- Email basics@ithaca.edu for more information or to set up an appointment
- Spring 2021- We’re connecting virtually on Zoom
- Give BASICS a try!