



Canadian Centre
**on Substance Use
and Addiction**

Evidence. Engagement. Impact.

Centre canadien sur
**les dépendances et
l'usage de substances**

Données. Engagement. Résultats.



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Impact of Cannabis Legalization on Campus Life

CAAHP AGM & Conference

Rebecca Jesseman, Director, Policy, CCSA

May 9, 2019

Agenda



- Introduction
- Cannabis Use and Impacts
- Cannabis Regulation
- Cannabis Resources
- Additional Information



Introduction

About CCSA



- **Vision:** A healthier Canadian society where evidence transforms approaches to substance use.
- **Mission:** To address issues of substance use in Canada by providing national leadership and harnessing the power of evidence to generate coordinated action.
- **Value Proposition:** Provide national leadership to address substance use in Canada. A trusted counsel, we provide guidance to decision makers by harnessing the power of research, curating knowledge and bringing together diverse perspectives.
- National non-profit organization with a pan-Canadian and international role.

Strategic Core Functions

Providing National Leadership

Create a common focus and purpose to achieve collective impact

Building Strategic Partnerships

Bring people and knowledge together to develop collective responses and coordinated action

Advancing Research

Synthesize and generate timely evidence to inform practice and policies

Mobilizing Knowledge

Expand the reach and adoption of new and emerging practices



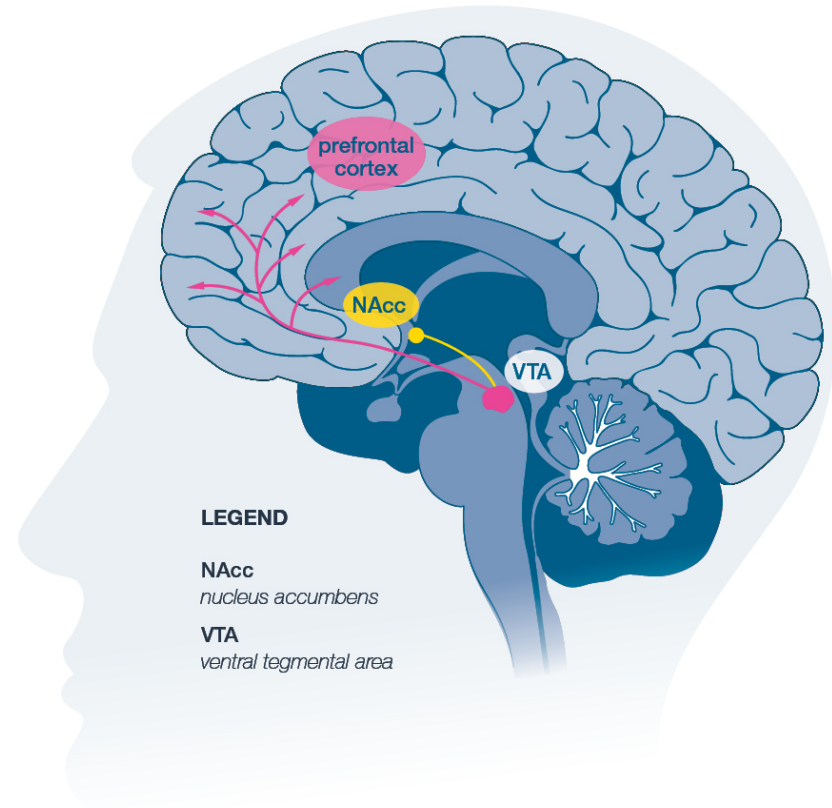
Cannabis Use and Impacts

Youth — Why the Concern?

Earlier age of
initiation

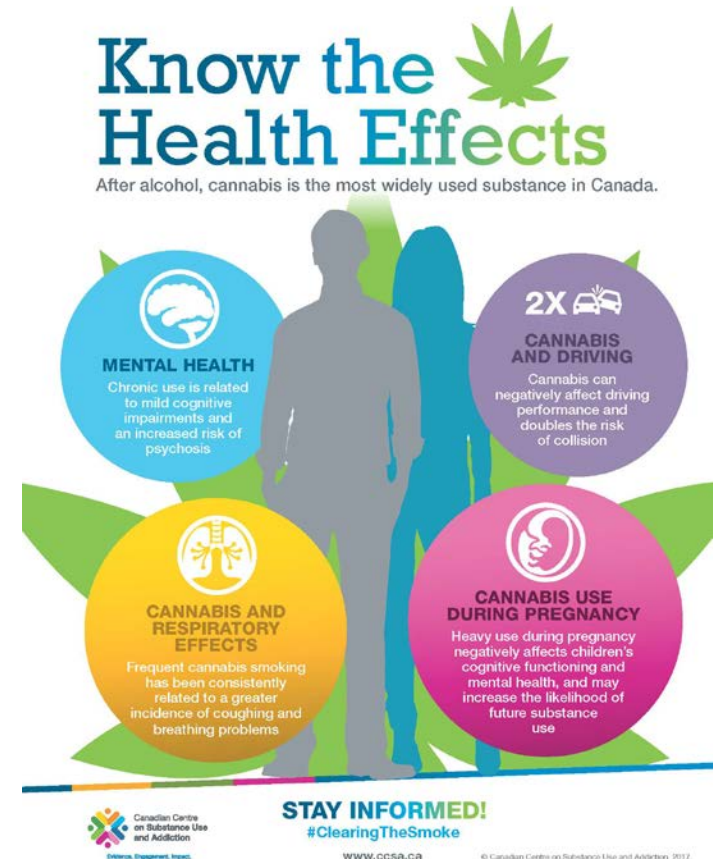


Increased
risk of harms



Health Effects of Cannabis

- Frequent and early cannabis use impacts the developing brain (until the age of 25)
- Frequent cannabis use increases risk of psychosis
- Cannabis impairs driving ability and doubles the risk for collisions
- Cannabis is addictive

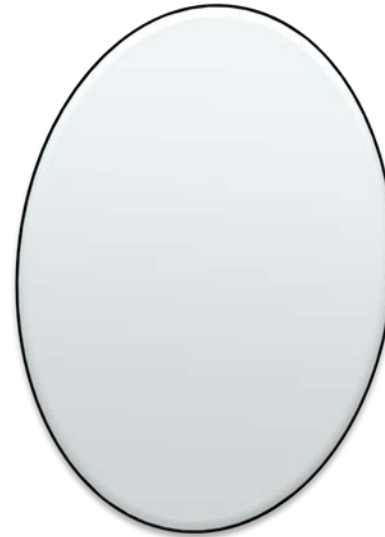
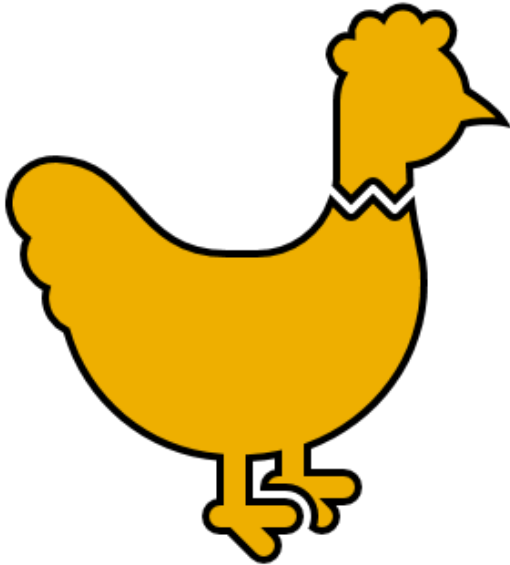


Impacts on Cognition

- Regular cannabis use is associated with mild impairments to:
 - Learning and memory
 - Attention
 - Executive function



Which Came First?

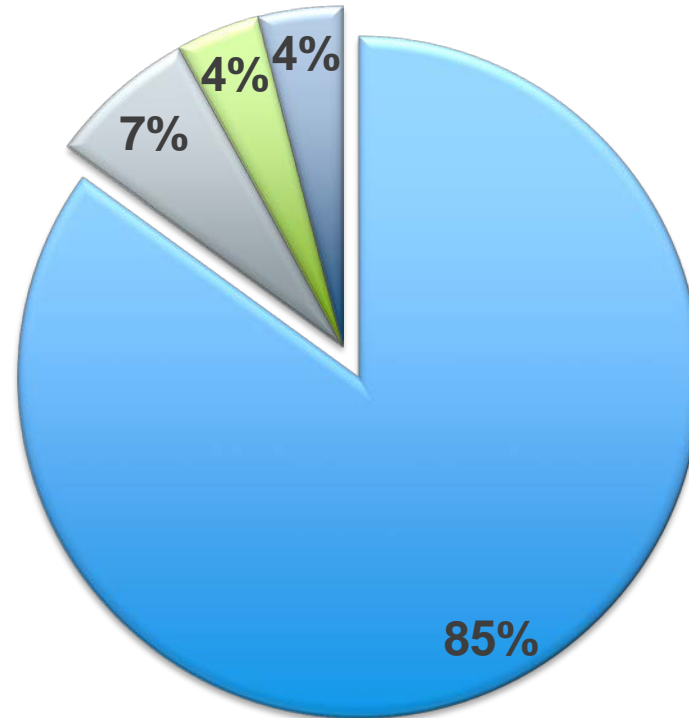


Employment Considerations

- Cognitive impacts
- Duration of impairment
- Policies for safety-sensitive roles
- Medical use

Medical and Non-medical Use

- Non-Consumers
- Non-Medical only
- Medical only
- Medical & non-medical

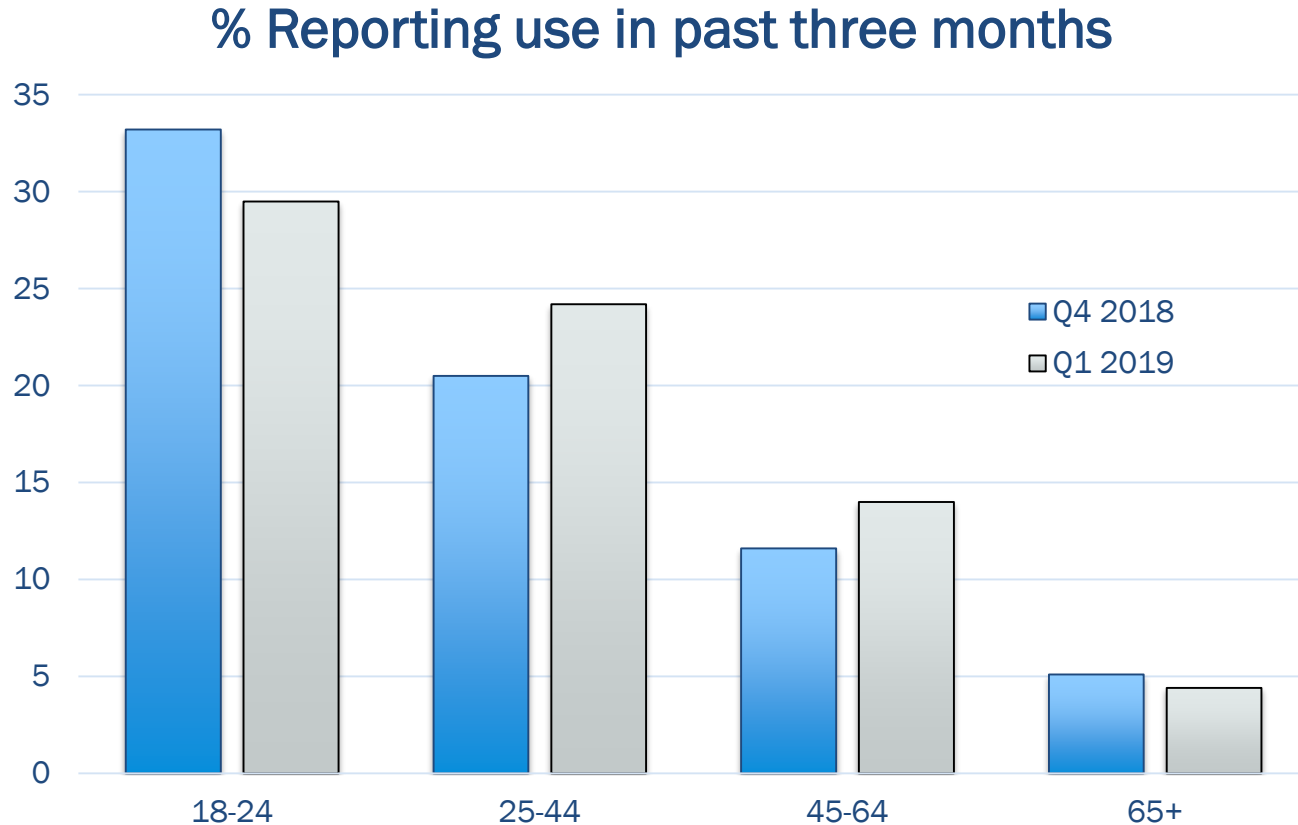


Source: Statistics Canada National Cannabis Survey, fourth quarter 2018

Why Do Students Use Cannabis?

- Multiple reasons include:
 - Relaxation
 - Social interaction
 - Effects on perception
 - Sleep
 - Stress
 - Focus
 - Symptom management (e.g. pain, spasticity)

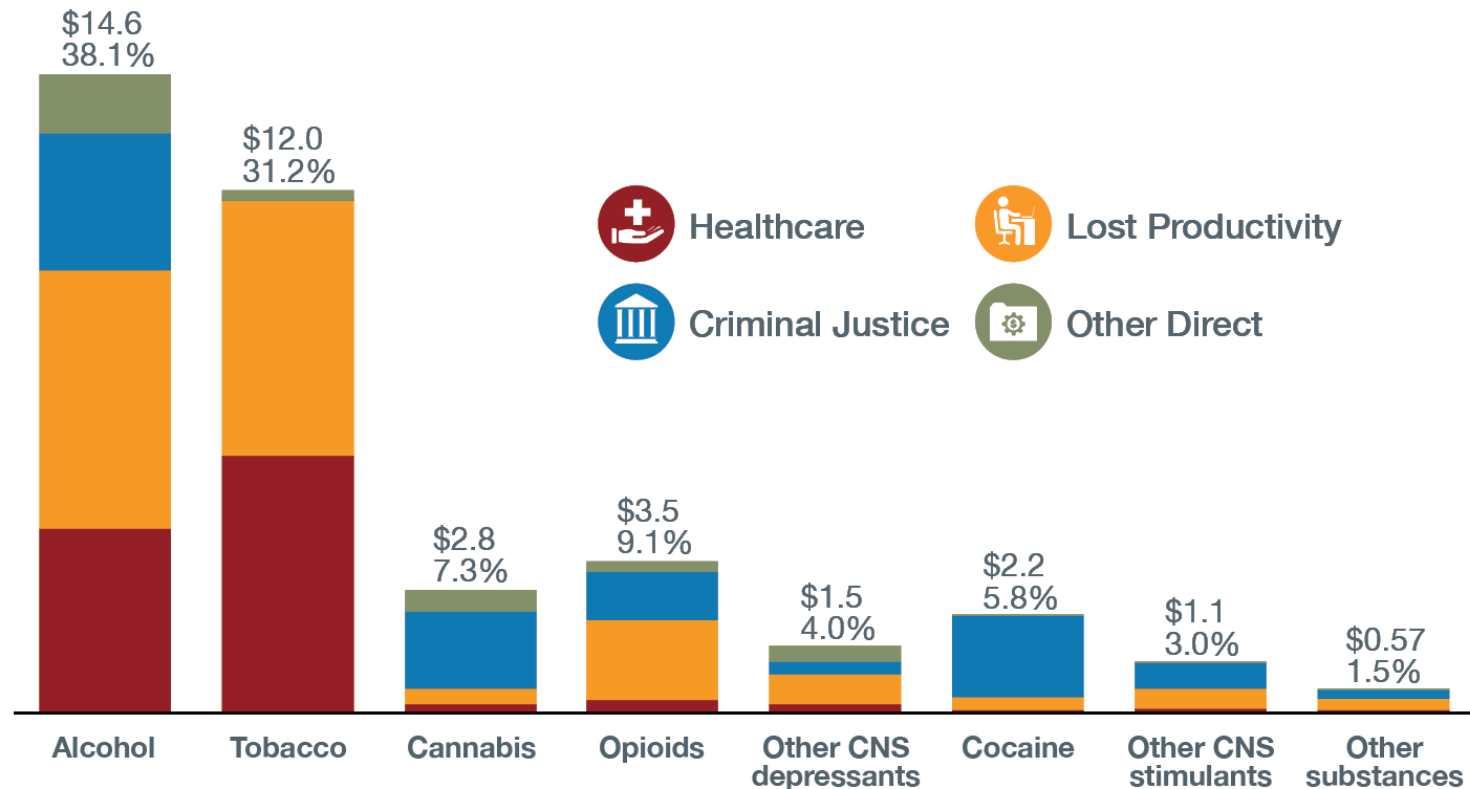
Cannabis Use by Age Group

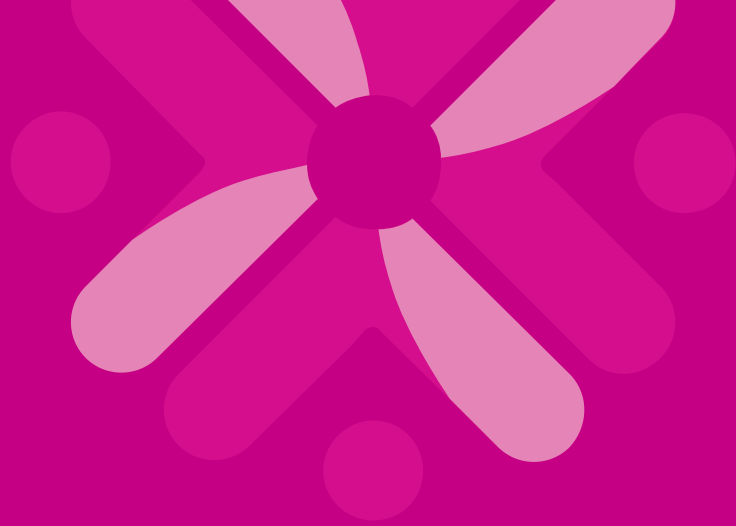


Source: Statistics Canada National Cannabis Survey

Costs of Cannabis Use

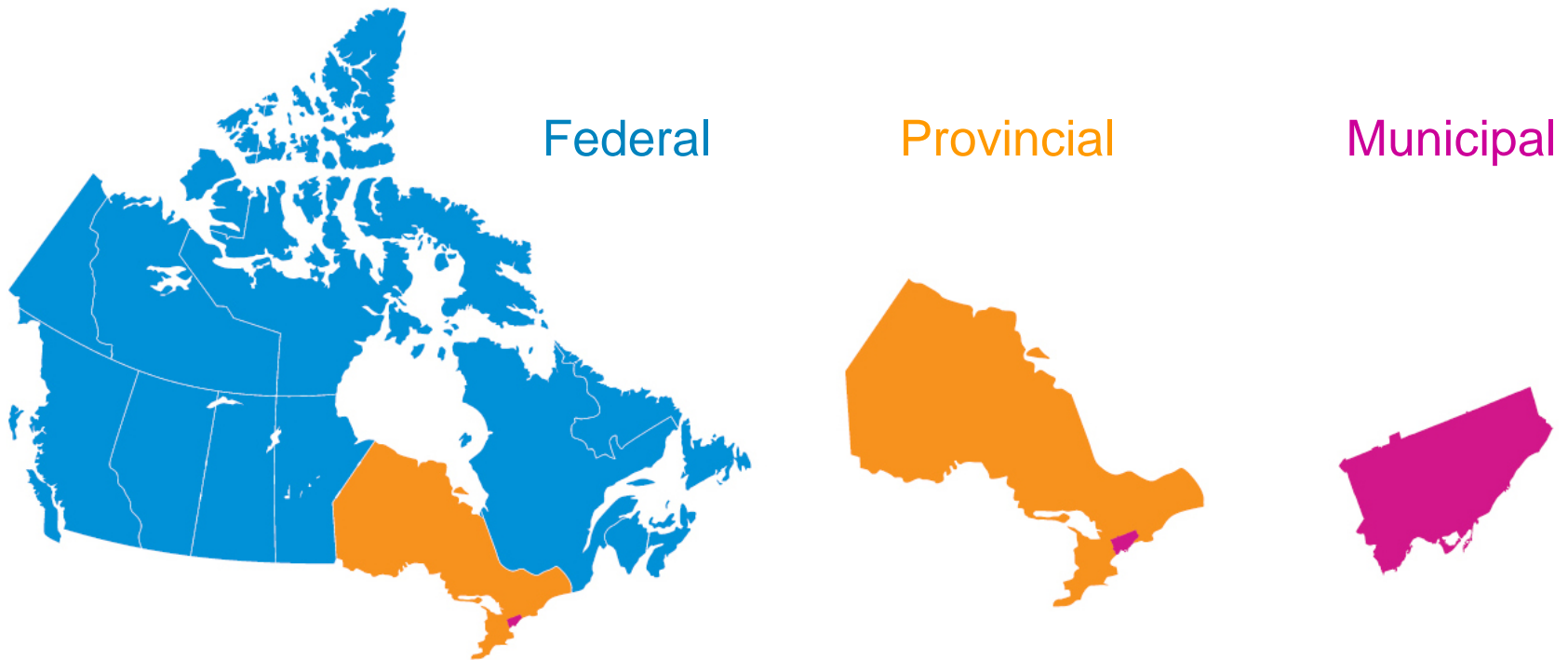
Cost (in billions) attributable to substance use, 2014 (www.csuch.ca)





Cannabis Regulation

Jurisdictional Authority



Federal: the *Cannabis Act*

- Objectives:
 - Prevent young persons from accessing cannabis
 - Protect public health and safety
 - Deter criminal activity
 - Reduce the burden on the criminal justice system

Cannabis Act (in brief)

- Minimum age: 18
- Personal cultivation: Up to four plants
- Public possession: 30 g dried plant or equivalent
- Retail production: Federally licensed
- Product formats: Dried plant and oils only (for now)
- Penalties: From fines to 14 years in prison
- Advertising and marketing: Restricted
- Packaging: Cannot appeal to youth

Provincial/Territorial Regulations



Summary of Provincial and Territorial Cannabis Regulations

Last Revision Date
2019-03-31

[Click here for more detail by Province and Territory](#) →

Map Legend

19
18

- Age
- Sales Model
- Online Sales
- Home Grow
- Distribution
- Storefront #
- Local Opt-out Option
- Retail Co-location w/ Alcohol
- Minors on Licensed Premises
- On-premise Use
- Use in Public
- Directed Revenues
- Possession Limit

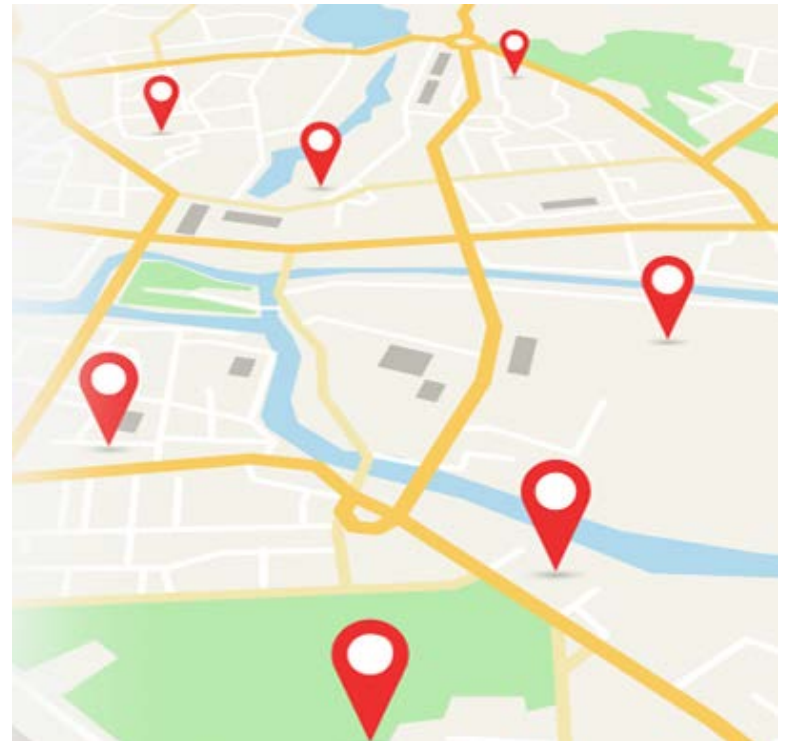


P/T Details

N.L.	19
P.E.I.	19
N.S.	19
N.B.	19
Que.	18
Ont.	19
Man.	19
Sask.	19
Alta.	18
B.C.	19
Y.T.	19
N.W.T.	19
Nvt.	19

Key Regulatory Details

- Age of access
- Public vs. private sales
- Location restrictions
- Home cultivation
- Use in public places



Coming Soon ...

- Edibles, concentrates and tinctures
- Important to note:
 - Easier to over-consume
 - Longer duration of effect
 - Easier to conceal



Reducing the Risk

- Avoid use if you:
 - Are pregnant
 - Have a personal or family history of psychosis
- Don't use before:
 - Driving or operating equipment
 - Performing tasks requiring attention and memory
 - Performing safety-sensitive tasks

Reducing the Risk



- Less is more with:
 - Frequency of use
 - THC concentration
 - Dose size (start low, go slow)
- Avoid poly-substance use
 - Including alcohol, pharmaceuticals and illegal drugs

Reducing the Risk

- Avoid use via combustion (smoking)
 - Options including vaping or using concentrates
- Know the different effects of different formats
 - Delayed onset and longer duration when ingested
- Use legal product
 - Look for the excise stamp



Campus Use



- What is the policy on your campus?
 - Prohibited on property?
- What are the penalties for use?
 - How are they enforced?
- What supports are available?

Cannabis Resources

Resources

CCSA website (www.ccsa.ca)

- Cannabis Communication Guide
- Infographics
- Regulatory Map

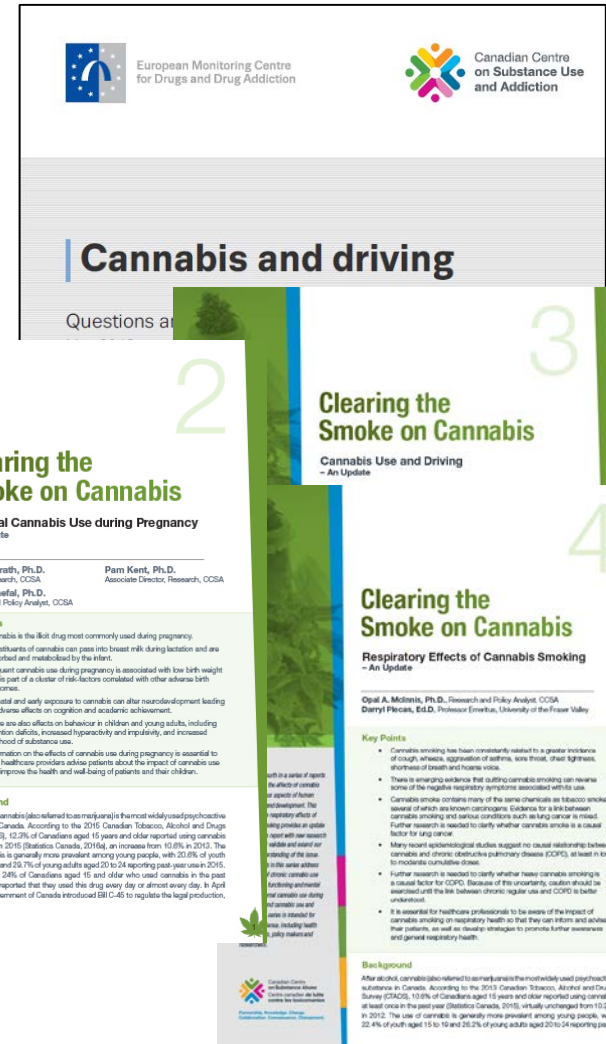
Partners:

- [Lower-Risk Cannabis Use Guidelines](#)



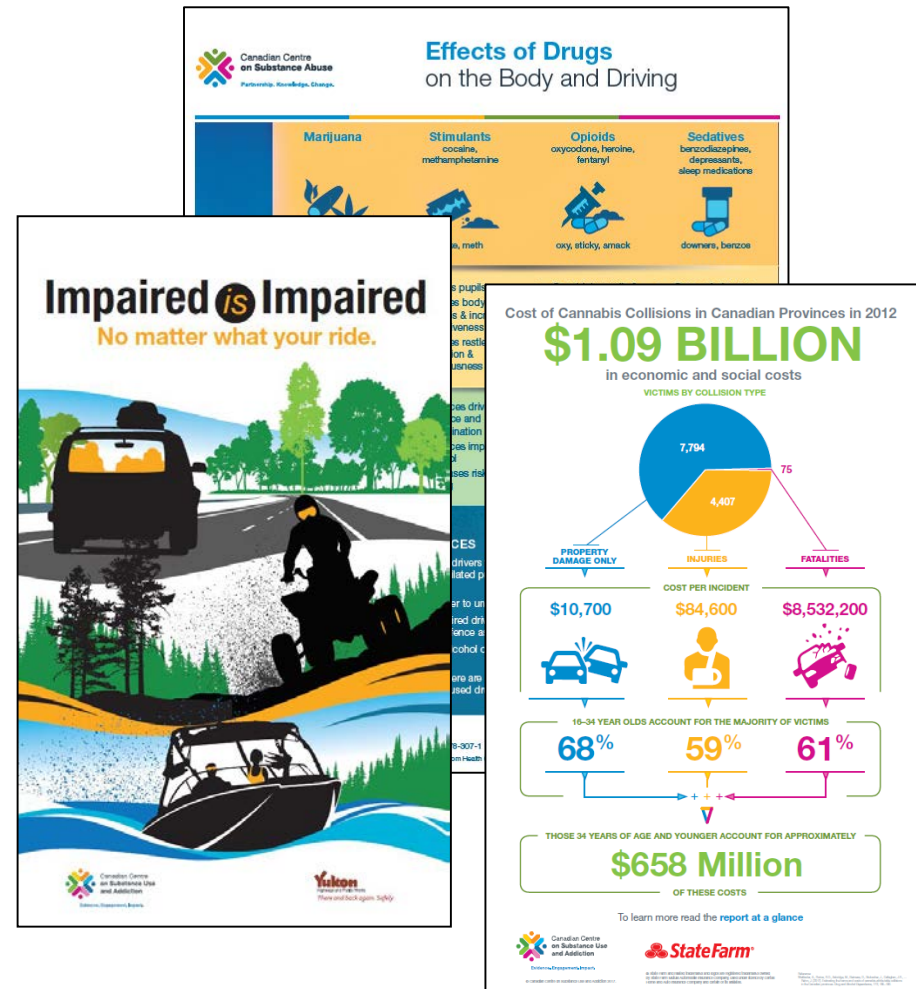
Cannabis Research

- Cannabis use and driving
- Health impacts of cannabis use
 - Mental health
 - Cognitive functioning
 - Use during pregnancy
 - Respiratory effects
 - Medical use
 - Edibles, extracts, and topicals (coming soon)



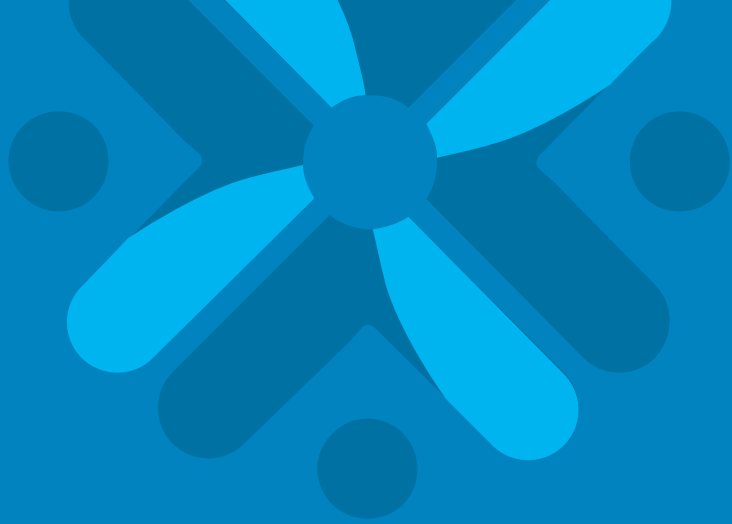
Impaired Driving Tools and Resources

- Drug-impaired Driving Toolkit:
 - rural key messages, seasonal infographics, Twitter toolkit, youth information, posters, handouts, etc.
- Cost of Cannabis Collisions in Canadian Provinces
- Youth-focused resources



Cannabis Communication Guide





Additional Information



PEP – MA

**Partenariat en
éducation postsecondaire**
Méfais de l'alcool



PEP – AH

**Postsecondary
Education Partnership**
Alcohol Harms

About PEP-AH

Mission

- Reduce alcohol-related harm on Canadian campuses;
- For all students to live up to their fullest potential, and free from harm caused by alcohol.

Objectives

- Evidence-informed decision making;
- Sharing of best practices;
- Regular evaluation of efforts.

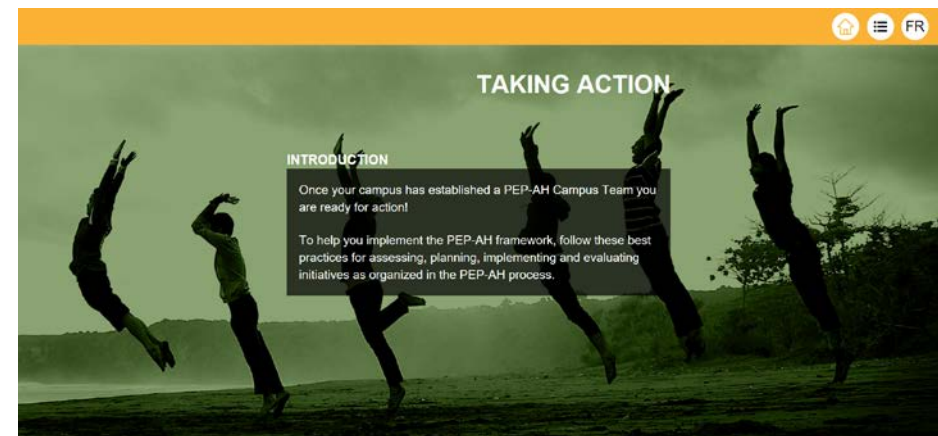
A Framework to Address High-Risk Drinking and Alcohol Harms Reduction on Canadian Campuses

PEP-M



PEP-AH : Getting Started in 3 Steps

1. Contact [PEP-AH's](mailto:LLevett@ccsa.ca) project coordinator:
LLevett@ccsa.ca
2. Establish a [PEP-AH Campus Team](#)
3. Use the [Taking Action](#) guide to implement the PEP-AH framework



CCSA's Issues of Substance 2019



Evidence and Perspectives, Compassion and Action.

- CCSA's Issues of Substance is Canada's premier conference for the substance use and addiction field
- Registration opened March 2019
- #CCSAConference

Questions and Comments



Contact Information



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