

Young Adult Perspectives on Cannabis



Presented by: SPE – Young Adult Cannabis Workgroup
7/12/2021







Why We Care: Young Adult Cannabis Use

Moderate or substantial evidence associating adolescent and young adult cannabis use with:

- Extended cognitive impairment with weekly or more frequent use;
- Mental health symptoms;
- Development of psychotic symptoms (increasing with increased use);
- Not graduating from high school or completing a college degree;
- Alcohol, tobacco, or substance use or use disorder in adulthood;
- Development of cannabis use disorder in adolescence and adulthood;
- Impairment in operating motor vehicle.

<https://marijuanahealthinfo.colorado.gov/literature-review/evidence-statements>

State Prevention Enhancement (SPE) Outcome Measures

- Young Drivers in Cannabis related traffic fatalities(Any THC Tested Drivers)
 - ✓ Ages (16-25) in 2015 23.2% (WSTSC), in 2019 27.1% 
- Young Adult Cannabis Use Rates Past Year Use
 - ✓ 2019 Target (18-20) 39% - Actual in 2019 44% 
 - ✓ 2019 Target (21-25) 44.7% - Actual in 2019 50% 
- Access
 - ✓ Getting it from a friend (18-20) in 2015 76.24%, 2019 60.74% 
 - ✓ Getting it from a store (21-25) in 2015 51.86% , 2019 78.03% 
- Perceived Norms of personal non-medical use (18-25)
 - ✓ Everyday in 2015 6.95% in 2019 20.02% 

Trend Change



Wrong Direction



Right Direction



EMERGING INTO ADULTHOOD

- A time of exploration on the path to adulthood

Health, Safety and Well-being	
Independent Exploration	Instability
Excitement	Uncertainty
Wide Open Possibilities	Confusion
New freedoms	Fear or anxiety



Washington

YOUNG ADULT POPULATION

- Population 18 to 19 years 185,782
- Population 20 to 24 years 475,822

661,604

- Males 18 to 24 years 345,706
- Females 18 to 24 years 315,898

SCHOOL ENROLLMENT POPULATION

- Enrolled in college or graduate school **290,813**
- Males Enrolled in college or graduate school 108,682
- Females Enrolled in college or graduate school 121,391
- Percentage of youth ages 18 to 24 without high school degrees who were not in school or working in 2018
- 12% Ranked 24th

Source: [2019 American Community Survey](#)- and [2020 Report Center for American Progress- Talk Poverty](#)



Levels of Influence On Young Adult Use

7

Access Promotion
Perceptions Motivations

Individual Factors

- Knowledge
- Beliefs
- Experience

Interpersonal Factors

- Peer conversations

Organizational Factors

- Access to education
- Social spaces
- Prevention & harm reduction

Community Factors

- Norms
- Media
- Retail and billboards

Policy & Environmental factors

- Product accessibility
- Prevention and harm reduction investments



Young Adult Perspectives

Personal Experiences as
Young Adults

**Conversations on
Cannabis**

**Social Media
& Cannabis**

**Environmental
Influences on
Cannabis Use**

Young Adult Perspectives

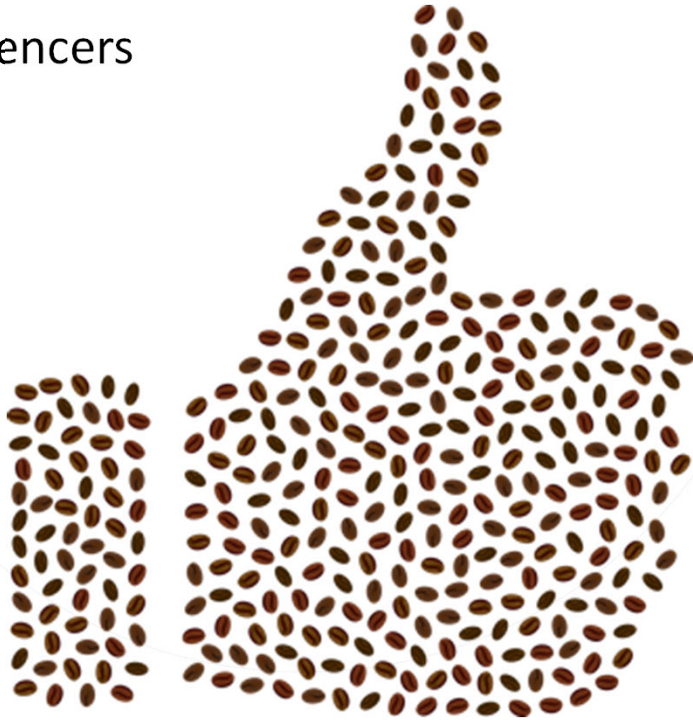
- Lack of Education compared to Alcohol on College Campuses
- Peer Conversation Tools

Conversations on Cannabis



Young Adult Perspectives

- Influencers



Social Media & Cannabis



Young Adult Perspectives

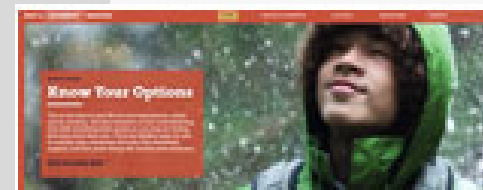
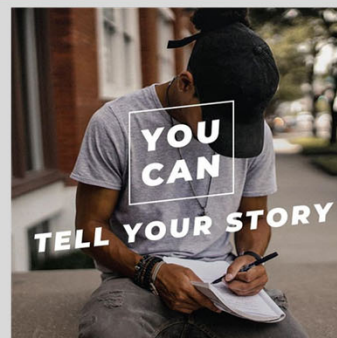
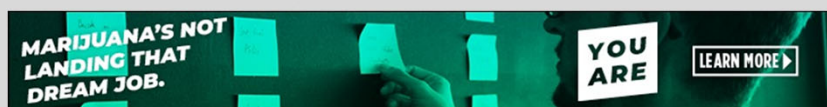
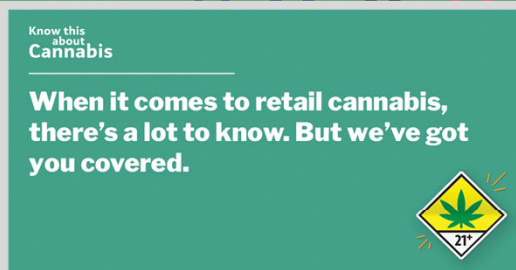
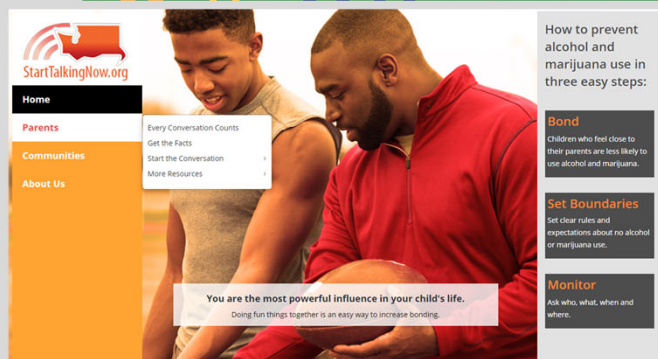
- Pickup Services
- Discounts
- Weed Bus
- Easy to find

**SPECIAL
OFFER**

Environmental Influences on Cannabis Use



Communicating Harm Reduction



What's the message? and
Who are the Influencers?



Existing Harm Reduction Tools

Screening and Interventions

- BASICS/CASICS
- Marijuana eCHECKUP TO GO (eCTG) intervention
- Protective Behavioral Strategies for Marijuana Scale (PBSM-17)
- Marijuana Motives Measure, MMM
- Motivational Interviewing and Countering Norms Perceptions

● Risk Factors for Cannabis Dependence

- cannabis use frequency
- early onset of cannabis use (starting at 11–15 years)
- positive psychotropic effects of cannabis
- solitary use independent of social context
- prior involvement in other drugs
- mental disorders and critical life events



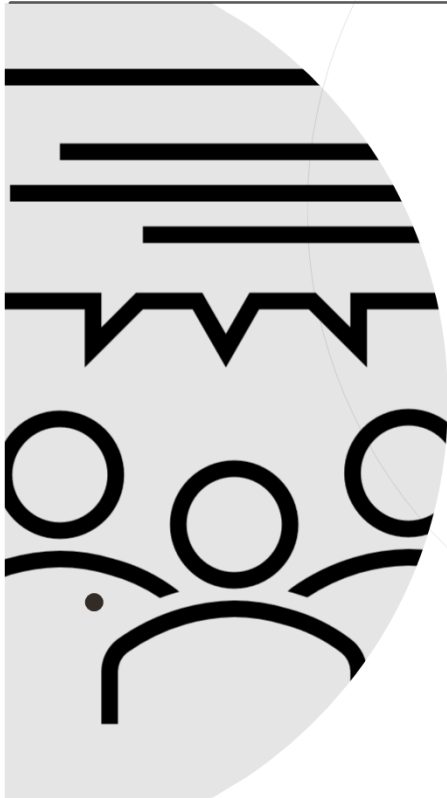


● Next Steps

The Young Adult Cannabis Workgroup is seeking to understand any protective factors to reduce harms, understand misperceptions about use, increase knowledge, and explore motivators for cannabis use for our WA emerging young adults in order to provide knowledge to others on effective prevention messaging, programming and services.

- Positive transition to adulthood while reducing the risk of the harms
- Gaps and best practices to fill them.
- Debunk any myths contributing to motivation to use.
- Communication Best Practices
- Resources needed to make healthy choices on path of self-sufficiency
- Effective support network/services

Discussion - Questions



- What is something new you learned today?
- What is something that you might be able to bring back to your agency to explore?
- Are there other areas, aspects or resources to include to expand upon the knowledge base of the workgroup?
- Is there an area of knowledge or skills you can offer the YAWG?



THANK YOU

The Young Adult Cannabis Workgroup



Gitanjali
Shrestha,
WSU
IMPACT Lab



Alexis
Schmierer,
HCA



Jacqueline
Penner ,
HCA



Christine
Steele,
HCA



Jacob
Delbridge,
DOH



Sarah
Ross-Viles,
King County



For more information – contact Co-Leaders

Christine Steele

Gitanjali Shrestha



Christine.Steele@hca.wa.gov gshrestha@wsu.edu