

YCCTPP North Central Region:
Youth Cannabis and Commercial
Tobacco Use Prevention and
Cessation Toolkit

A toolkit for those who influence teens and young adults



Education and support on the effect of cannabis and commercial tobacco use among teens and young adults





Guidance on Using This Toolkit:

- 1. To access this toolkit online and all of its electronic resources please visit granthealth.org/substance-prevention/
- 2. If you need assistance accessing or using this toolkit, please reach out to the Grant County Health District and ask to be connected with a health educator or YCCTPP program staff.
- 3. If it is underlined it most likely contains a web link and will take you to a resource page upon clicking.
- 4.If you have questions about the toolkit, would like printed hard copies, or would like to request a training on how to use the toolkit, please email info@granthealth.org and ask to be connected with a health educator from the YCCTPP program.

Things to Keep in Mind:

This toolkit is meant to:

- 1. Be a supportive resource
- 2. Answer *some* questions related to substances, substance use, youth development, public health, and available resources
- 3. Provide guidance on finding those in Washington State's North Central Region who are able to offer assistance and support when it comes to substance use prevention, cessation, and treatment.
- 4. Deliver uniform information and education at a regional level

This toolkit is NOT meant to:

- 1. Replace the input and guidance of a credentialed and certified professional
- 2. Serve as medical or action advice

Always Remember:

- If you or someone you know is struggling with substance use please seek support
- If you or someone you know is struggling with mental health concerns please seek support
- You are not alone There are support and resources available
- There is no shame in seeking support

Crisis Text Line - Text HOME to 741741 for free, 24/7 support

WA 2-1-1 - Dial 2-1-1 or search WA 211 on the web to find local services and resources Copline - Call 800-267-5463 for 24/7 confidential peer support for law enforcement

24/7 Crisis Line - 800-852-2923

WA Poison Center - Call 800-222-1222 for 24/7 confidential education, prevention, and treatment resources

Hotlines, Text, and Chat
Resources - Click to find out
more

This resource was created by the Grant County Health District's Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP). Updated March 2023.

Contents

- 02 Overview
- 03 About YCCTPP
- **04** Support for You
- **05** Health Equity
- 06 Your Role
- 07 It's Never Too Early To Talk
- **08** Good News
- 09 Substance Misuse and SUDs
- 10 Substance Use Disorders Are Complex
- 11 Risk and Protective Factors
- 12 Why Do Young People Use Drugs?
- 13 The Teenage Brain
- 14 Cannabis
- 15 Effects of Cannabis Use
- 17 Vaping
- 19 Tobacco
- 20 Safe Storage & Safe Disposal
- 21 Resources for Caregivers and Concerned Adults
- 23 Regional Recourses
- 24 Resources For Youth Cannabis Use
- 26 Contacts Grant County
- 27 Contacts Okanogan County
- 28 Contacts Chelan & Douglas Counties







Overview

The mission of The Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) is to prevent and reduce the onset of cannabis and commercial tobacco use in youth, ages 12-20, support adults who influence these youths, leverage resources for promoting and supporting commercial tobacco dependence treatment, and to reduce cannabis and commercial tobaccorelated inequalities within Washington State.

By working to create a healthier environment for all and supporting community members in their efforts to embrace healthy behaviors, YCCTPP will enable effective and sustainable change.

North Central YCCTPP encourages healthy lifestyles and minimizing youth exposure to commercial tobacco and cannabis products in Grant, Okanogan, and Douglas Counties.





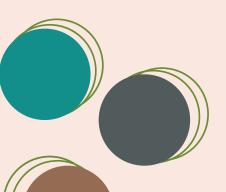
About YCCTPP

Mission

Prevent and reduce the onset of cannabis and commercial tobacco use in youth, ages 12-20, support adults who influence these youths, leverage resources for promoting and supporting commercial tobacco dependence treatment, and to reduce cannabis and commercial tobacco-related inequalities within Washington State.



To provide state and federal funding for regional and priority population networks in order to plan, implement and evaluate cannabis and commercial tobacco (including vaping products) prevention control activities





Support for You

Caring for youth can be an challenge. Know that you are not alone! Talk to other parents and trusted friends and/or family members. Substance use prevention is a topic that all youth and caregivers face. Having a strong support system can help lighten the load and ease any stress you may be feeling.





Click here to watch the video

https://youtu.be/9jLouZQjggA

HEALTH EQUITY

Health Equity is achieved when all individuals have the opportunity to thrive in life and achieve their highest health potential regardless of their race, level of education, gender identity, practiced religion, job, language spoken, neighborhood, and disability status.

INEQUALITIES

Health inequalities exist when there is a difference in health outcomes caused by something planned, avoidable, unfair, and/or unjust.

INFLUENCERS OF HEALTH

In order to advance health equity, social influencers of health must be addressed. The social influencers of health are those that are external to the individual. Social influencers of health include employment, income, housing, transportation, childcare, education, discrimination, and the quality of the places where individuals live, work, learn, and grow old.

THE SOCIAL DETERMINANTS OF HEALTH AND EQUITY

In order to advance health equity public health must work with other sectors to address the social determinants of health. Social determinants of health refer to "nonmedical factors such as employment, income, housing, transportation, child care, education, discrimination, and the quality of the places where people live, work, learn, and play, which influence health." Social determinants include:



Racism and discrimination: Racism and discrimination result in U.S. minorities' limited access to economic and social resources that have a substantial influence on their health outcomes. Additionally, racism results in minorities' increased exposure to health-related risk factors, unhealthy stress levels, and feelings of powerlessness that greatly impact the quality of their physical and mental health. 18-20

Education: Education level is the strongest indicator of lifelong health. Education impacts the type of employment and income potential, which then impacts the level of financial stress and health risk factors.^{21,22} Additionally, educational attainment is associated with health literacy, which impacts a person's ability to navigate the health care system, use preventive health services, and manage chronic conditions.^{23,25}



Income: Income influences where people live, their access to social and health resources, access to adequate and timely health care services, and their ability to afford to participate in healthy behaviors.

Housing: Housing access, affordability, and quality all have a significant impact on health. Exposure to poor housing conditions such as lead pipes or paint, water leaks, mold, dust mites, pest infestation, and carcinogenic air pollutants, and poor structural in-home features can result in an increased risk for physical injuries and diseases. ²⁶

Neighborhood conditions: Neighborhood conditions encompasses factors such as crime rates, availability of safe parks, access to healthy food options, neighborhood appearance, and the quality and safety of streets and sidewalks. All of these factors influence the types of healthy behaviors individuals have the ability to engage in within their own communities.²⁶

05



Your Role

As a concerned a parent, caregiver, peer, teacher, prevention professional, or other concerned adult, you are a strategic and needed partner in creating successful outcomes in the lives of youth you love and care for.

Talking to youth about substance use can feel scary and uncomfortable. It is important to know and remember that they are often as uncomfortable as you may be, but they are also curious and want to learn. This toolkit is designed to help with these conversations.

- 1. Don't panic, and be honest
- 2.Be informed: do research about substances, but know that you do NOT have to know everything. It is OK to say that you need to find out more and get back to them later.
- 3.Be strategic: time your conversations wisely. If eye contact is difficult or too uncomfortable, pick a time when you are side by side (such as in the car). If you don't know how to bring it up, wait for it to come up (like in a movie, on the news, in a song, etc.).
- 4. Communicate: it is important to let youth know what your values are and where you stand on substance use. Be clear as to why you feel a certain way. If you feel strongly that individuals should wait until they are of legal age to partake in substance use, you have the law on your side. Perhaps you have a friend of family member who does or has struggled with substance use or misuse.
- 5.Be a support: Let the youth in your life know that you are always there for them and can provide non-judgmental active listening and information. Make them feel valued and respected, and praise them for approaching you.

It's Never Too **Early To Talk**

2021 HYS Data

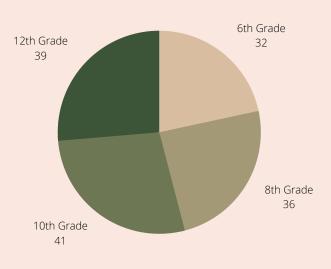
Numbers are representative of 6th, 8th, 10th, and 12th graders in The North Central Region of WA State (Chelan, Douglas, Grant, and Okanogan Counties)

24.1% 16.5% 14.2%

Students who have used an E-Cigarette even once smoked a cigarette even used marijuana even in their life

Students who have once in their life

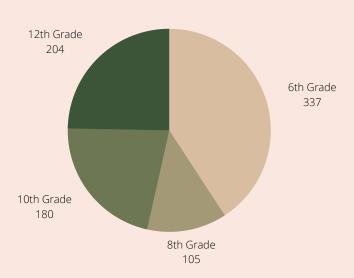
Students who have once in their life



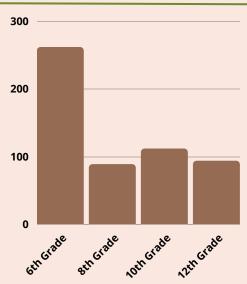
Cigarette Use: Past 30 Days (by number of students)



E-Cigarette Use: Past 30 Days (by number of students)



Marijuana Use: Past 30 Days (by number of students)



Perceived Risk: No risk in using marijuana regularly (number of students)

Good News

88.2%

Percentage of youth who reported that their parents would know if they missed curfew

92%

Percentage of youth who reported that their parents know where they are and who they are with when they are not home

91.1%

Percentage of youth who reported that their family has clear rules about alcohol and drug use

*Data taken from the 2021 WA State Healthy Youth Survey -Combined data (8th, 10th, and 12th graders in WA State's North Central Region) Many families in
Washington's North
Central region are
staying connected.
Parents and caregivers
are setting clear
standards and followingup with youth to ensure
that they are adhering to
those expectations, and
keeping the adults in their
life updated on their
actions and
whereabouts.

Substance use can affect any family. But by having conversations with the youth in your life, and staying involved in their lives, you can help keep them safe.

Parents and caregivers have a significant influence in their children's decisions to experiment with alcohol and other drugs.



SUBSTANCE MISUSE AND SUBSTANCE USE DISORDERS

SUBSTANCE MISUSE

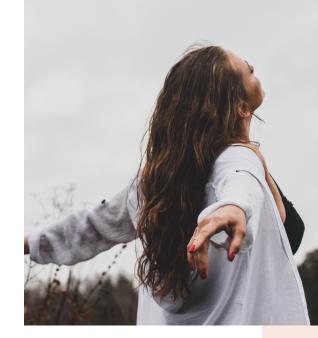
Substance misuse occurs when someone uses substances in a way that they are not meant to be used.

Examples can include:

Using someone else's prescription

Overindulgence in alcohol

Use of illegal drugs, not taking prescribed medications, etc.



SUBSTANCE USE DISORDER

Substance use disorders (SUD) are complex and arise when there is uncontrolled use of a substance despite harmful consequences.

Persons with an SUD have an intense focus on using a substance(s) to the point where the person's ability to function becomes impaired. Individuals with an SUD keep using the substance(s) even when they know it is, or will cause problems for them or those in their life.

THE BRAIN ON DRUGS

The brain registers all pleasures the same way - with the release of the neurotransmitter dopamine in the brain's nucleus accumbens (the brain's pleasure center). To the brain, pleasure is pleasure -hugging a loved one, eating a good meal, or using psychoactive substances - the brain doesn't differentiate.

In nature, rewards usually come with time

and effort. Addictive substances and behaviors provide a shortcut in the brain's reward system, overload it, and flood the brain with dopamine and other moodboosting neurotransmitters.

American Psychiatric Association, 2022



Substance Use Disorders Are Complex

No one factor can predict if an individual will develop a substance use disorder. The more risk factors that are present in an individual's life, the greater the chance that substance use can lead to a substance use disorder.

Biology

The genes that an individual is born with can account for about 50% of a person's risk for developing a substance use disorder. Gender, ethnicity, and the presence of other mental disorders may also influence one's risk for drug use and developing a substance use disorder.

Environment

An individual's environment includes many different influences that can impact the onset of a substance use disorder. Elements such as family, friends, finances, peer pressure, adverse childhood experiences, stress, etc. can impact a person's risk.

Development

While using substances at any stage in life can lead to a substance use disorder, misusing substances before the brain is fully developed (before the mid-20s) may increase the risk of developing a substance use disorder later in life due to the changes that substances can make in a growing brain.

Most substance use
begins with an
unconscious
decision that
somehow favors use,
or beginning to use
(usually in the
context of friends
and social
circumstances).

Risk and Protective Factors

Risk Factors

Risk factors are characteristics in an individual's environment that increase the likelihood of them engaging in behaviors that could be detrimental to their health.

The more risk factors that are present in an individual's life, the greater the likelihood of problems developing.

Examples

Family Domain

- Death by suicide of friend or family member
- Family history of problematic behavior
- Family conflict and management problems

School Domain

Lack of commitment to school

Community Domain

- High availability of substances
- Community norms and attitudes favorable to substance use
- Poverty

Individual Domain

- Experience of trauma (abuse, violence)
- Media exposure to violence
- Gang involvement
- Association with peers who engage in problematic behaviors

Protective Factors

Protective factors are characteristics that are associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact (SAMHSA).

Protective factors build resiliency, skills, and connections.

Examples

Family Domain

- Connectedness within the family
- High parental expectations about youth schooling

School Domain

- Caring and supportive school climate
- Student participation in extracurricular activities

Community Domain

- Positive connections to others in the community (outside the family)
- Services for those in need
- Opportunities for youth and family engagement in community activities

Individual Domain

- Engagement in meaningful activities
- Positive personal qualities
- positive self concept

WHY DO YOUNG PEOPLE USE DRUGS?

For years, parents, caregivers, and researchers have been trying to figure out how substance use and misuse start. Certain risk and protective factors have been identified as important contributors to the initiation to use (or not).

Some youth may begin using substances to relieve stress, out of curiosity, to feel grown up, or as an attempt to lessen peer pressure.



TOP REASONS WHY TEENS TRY SUBSTANCES

Source: Partnership to End Addiction

Ol Other People

Youth often see many people using various substances. They often see the adults in their life drinking alcohol, smoking, vaping, etc.

02 Popular Media

45% of teens agree with the statement, "the music that teens listen to makes marijuana seem cool." As a parent or caregiver, it is important to be aware of the media that the youth in your life are consuming and have conversations with them about it.

03 Escape and Self-Medication

When teens are unhappy and are unable to find a healthy outlet for the range of emotions that often come with the teenage years, they may turn to substances. Depending on what they try, they may feel blissfully oblivious and relieved.

04 Boredom

Some individuals can't tolerate being alone and have trouble keeping themselves occupied. For some, substances may not only provide something for them to do, but also fill an internal void they may be feeling.

05 Rebellion

Rebellious youth choose different substances to use based on their personalities. Substance use can be a way for some youth to flaunt independence and make adults angry.

06 Misinformation

Nearly teenager has friends who claim to be experts on substance use, and are often happy to assure their friends that the risks are minimal. Visit the <u>Drug Guide</u> so you can educate the youth in your life about the dangers of drug use.

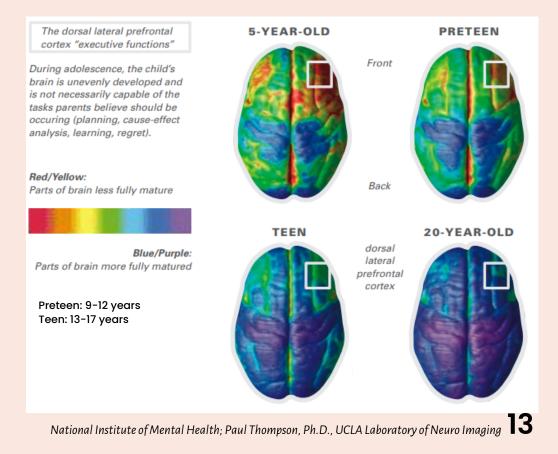
THE TEENAGE BRAIN

BRAIN DEVELOPMENT

Adolescence is a time marked with independence from parents and caregivers and independent decision-making. Developmental changes within the brain during this time frame create significant advances in cognitive abilities. Increased interconnectedness between neurons in the brain allow for more complex and sophisticated thinking.

While these changes are occurring in the brain, they are occurring at different times, which can cause lapses in judgement and increases in risk-taking behaviors. The frontal lobe, which controls many executive functions (considering long-term consequences and impulse control) is one of the last parts of the brain to fully mature. For some individuals, the frontal lobe does not fully mature until well into their 20s.

Brain imaging scan of the brain at different stages of development



Cannabis

What is cannabis?

Cannabis is a cannabinoid drug (a chemical substance that joins the cannabinoid receptors of the body and brain) that contains the psychoactive cannabinoid delta9 tetrahydrocannabinoid (THC) and the non-psychoactive cannabidiol (CBD).

How is Cannabis Used?

Cannabis can be smoked, eaten, or vaporized, and come in different forms.

Marijuana: The dried leaves and flowers (buds) of the cannabis plant that are smoked in a joint or bong. The most common form.

Hashish: The dried plant resin that is usually mixed with tobacco and smoked or added to foods and baked goods.

Hash Oil: Liquid that is used sparingly (due to high potency) and added to the tip of a joint or cigarette and smoked.

Concentrates: Extracts (dabs, wax, or shatter) typically using butane hash oil as a solvent, often vaporized in small quantities due to high THC content.

Other Names

Marijuana, yarndi, pot, weed, hash, dope, gunja, joint, stick, cone, choof, mull, 420, dabs, dabbing, BHO

Time

It usually takes **1-2 hours** for <u>edibles</u> to take full effect.

When cannabis is <u>smoked or vaped</u>, the effects can usually be felt **right away**.

Insight from WA
youth

Q: How does smoking marijuana make you feel?

A: "For the most part, weed makes you ok with being bored and doing nothing. Some strains make you feel sleepy, happy, or want to do things."

Q: How do you usually consume cannabis?

A: "I usually vape it. A little cartridge with concentrated oil. Sometimes vaping is too easy, and I end up higher than if I were to smoke the actual flower."

Q: How do you know if someone has been using cannabis?

A: "Usually the eyes are a dead giveaway. Their eyes will be squinty, red, and maybe glassy looking. It depends on the strain you are using and how high you get."

Q: Do your parents know you consume cannabis products?

A: "No. My vape pen doesn't smell like weed and the edibles are easy to hide because they look like normal candies and snacks."

Q: What is available for youth to use?

A: "Candies, drinks, lotions, vapes, smokes, anyway you can consume it, there's a product for you!"

Effects of Cannabis Use

There is no safe level of substance use. Use of any drug always carries some risk.

While some people report feelings of relaxation, euphoria, and bliss, others often report feelings of anxiety and paranoia. Some factors that *may* impact these differences are size (weight and height), whether or not the person is used to consuming cannabis, whether other drugs were taken at the same time, the amount consumed, expectations of cannabis use, the environment, and the personality of the person using cannabis.

If a large amount, strong batch, or concentrated form of cannabis is used, the use may be more likely to also experience memory impairment, slowed reflexes, bloodshot eyes, increased heart rate, etc.

Long-Term Effects

The long-term effects of cannabis use largely depend on how much, how often, and how the cannabis is consumed. Regular, heavy use could potentially lead to tolerance to the effects of cannabis, dependence on cannabis, and reduced cognitive functioning.

Smoking cannabis may also increase the likelihood of experiencing symptoms of sore throat, asthma, bronchitis, and cancer (if smoked with tobacco).

** Those who have family history of serious mental illnesses such as, schizophrenia or bipolar disorder, should avoid using cannabis. Cannabis use may worsen the course of bipolar disorder, and those who are predisposed to experiencing psychosis (a common symptom of schizophrenia), may be at increased risk of cannabis-induced psychosis. Psychosis symptoms can include delusions, hallucinations, and seeing or hearing things that do not exist.

Changing Landscape of Cannabis

So much about cannabis is changing very quickly, legalization is changing across the country, usage rates are increasing, and yet there is essentially no research on the long-term health effects of use. Few studies have looked at the effects on the lungs and heart from vaping or aerosolizing cannabis or the effects of edibles on the heart or digestive system.

It can be extremely difficult to determine the amount of THC being consumed. This is a problem because certain methods can be extremely high in THC concentration

We do know that high levels of THC are new and not fully studied. Much of the research that has been done has analyzed the effects of THC at concentrations of 12-14%, when we know that some commercial products are as strong as 95% in THC.

Withdrawal

Giving up cannabis after regular, heavy use can be challenging, because the body has to adapt to functioning in the absence of cannabis. Withdrawal symptoms may only last for a week, but sleep may be affected for longer. Symptoms of cannabis withdrawal can include, anxiety, irritability, loss of appetite, sweating, chills, tremors, and nightmares.

Drugs in the System

Even after the effects of a drug have worn off, it is possible for the drug to detected in your body. Timeframes may depend on the type of test (saliva, urine, or blood). <u>Learn more</u>
The effects of cannabis can last for 1-4 hours when it is smoked, and 4-12 hours if it is eaten.
Saliva test: 12 hours for infrequent use, 30 use for frequent use. Urine Test: 10-30 days or longer.

The Endocannabinoid System

The three types of cannabinoids that individuals use are recreational, medicinal, and synthetic.

The cannabis plant produces between 80 and 100 cannabinoids - The two main ones being THC and cannabidiol (CBD). The difference between THC and CBD is that while THC has strong psychoactive effects, CBD is thought to have anti-psychoactive effects that control the high caused by THC.

The endocannabinoid system is a unique communications system found in the brain and body. It is composed of natural molecules known as cannabinoids, and the pathways they interact with.

What do Cannabinoids Do?

Similar to opioids, cannabinoids produce their effects by interacting with specific receptors, located within different parts of the central nervous system (CNS). Cannabinoids regulate how cells communicate - how they send, receive, or process messages.

Types of Cannabinoids

Cannabis, hemp (the fiber of the cannabis plant, extracted from the stem and used to make rope, string, fabrics, etc.), medicinal cannabinoids, HU-210 (a synthetic version of THC considered to have a potency of at least 100 times that of THC), and UR-144 (similar effects to THC, thought slightly less potent).

Appearance

Leaves, flowers, capsules, edibles, creams, lotions, oils, oro-mucosal sprays, tinctures, etc.

Alcohol and Drug Foundation

Vaping

What is vaping?

Vaping is the act of inhaling and exhaling an aerosol produced by an electronic cigarette, vape pen, or other Electronic Nicotine Delivery System (ENDS). These devices usually contain flavored e-liquids, nicotine, and/or cannabis.

Background

Initially created to support existing smokers quit, vaping has come with enticing flavors that attract young people and non-smokers. The popularity of vaping has far surpassed that of smoking cigarettes among today's adolescents. Vaping should not at all be thought of as safe and has been linked to illness and death.

Appearance

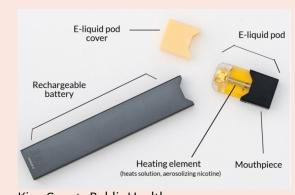
Vaping products come in many different shapes, sizes and designs. Original vaping devices intentionally looked like cigarettes or pipes so that smokers would have something familiar and appealing on their journey to quit. Current vape devices tend to be small, discreet, and resemble everyday objects like pens, lipsticks, USB sticks, cellphones, etc.

Some vaping devices look like regular cigarettes, cigars or pipes, while others resemble USB sticks, guitar picks, small cellphones, lipstick, watches or other everyday items and tech devices.

What is Being Vaped?

Most teens and young adults are vaping e-liquids with nicotine or THC. Nicotine doses are ranging from 2mg/ml to more than 59mg/ml (an amount equal to about 1-2 packs of cigarettes).

The aerosol consists of many chemicals, heavy metals, and fine particles that are toxic and seep into the lungs and bloodstream while vaping.



King County Public Health

Vaping's Appeal

Most vapes are discreet and generally seen by teens as cool and relatively harmless. Vapes come in "tasty" flavors that mask the harsh taste of chemicals and override the sense that the product may be harmful. Some folks enjoy the brief 'head rush' that comes with vaping.

Most vapes have very high doses of nicotine, which can rapidly make those who vape develop an addiction or become dependent. Some young adults are also drawn to "vape tricks" and "cloud competitions", where they form could-like shapes while exhaling the aerosol. Individuals will breathe aerosol deep into their lungs and then exhale it through their ears, eyes, and/or nose.

<u>Partnership to End Addiction</u>

Health Effects of Vaping

Immediate Health Effects - coughing, wheezing, behavioral and mood changes, headaches, seizures, vomiting, and potential severe lung injury.

Nearly all vapes contain **nicotine**, which negatively affects the cardiovascular system, respiratory function, and reproductive organs.

Consuming **high doses** of nicotine can lead to nicotine toxicity, which in severe cases can give rise to seizures, nausea, vomiting, diarrhea, dizziness, respiratory failure, coma, and paralysis.

Nicotine is a stimulant that causes rapid, and shallow breathing, increases heart rate, and blood pressure.

Since the brain continues to develop until around the mid 20s, use of any addictive substance prior to final maturation is extremely risky.

Cigarette Smoking

Teens and young adults who vape are significantly more likely than those who do not vape – <u>about four times as likely</u> – to end up smoking traditional cigarettes.

Consistent research shows that vaping is not a reliable or safe way to quit smoking. For many, vaping can actually <u>make it more difficult to quit smoking</u>.

Cannabis and Vaping

Many teens are not just vaping nicotine, but also THC. <u>National data</u> from 2019, showed that 21% of 12th graders, 19% of 10th graders, and 7% of 8th grades reported vaping marijuana within the past year.

The level of THC in cannabis vapes tends to be much higher, therefore, vaped cannabis tends to be more potent than smoked marijuana.

Vaping cannabis can cause bloodshot eyes, dry mouth, increased appetite, mood swings, and increase the risk of depression, psychosis, and suicidality.

Cannabis vaping has also been shown to increase risk for lung injury known as <u>EVALI</u> (Ecigarette, or vaping, product use associated lung injury). Symptoms of EVALI can include shortness of breath, weight loss, night sweats, fatigue, GI problems, low oxygen levels, lung failure, and death. Most cases of EVALI require admission to the hospital for treatment. It is recommended to avoid THC-containing vapes, especially those purchased through illegal channels. Illegal sales appear to be the root in the majority of EVALI cases tested. The responsible ingredient is primarily **Vitamin E Acetate**. This ingredient, while generally considered safe for cooking, is not safe for inhalation into the lungs.



Tobacco

What is Tobacco?

Tobacco is a plant grown for its leaves, which are dried and fermented before being put into tobacco products.

How is Tobacco Used?

Individuals can smoke, chew, or sniff tobacco. Smoked tobacco products include cigarettes, cigars, and bidis. Some people also smoke loose tobacco in a pipe or hookah (water pipe). Chewed tobacco products include chewing tobacco, snuff, dip, and snus; snuff can also be sniffed.

Why is Tobacco Addictive?

Tobacco contains a highly addictive chemical compound called nicotine.

Using any tobacco product can lead to nicotine addiction. This is because nicotine can change the way that the brain works, causing cravings for it.

Some tobacco products, like cigarettes, are designed to deliver nicotine to the brain within seconds. While nicotine naturally occurs in the tobacco plant, some tobacco products contain additives that may make it easier for your body to absorb more nicotine.

Why is Tobacco Use Harmful?

The thousands (over 7,000) of chemicals contained in tobacco and tobacco smoke make tobacco use harmful.

Tobacco use remains the leading preventable cause of disease and death in the United States. Combustible products that burn tobacco, are the most harmful to a user's health.

Health Effects of Smoking

Smoking harms nearly every organ in the body and can lead to premature death.

Smoking tobacco may lead to outcomes including (but not limited to) lung cancer, chronic bronchitis, emphysema, increased risk for stroke, cataracts, type 2 diabetes, and pneumonia.

Quitting

<u>2Morrow Health</u>

A smartphone app that helps participants learn new ways to deal with uhelpful thoughts, urges, and cravings caused by nicotine.

WA State Quitline

Personalized support with quitting. Coach support, online program, and long-term success.

Safe Storage and Disposal

By safely storing or disposing of drugs and unused medications you can help protect your loved ones and community.

Tips for Safe Use and Storage

Use only as directed

Never share or giveaway medications

Note how much of a drug or medication you have and if you notice any missing

Follow storage instructions

Always keep out of reach of children

Always ask a trusted provider if you have any questions regarding dosage, storage, effects, etc.

Tips for Safe Medication Disposal

Do not place medications in the trash, recycling, or flush them down the toilet

Locate your nearest safe medication drop box

Remove any personal/identifying information

Empty pills into a plastic bag to space in the drop box

WA State Poison Center

800-222-1222

Immediate, free, and confidential expert treatment advice and assistance on the telephone in case of exposure to poisonous, hazardous, or toxic substances.

Resources for Caregivers and Concerned Adults

Talking to Teens About Cannabis	Mind Resilience	Power to the Parent	Tips for Raising Drug- Free Kids	Drugs and Your Kids
Youth Substance Use Prevention Resources	Ask, Listen, Learn	Substance Abuse Guide for Caregivers	Parenting Practices: reduce child use of substances	Time To Talk Toolkit
Tobacco: effects and	Tobacco Use: Youth	2Morrow	This is	WA State
cessation	Data	Health	Quitting	Quit Line
Alcohol, Tobacco, and Other Drugs	Vaping Prevention Resource	Youth Tobacco Use	E-Cigarettes	Tobacco Use Prevention
Cannabis Use Prevention	WA State Community Coalitions	For Parents: WA State LCB	Preventing Tobacco Use Among Youth	Youth Health and Cannabis

Resources for Caregivers and Concerned Adults

The Drug Wheel	What are cannabinoids?	What is Cannabis?	Addiction and the Brain	Understanding SUDs
Words Matter: Language and Addiction	The Science of Addiction	The Signs of Vaping (pg 10)	Safeguard against vaping (pg 11)	What to do if your child is vaping (pg 12)
Understandin g Vaping Illness	How Vaping Affects Your Teen's Health	Vaping Cannabis	Talk to Your Child About Vaping	Tell if Your Child is Vaping
Talking with your kids: Preschool (pg 9)	Talking with your kids: Elementary (pg 10)	Talking with your kids: Middle School (pg 11)	Talking with your kids: high school (pg 12)	Top 10 Ways to Keep Your Kids Off Drugs (pg 14)
Health Equity				

Regional Resources for Caregivers and Concerned Adults

WA State Department of Health	Renew: Grant County	Okanogan County Community Coalition	Okanogan County Public Health	Together! For Youth - Wenatchee
Chelan Douglas Health District	Grant County Community Coalitions	Grant County Health District	Okanogan County	2-1-1
WA State Health Departments	Douglas County			

Alone, we can do so little; together, we can do so much

RESOURCES FOR YOUTH

YOUTH CANNABIS USE

YOU CAN

A CANNABIS USE PREVENTION CAMPAIGN THAT EDUCATES ON AND RAISES AWARENESS ABOUT THE EFFECTS OF CANNABIS USE ON THE ADOLESCENT MIND AND BODY WHILE OFFERING HEALTHIER COPING ALTERNATIVES.



PREVENTING CANNABIS USE AMONG YOUTH

REVIEW THE LITERATURE ON PREVENTION
OF CANNABIS USE AMONG YOUTH, DISTILL THE RESEARCH
EVIDENCE INTO
RECOMMENDATIONS, AND PROVIDE EXAMPLES OF THE WAYS



CANNABIS FACTS FOR TEENS

TO IMPLEMENT THE RECOMMENDATIONS

FACTS ABOUT CANNABIS, CANNABIS USE, AND COMMONLY ASKED QUESTIONS ABOUT CANNABIS USE.



TEEN LINK

A HELPLINE FOR TEENS, BY TEENS. A PROGRAM OF CRISIS CONNECTIONS THAT SERVES YOUTH IN WA STATE.



RESOURCES

YOUTH CANNABIS USE

CANNABIS EFFECTS ON THE BRAIN

FIND OUT WHAT THE LONG TERM EFFECTS OF CANNABIS USE ON THE BRAIN ARE.



IT'S OK TO ASK FOR HELP

USING CANNABIS CAN PUT YOU IN RISKY SITUATIONS



BRAIN EFFECTS: NEGATIVE OUTCOMES OF CANNABIS USE

FIND OUT WHAT THE LONG TERM EFFECTS OF CANNABIS USE ON THE BRAIN ARE.



ContactsGrant County

Grant County

Commercial Tobacco Use Prevention Kayla Isaacson 509-771-7242 kisaacson@granthealth.org

Grant County

Cannabis Use Prevention Reece Leavitt 509-906-6676 rleavitt@granthealth.org

Grant County

Moses Lake Community Coalition Megan Watson 509-797-5242 mlwatson@grantcountywa.gov

Need support?

Reach out to our great partners

Grant County

Soap Lake Prevention Coalition Ryan Boldman 509-770-0841 rboldman@grantcountywa.gov

Grant County

Quincy Partnership for Youth Crystal Cruz 509-797-5242 cmcruz@grantcountywa.gov

Grant County

Wahluke Community Coalition Lino Sanchez 509-932-4565 Lsanchez@wahluke.net

Grant County

Royal Community Coalition Brisa Sanchez 509-864-1409 brisa.sanchez@esd105.org

Grant County

Renew: Grant Behavioral Health and Wellness (youth services) 509-765-9239 (main) 509-852-2923 (crisis)

ContactsOkanogan County

Okanogan County Community Coalition okcommunity.org
P.O. Box 1688 Omak, WA. 98841

Oroville CARES Coalition
Marlene Barker
marlene.barker@oroville.wednet.edu
509-476-2281 Ext 3011

Okanogan Behavioral Healthcare 509-826-6191 obhcinfo@okbhc.org 24/7 Crisis Line: 509-826-6191

ADVANCE - Recovery Navigators 509-426-3274 1234 2nd Ave S, Okanogan WA, 98840

Need support?

Reach out to our great partners









Contacts

Chelan-Douglas Counties

Together! For Youth togethercd.org 509-662-7201 1012 Springwater Ave. Wenatchee, WA. 98801

Waterville Drug-Free Community Coalition facebook.com/watervilledrugfree

Chelan-Douglas Health District 509-886-6478 200 Valley Mall Prkwy East Wenatchee, WA. 98802





Need support?

Reach out to our great partners

