

# Beyond high: cannabis product use among youth

Category: Workshop

## Abstract Body

Cannabis product use rates among youth in Canada are among the highest in the world. Clinicians often lack the knowledge and skill to advise their young patients and their families about the health effects of cannabis products and provide intervention when needed. This session will outline the risks and hoped for benefits of cannabis/cannabinoids use among youth, including the effect on the developing brain and mental health. Both cannabis for medical purposes and non-medical use will be explored. Cannabis use disorder and treatment will be discussed. Dose calculations will be taught for dried product, liquids for vaping, and edibles since this skill is an essential starting point for informed consent and giving advice. A theoretical case will carry through the presentation with possible scenarios explored with participants who will have the opportunity to try dose calculations and roll-play clinical encounters.

## Key Words

- Adolescent/Young Adult Populations
- Cannabis/Synthetic Cannabinoids
- Concurrent Disorders

## Learning Objective # 1

Outline the literature on the health effects of cannabis/cannabinoids in youth.

## Learning Objective # 2

Identify key points to share with youth and their families regarding cannabis, the developing brain, primary and secondary prevention, dosing, and interventions for Cannabis Use Disorder.

## Reference # 1

Hashemi D, Gray K. Cannabis Use Disorder in Adolescents. *Child Adolesc Psychiatr Clin N Am.* 2023;32(1):13-20. doi:10.1016/j.chc.2022.06.001

## Reference # 2

Winters KC, Waldron H, Hops H, Ozechowski T, Montano A. Brief Interventions for Cannabis Using Adolescents. *Child Adolesc Psychiatr Clin N Am.* 2023;32(1):127-140. doi:10.1016/j.chc.2022.06.004

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