

Marijuana Use on Campus



Presented by:

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UMES ATOD Prevention Center Quick Facts

The Center has been on the campus since 1998

100% grant funded by the Maryland Department of Health Office of Population Health Improvement

Located in the Lida Brown Building (Student Health Center)

Provides alcohol and drug prevention education to the campus community in an effort to prevent, delay and reduce substance use and risky behavior among the UMES students (informational tables, presentations, interactive learning, SBIRT)

The Center falls under the leadership of the School of Education, Social Sciences and the Arts

Dr. Kimberly Poole-Sykes is the Principal Investigator for the ATOD Prevention Center

Lauresa Wigfall, M.Ed., CPP - Director



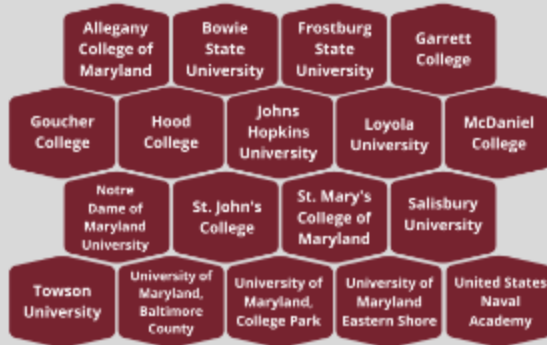
UMES- Maryland Collaborative

UMES is a member institution (since 2012) of the Maryland Collaborative to Reduce College Drinking and Related Problems - <https://marylandcollaborative.org/>

The Maryland Collaborative is a network of **Maryland colleges and universities** working together with community partners to reduce excessive alcohol use and other substance use on their campus communities. Using data-driven approaches, the Collaborative engages partners to create environments, policies and practices that help our students make healthy decisions, succeed in college and become productive members of their respective communities.



18 Member Schools



2021

Structure

Governance Council
(College Presidents)

**Campus Council &
Campus Community Task Force**
(Campus Representatives)

Public Health Faculty
Amelia M. Arria, PhD (UMD)
Sara Benjamin-Neelon, PhD (JHU)

Funding Acknowledgement:
Maryland Department of Health

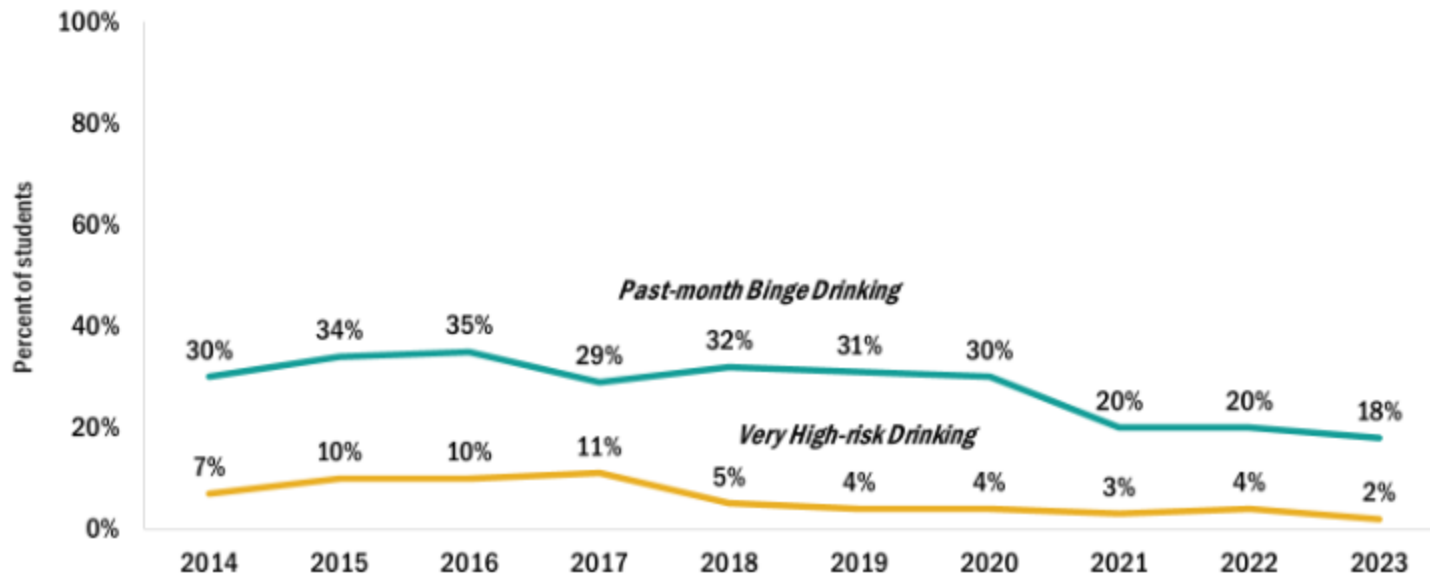
The MD Collaborative has 18 member schools - the structure consists of the Governance Council (College Presidents), Campus Council and Campus Community Taskforce (Campus Representatives) and Public Health Faculty (Amelia Arria, PhD - UMD and Sara Benjamin-Neelon, PhD -JHU)

Since 2014 we have participated in the dissemination of the Maryland College Alcohol Survey - normally done every spring - random selected sample of full-time undergraduate students ages 18-24.

UMES - MDCAS Data

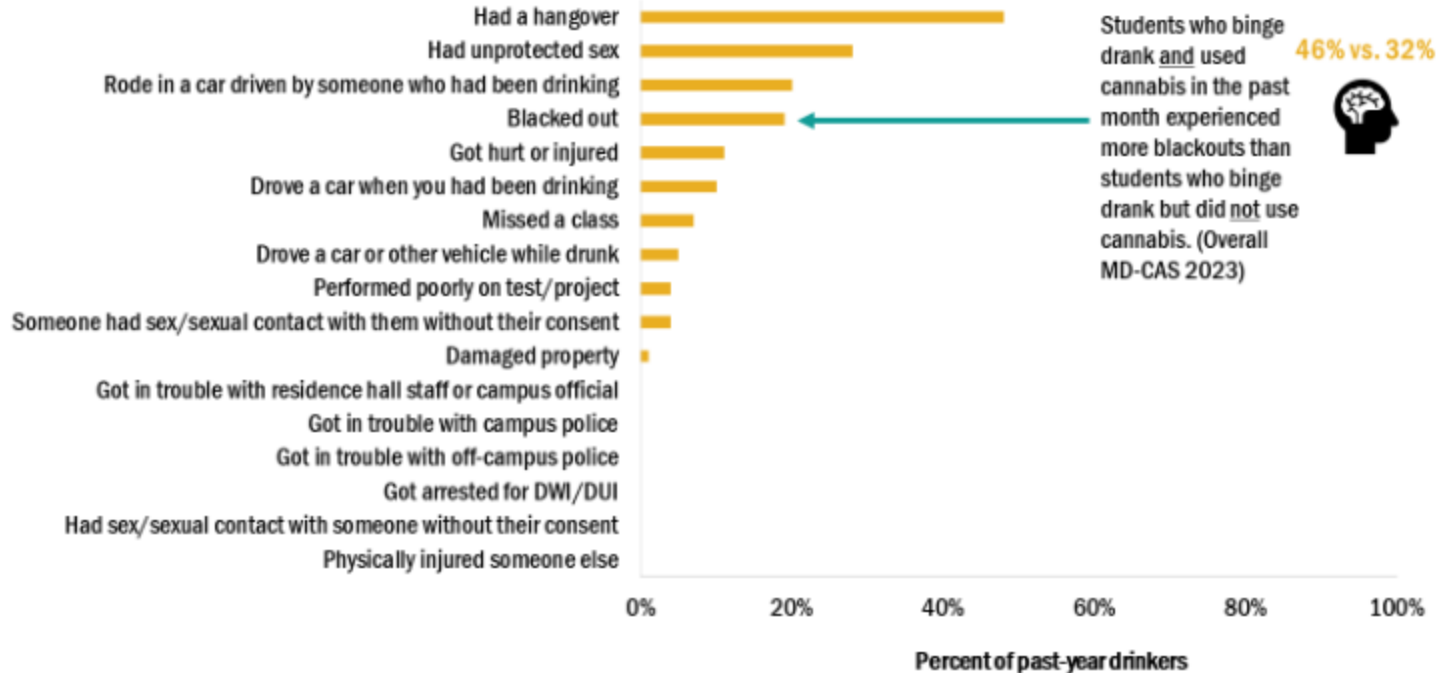
Trends in Binge and Very High-risk Drinking

UMES MD-CAS Sample



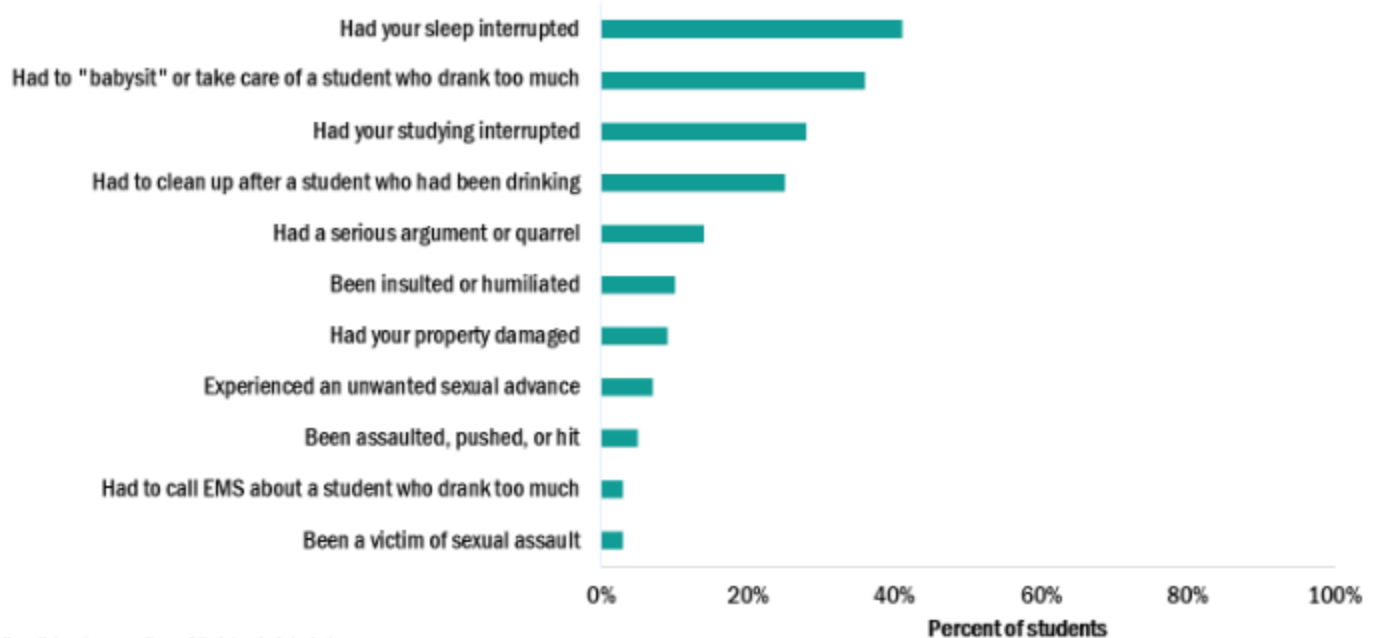
UMES - MDCAS Data

Direct Consequences of Alcohol Use among UMES Past-year Drinkers (Detailed Breakdown)



UMES - MDCAS Data

Harms Experienced as a Result of Other's Alcohol Use among UMES Students (Detailed Breakdown)



**Among all participants, regardless of their level of alcohol use*

Today's cannabis landscape

- Students' **perception of risk is decreasing**, while **use is increasing**.
- **New high potency** products (e.g., edibles, and concentrates).
- New routes of administration (e.g., vaping).
- Impact on health and brain development.
- Widespread promotion of cannabis use
- **A lot of misinformation related to cannabis.**

Cannabis is more potent today compared with 30 years ago

It really is apples to oranges.

~ 4% THC

(Think of a beer)



1990's
Cannabis



2020's
Cannabis

Products can be
40%-90% THC

(Think of grain alcohol,
such as Everclear)

1 Serving Size



Cannabis use interferes with college students' potential

Cannabis use is associated with neurocognitive deficits:

- Learning of new tasks
- Attention
- Memory
- Executive function

Cannabis use is associated with:

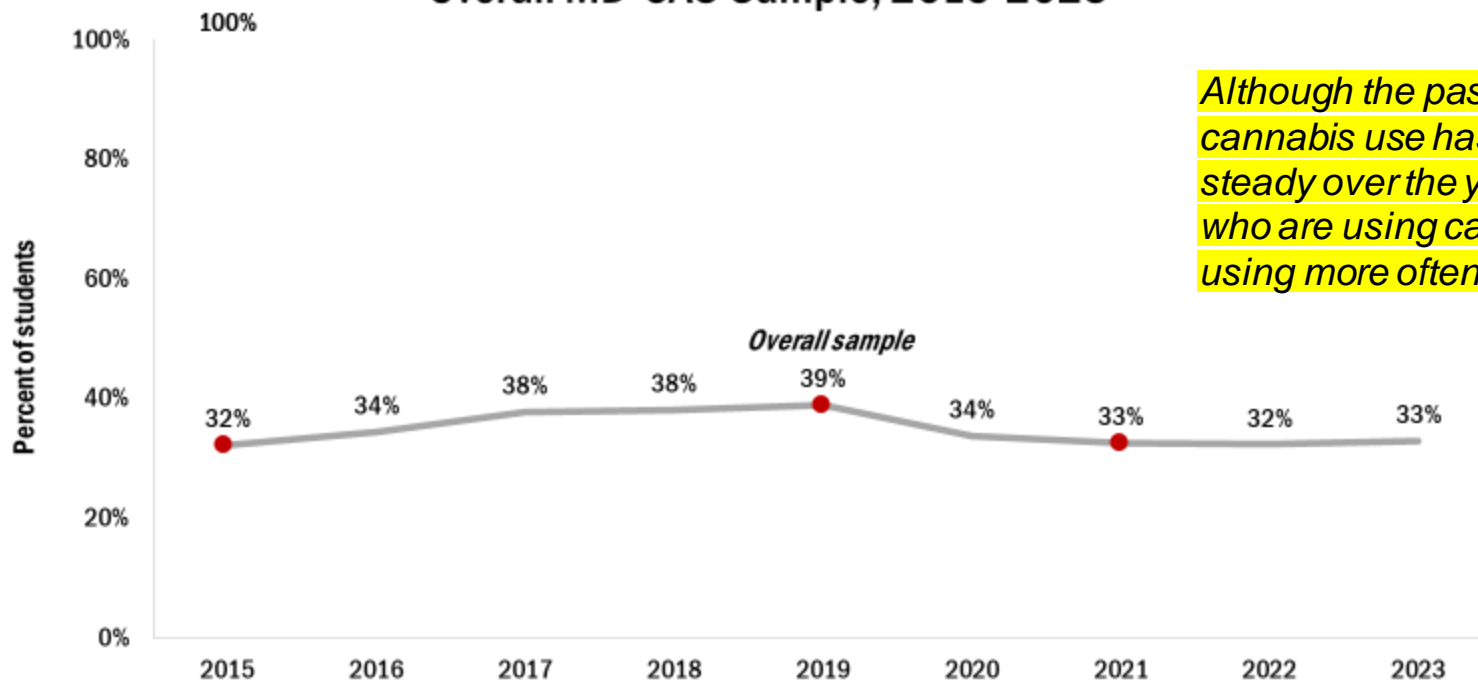
- Skipping class
- Delayed graduation



Research shows that the brain is not fully developed until age 25.

Past-year Cannabis Use

Overall MD-CAS Sample, 2015-2023



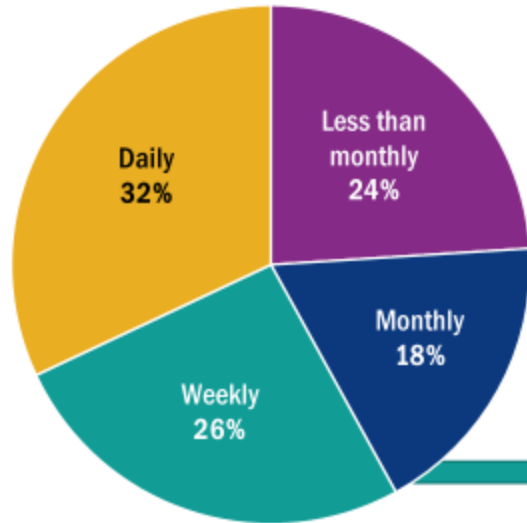
Although the past-year cannabis use has remained steady over the years, those who are using cannabis are using more often.

● Statistically significant change between the years indicated by the red dots.

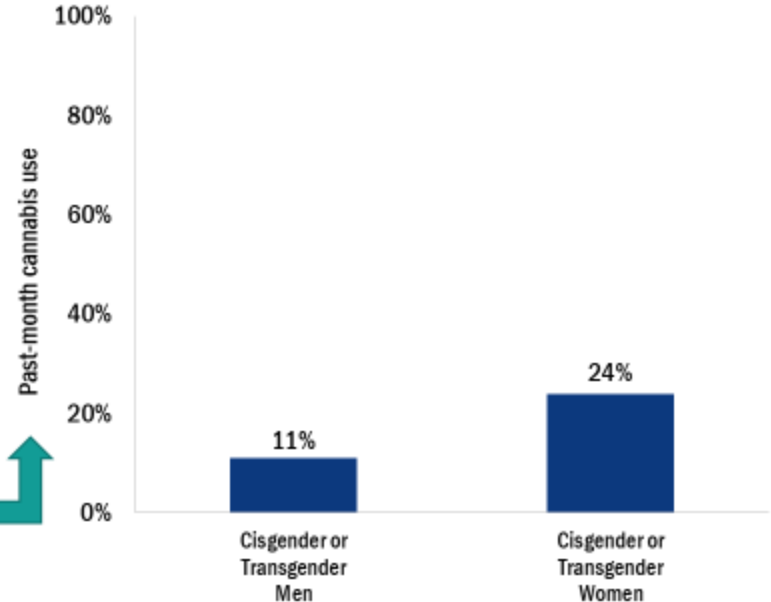
UMES - MDCAS Data 2023

25% of UMES Students Used Cannabis in Past Year

How often did these students use cannabis during the **past year**?

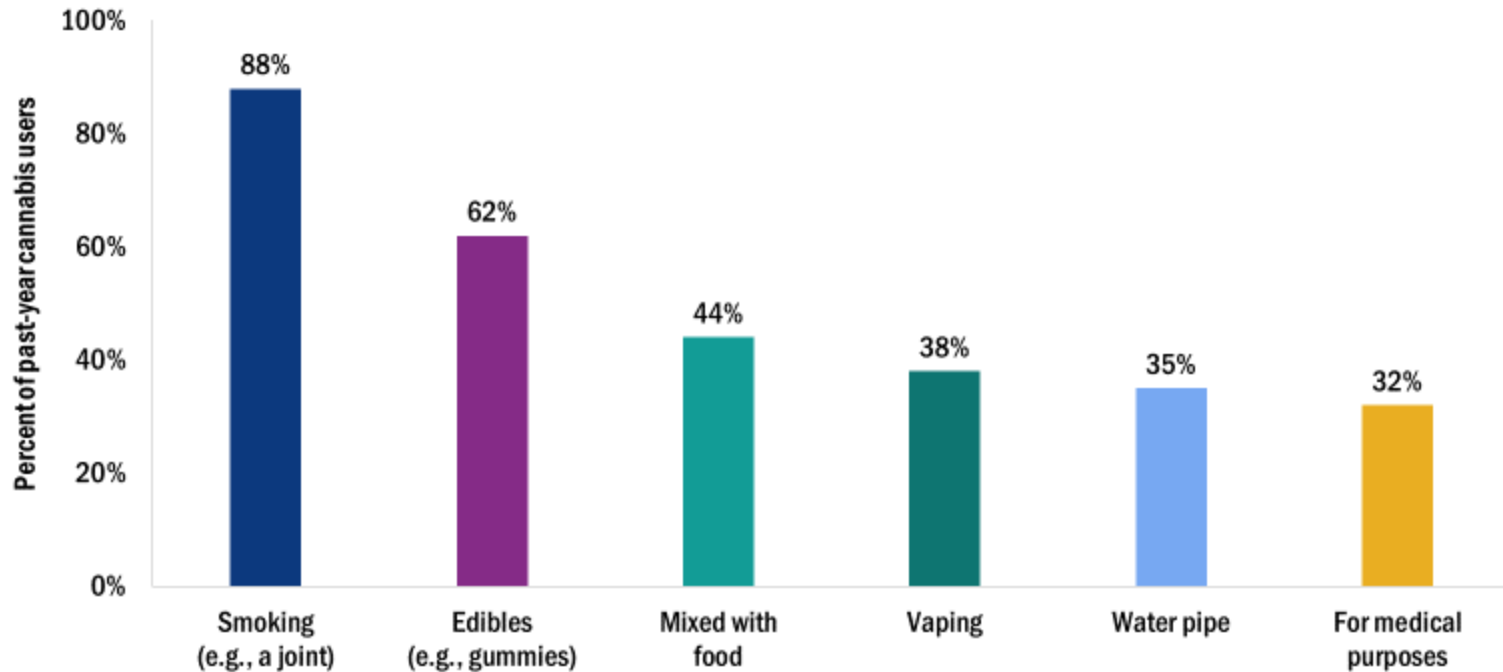


Is there a difference in cannabis use during the **past month** by gender?



UMES - MDCAS Data 2023

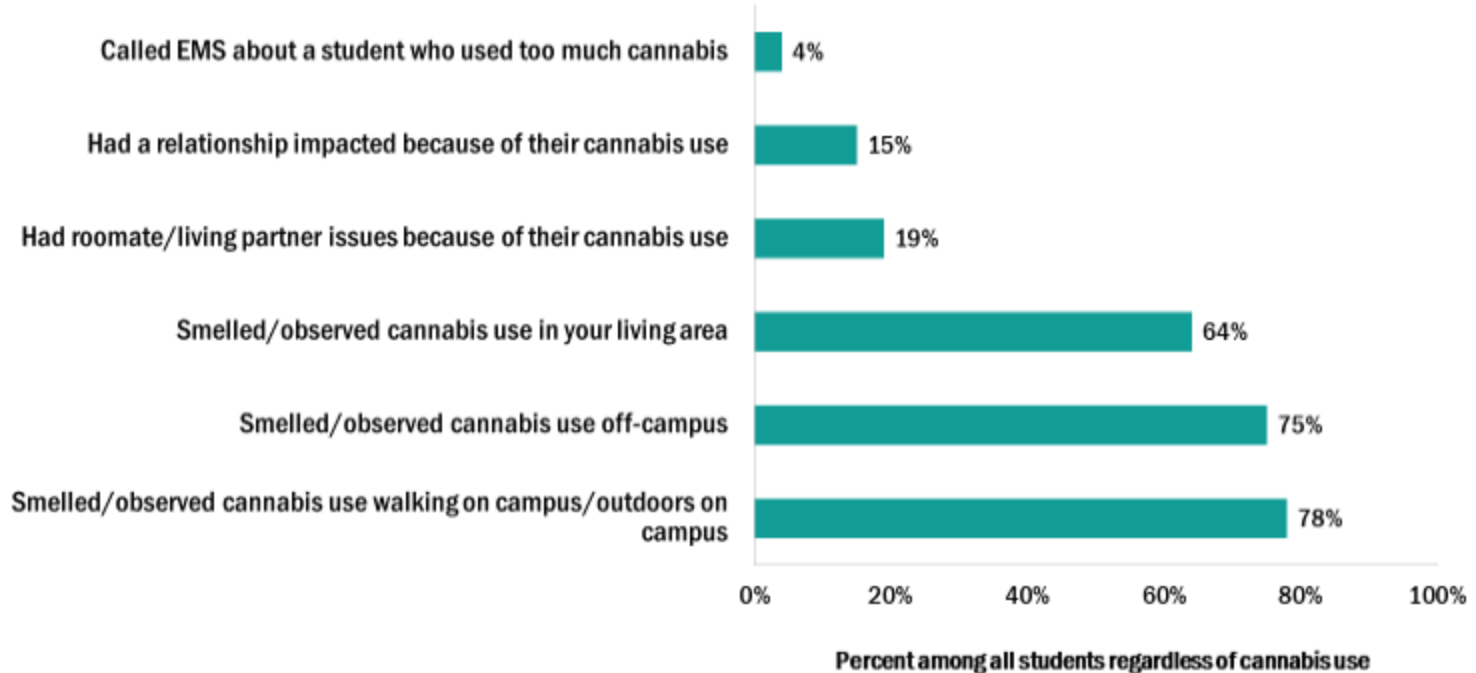
Methods of Cannabis Use among UMES Students*



**Among past-year cannabis users*



UMES - MDCAS Data 2023

Harms Experienced as a Result of Other's Cannabis Use among UMES Students*

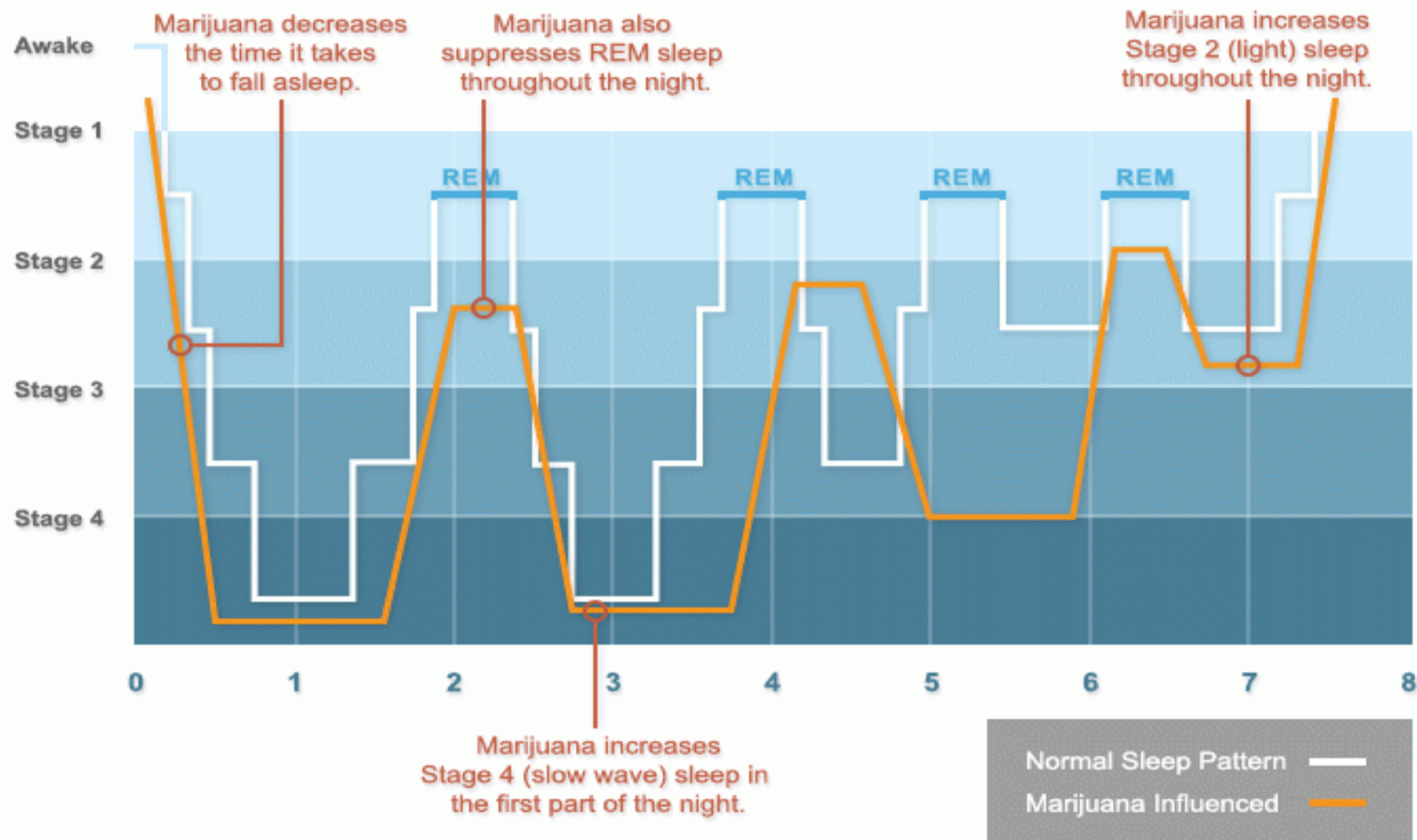


UMES - MDCAS Data 2023

Motives for Cannabis Use among UMES Past-year Cannabis Users

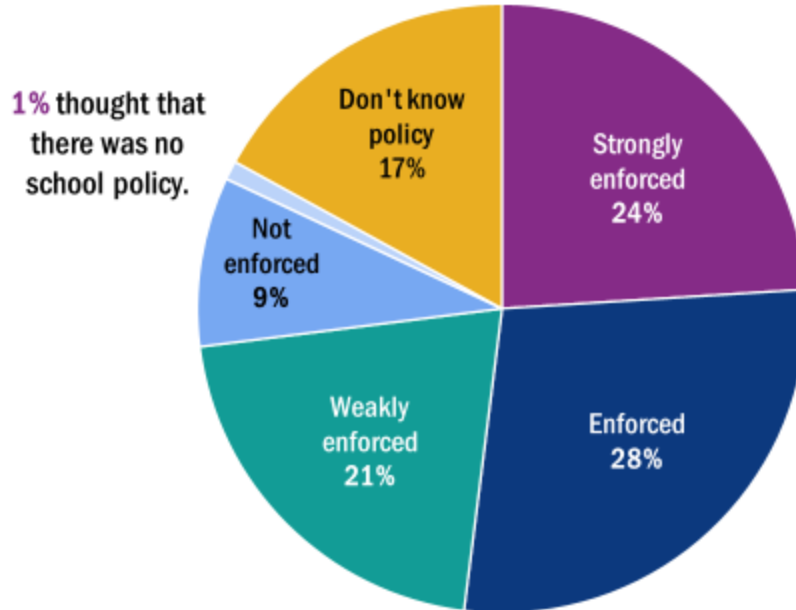
Think of all the times you use cannabis, how often would you say that you use cannabis for each of the following reasons?	Never	Rarely	Sometimes	Often
Because it is fun	22%	19%	34%	25%
To forget my problems and worries	38%	28%	28%	6%
To be more social	47%	25%	19%	9%
Because it helps when I feel nervous or depressed	31%	16%	25%	28% 
To help me sleep	31%	9%	22%	38% 
To expand my awareness or alter my perspective	44%	19%	22%	16%
To relax	13%	16%	38%	34%
To relieve boredom	41%	25%	19%	16%
Because it is not a dangerous drug	38%	6%	28%	28%

MARIJUANA'S EFFECT ON SLEEP



UMES - MDCAS Data 2023

How Strongly Do UMES Students Think School Cannabis Policies Are Enforced?



To be effective, consequences must be:

- **Certain,**
- **Swift, and**
- **Sufficiently severe**

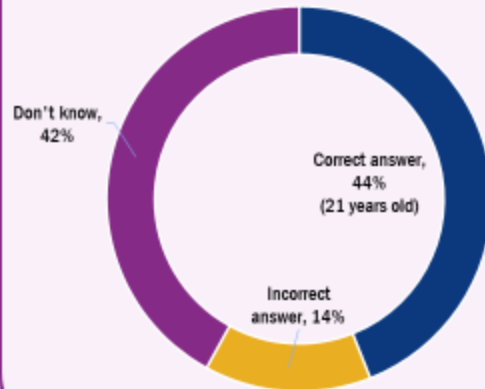
UMES - MDCAS Data 2023

UMES Students' Knowledge about Cannabis Legalization

44%

of students knew the minimum age to legally use cannabis is 21.

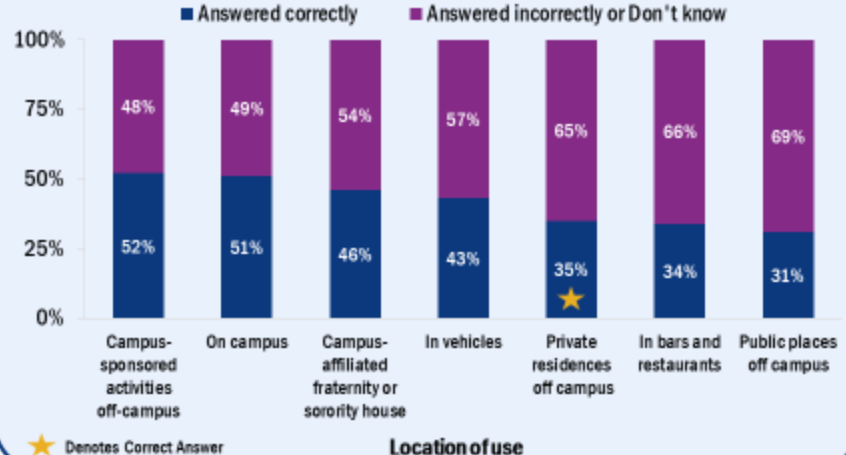
Students' Knowledge of Legal Age to Use Cannabis is 21



4%

of students answered correctly to all questions regarding where it will be legal to use cannabis.

Students' Knowledge of Where it will be Legal to Use Cannabis



Maryland Cannabis Law

**UNDERSTANDING
MARYLAND'S NEW CANNABIS
LAW:**

Law legalizing
cannabis takes effect
July 1, 2023. 

21 Legalization only
applies to adults 21
and older.

Cannabis will **still**
be banned on
campus... 

And at school
activities off-campus

And in public
places. 

For persons <21,
there is \$100 fine
if less than 1.5 oz.
of cannabis

Illegal for 21 or older
to have 1.5 oz. 

 Scan for more details.

On July 1, 2023, it became legal for adults 21 years of age and older in Maryland to possess less than 1.5 ounces of cannabis for recreational use.

No, students may not use or consume cannabis on campus or at any places or activities affiliated with the university. **This did not change when the new Maryland law took effect July 1, 2023.**

The Federal Drug-Free Schools and Communities Act requires all colleges and universities receiving federal funds to adopt and implement programs that include:

“standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities”.

Since it is still illegal at the federal level, it falls under this act.

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Cannabis use or possession will remain illegal for anyone under 21. If anyone under 21 is found in possession of less than 1.5 ounces of cannabis, they will be subject to a fine of \$100. The court may order them to attend a drug education program, refer them to an assessment for substance use disorder, and refer them to substance abuse treatment, if necessary.

If anyone under 21 is in possession of more than 1.5 but less than 2.5 ounces of cannabis, penalties will include:

- 1st offense: Imprisonment of up to 1 year and fine of up to \$5,000
- 2nd or 3rd offense: Imprisonment of up to 18 months and fine of up to \$5,000
- 4th offense: Imprisonment of up to 2 years and fine of up to \$5,000

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Under the new law, it is still illegal to smoke cannabis in public.

This includes any place where the public or part of the public has access, such as streets, bars, shops, public buildings, public parks, sports arena, theaters, etc. Anyone caught smoking cannabis in a public place will be fined \$250 for a first offense and \$500 for a second or subsequent offense.

For more information you can visit the Maryland Cannabis Administration site:

<https://mmcc.maryland.gov/Pages/cannabisfaq.aspx>

UMES Cannabis (Marijuana) Policy

Cannabis/Marijuana Policy (updated summer 2023)

*UMES **prohibits** any student (regardless of age) from using, possessing, or distributing cannabis (marijuana)- in any form including edibles on University-owned or controlled property or University-affiliated activities off campus. This includes but is not limited to residence halls, academic buildings, athletic facilities, fields, vehicles, and parking lots.*

***This ban includes medical cannabis (marijuana).** The Charles R. Drew Student Health Center can advise you on how to find medical professionals who can recommend alternate treatments. Cannabis (marijuana) is a Schedule I drug and remains illegal on the federal level.*

***This ban includes** any product with more than 0.3% THC. THC is the intoxicating ingredient found in cannabis and intoxicating hemp-based products or synthetic cannabinoids (such as K2 or Spice).*

UMES bans cannabis use for two reasons:

- 1. Federal law requires us to do so.*
- 2. Cannabis use is harmful to student mental health and academic success.*

UMES receives federal funds, such as financial aid to students and federal grants. For this reason, UMES must comply with the Drug-Free Schools and Communities Act and the Drug-Free Workplace Act. This requires maintaining a drug-free campus. If UMES does not comply with federal laws and regulations, it risks losing federal funds, including student loans. Accordingly, the new Maryland law legalizing cannabis for adults 21 or older changes nothing at UMES. Our policies prohibiting use, possession, or distribution of cannabis (marijuana) on college property or at activities off campus remains the same.

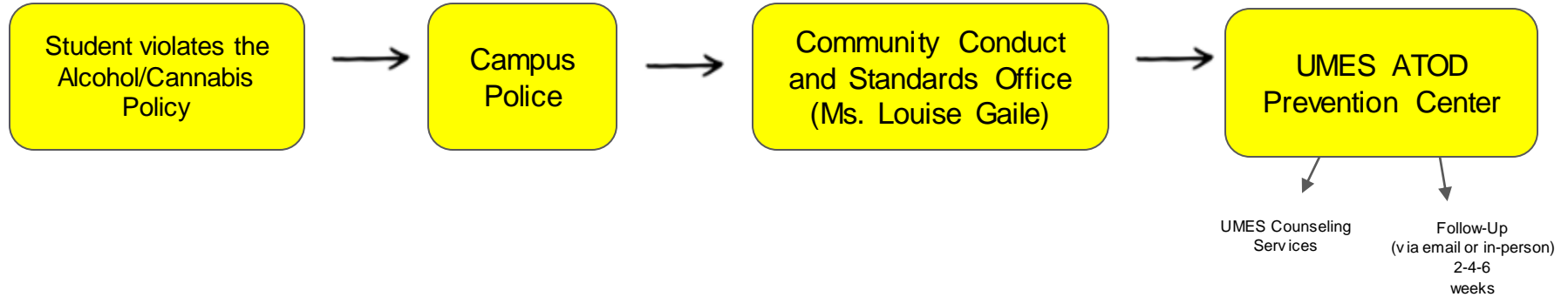
UMES Cannabis (Marijuana) Policy (continued)

Health Risks of Cannabis (Marijuana) Use:

- *Altered senses (for example, seeing brighter colors)*
- *Altered sense of time*
- *Changes in mood*
- *Impaired body movement*
- *Difficulty with thinking and problem-solving*
- *Impaired memory*
- *Hallucinations (when taken in high doses)*
- *Delusions (when taken in high doses)*
- *Psychosis (risk is highest with regular use of high potency marijuana)*
- *Breathing problems*
- *Increased heart rate*
- *Intense nausea and vomiting*
- *Temporary hallucinations*
- *Temporary paranoia*
- *Worsening symptoms in patients with schizophrenia- severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking*
- *Also linked to other mental health problems, such as depression, anxiety, and suicidal thoughts among teens*

For more information click the link: <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

UMES Policy Violation/Referrals



Note:

We do get students that are self-referrals. Either they have an off campus incident or they recognize that their substance using behavior has become problematic.

We have received referrals from faculty and the athletics department.

Screening, Brief Intervention and Referral to Treatment (SBIRT)



When a student is referred to the ATOD Prevention Center, first, they are enrolled on an online platform (IMPACT Feedback) which provides an alcohol or cannabis assessment/survey called BASICS (Balancing Alcohol and Substance Use to Improve College Success) which looks at a student's alcohol and substance use in a safe and accepting environment. The students are asked questions about their college goals, their substance use, what they experience when they use, provides information on the impact of use, etc.

Built into the BASICS Survey are the AUDIT (Alcohol Use Disorders Identification Test) screening and CUDIT-R (Cannabis Use Disorders Identification Test-Revised) screening. A score of 8 or higher indicates a student being at hazardous use or high risk for possible alcohol use/cannabis use disorder.

It also asks students how substance use might impact their goals and how they feel about making a change.



A Personalized Feedback Report (PFR) is created from the survey and is reviewed in the follow-up meeting which takes 45 minutes to an hour.

If the student scores an 8 or higher on the AUDIT or CUDIT-R, they are referred to the UMES Counseling Center to one of the counselors who is a Certified Alcohol and Drug Counselor.

We provide follow-up/check-ins with the students.

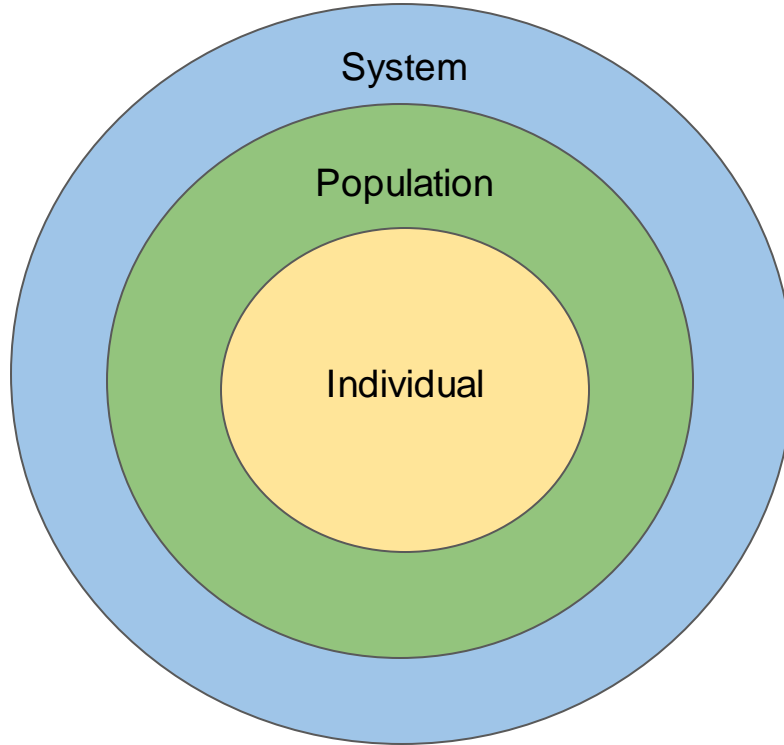
What is being done to address marijuana use at UMES?

Individual:

- Information Dissemination
- Education
- AUDIT
- CUDIT-R
- SBIRT

Population:

- Policy
- Enforcement
- Information Dissemination
- Education



CSAP PREVENTION STRATEGIES



System:

- Creating unified messaging
- Training on building skills to help students in need

NOT ON OUR YARD



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Be a responsible HAWK!

NOT ON OUR YARD

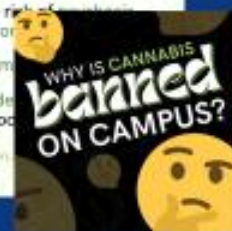
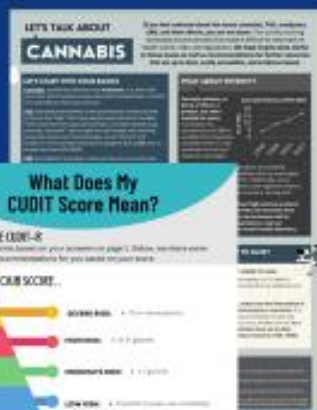


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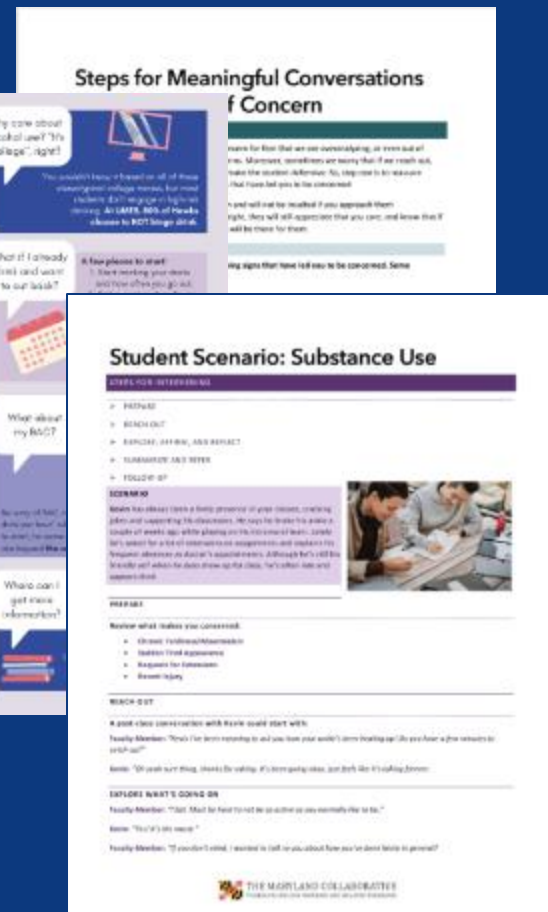
Be a responsible HAWK!

Resources to Address Cannabis

- Faculty and parent webinars
- FAQs on new Maryland law
- Infographics
 - Basics, use, and consequences
 - Cannabis and stress
 - Cannabis and mental health
 - Academic impact
 - State law
 - Campus policies
 - Why banned on campus



- Faculty and staff survey
- Faculty Training
- Res Hall /Student Affairs Training
- Roadmaps for campus resources
- Infographics



Engaging Parents and Families

- College Parents Matter Website
- Quarterly Newsletter
- Conversation Prompt Checklist
- Roadmap
- Custom letters

