

PANAPTIC

COMPREHENSIVE MARIJUANA PREVENTION

Offered in partnership with LA Best Babies Network

Cannabis Use & Perinatal Health: Short Conversations That Can Make A Big Difference

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PANAPTIC

COMPREHENSIVE MARIJUANA PREVENTION

Our Mission

Panaptic is dedicated to serving as the national leader in marijuana prevention for young people. We are committed to protecting the youth of America from the potentially harmful effects of marijuana use.

As educators and addiction specialists, we see the use of marijuana becoming the norm. We want to prevent the long-term damage this could cause an entire future generation and protect the well being of young people.



PANAPTIC

COMPREHENSIVE MARIJUANA PREVENTION

Our Clients

High Schools
Colleges and Universities
Healthcare Organizations
State Health Organizations

We Help

Young people
Parents and Families
Educators and Educational Leaders
Physicians, Therapists, Nurses
Mental Health Clinicians

Our Services

Targeted Digital Courses
Live Trainings
Group Consultations

Session Objectives

Objective 1

Describe changes in current trends related to attitudes & beliefs surrounding cannabis use, changes in THC potency, and methods of use.

Objective 2

Provide examples of how maternal and prenatal cannabis use can impact mental health and life outcomes for offspring.

Objective 3

Identify resources for continued learning for both practitioners and expecting/new mothers.

Objective 4

Share clinical strategies for addressing cannabis use with expectant mothers utilizing the motivational interviewing approach.



How can we work effectively with clients who use cannabis?

What are the main issues?
How does it impact pregnancy?
First, we will draw out how some
clients who use cannabis were using it
well informed on the topic
to inform things & to
diff. of cannabis use & know
children? How can it
perinatal health?
impact maternal health?



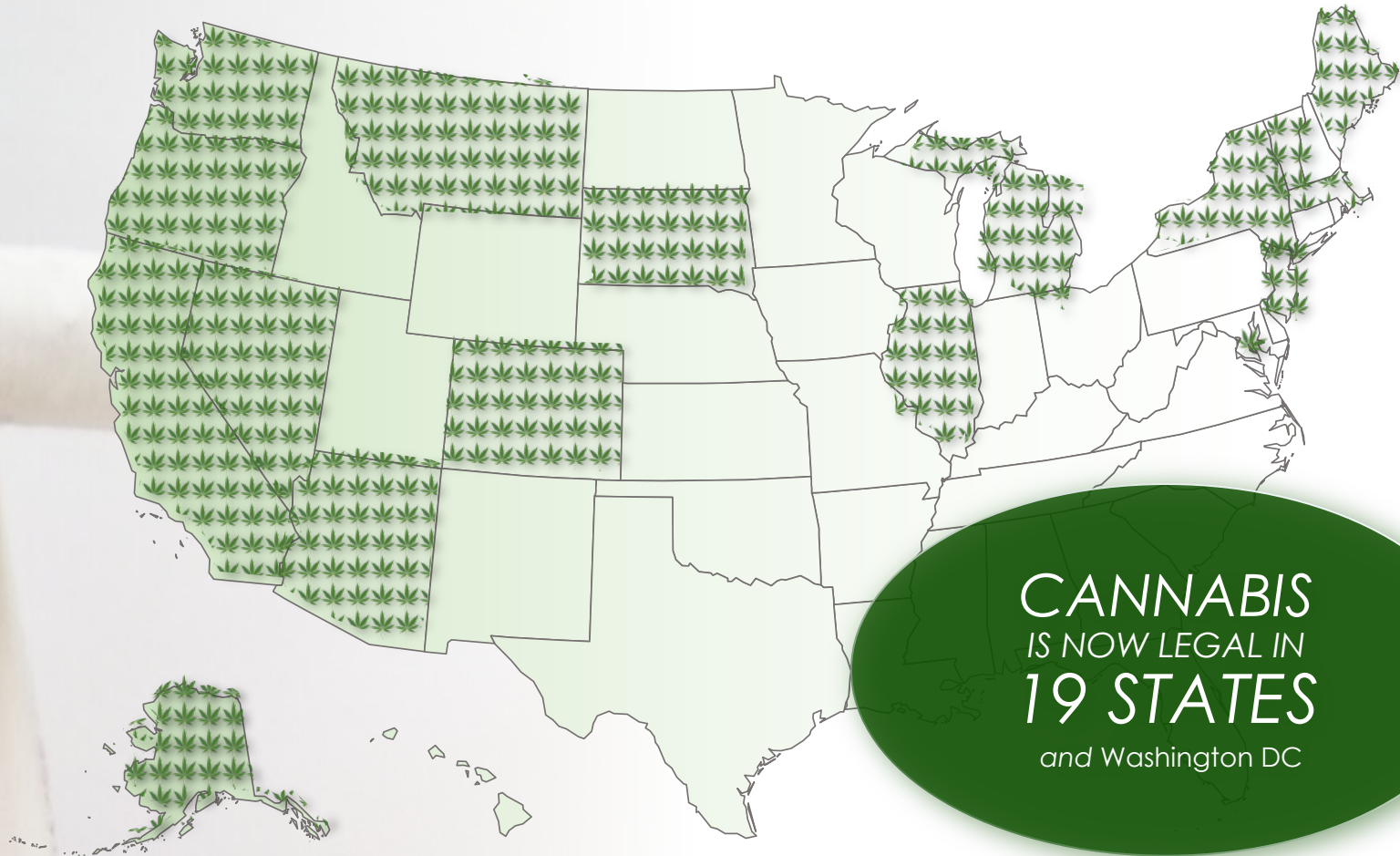
Changes in Perceptions & Patterns of Use



CANNABIS



Marlboro



CANNABIS
IS NOW LEGAL IN
19 STATES
and Washington DC



- Rates of use in early pregnancy INCREASED by 25% (6.75%-8.14%) between 2019 and 2021.
- Women are more likely to use cannabis if they are depressed, anxious, or have experienced trauma.
- 48% to 60% of cannabis users continue their use during pregnancy.
- Pregnant women use cannabis more than any other illicit drug.

How often do
expecting mothers
use cannabis?





Why are pregnant women & mothers using cannabis?



Challenges associated with cannabis & perinatal health research

- Scarce information
- Conflicting studies
- Variations in the forms of cannabis
- Lack of reliable methods to quantify the amount of cannabis



THC Potency & Methods of Use



Cannabis Potency

1960's

Early 1980's

Now averaging

2-3%

4-5%

19.6%

MANY STRAINS 23-33%



Potency in Various Forms

Flower



Concentrates



Edibles



THC levels up to **99%**.



WHY MORE PEOPLE ARE VAPING?



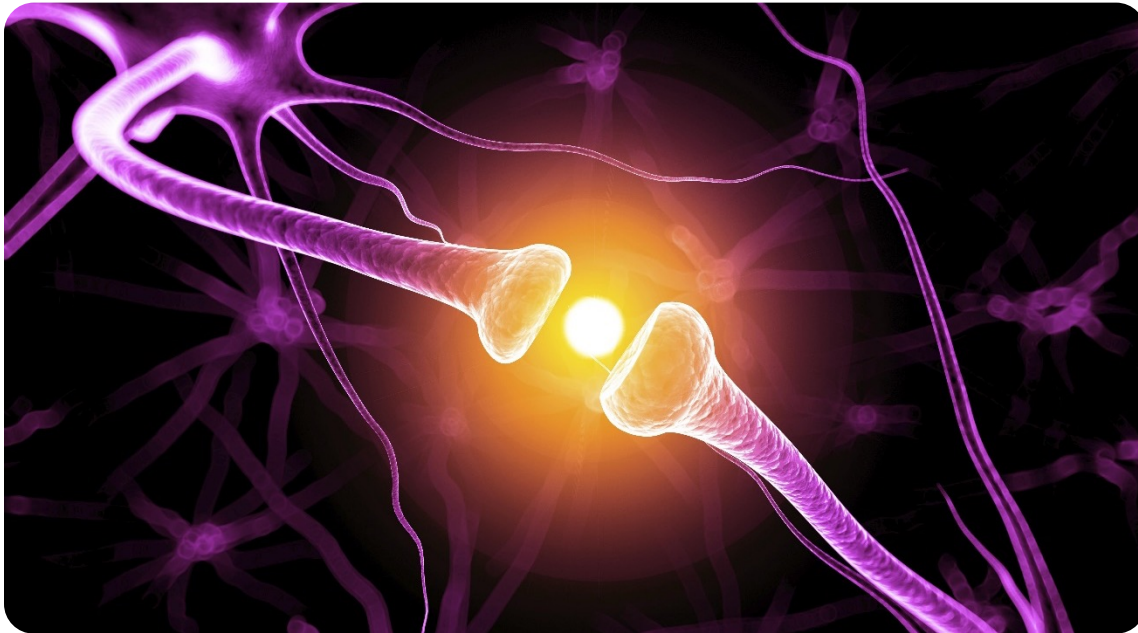
“CDC and FDA recommends that expecting mothers abstain from using e-cigarette or vaping products, particularly those containing THC.”



How does Cannabis Impact the Brain?



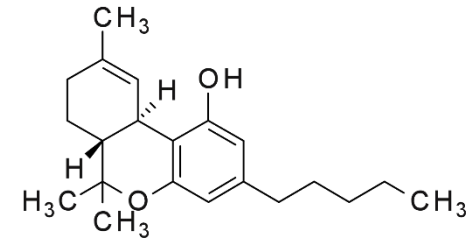
How does Cannabis Affect the Brain?



In 1988 Discovered Both interact with Cannabinoid Brain Receptors

Mechanisms of Action

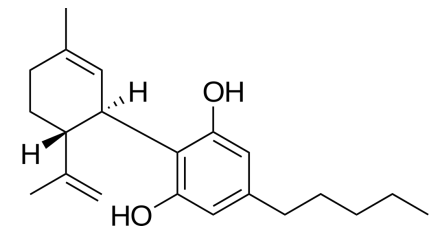
THC



Delta-9-tetrahydrocannabinol

Psychoactive ingredient

CBD

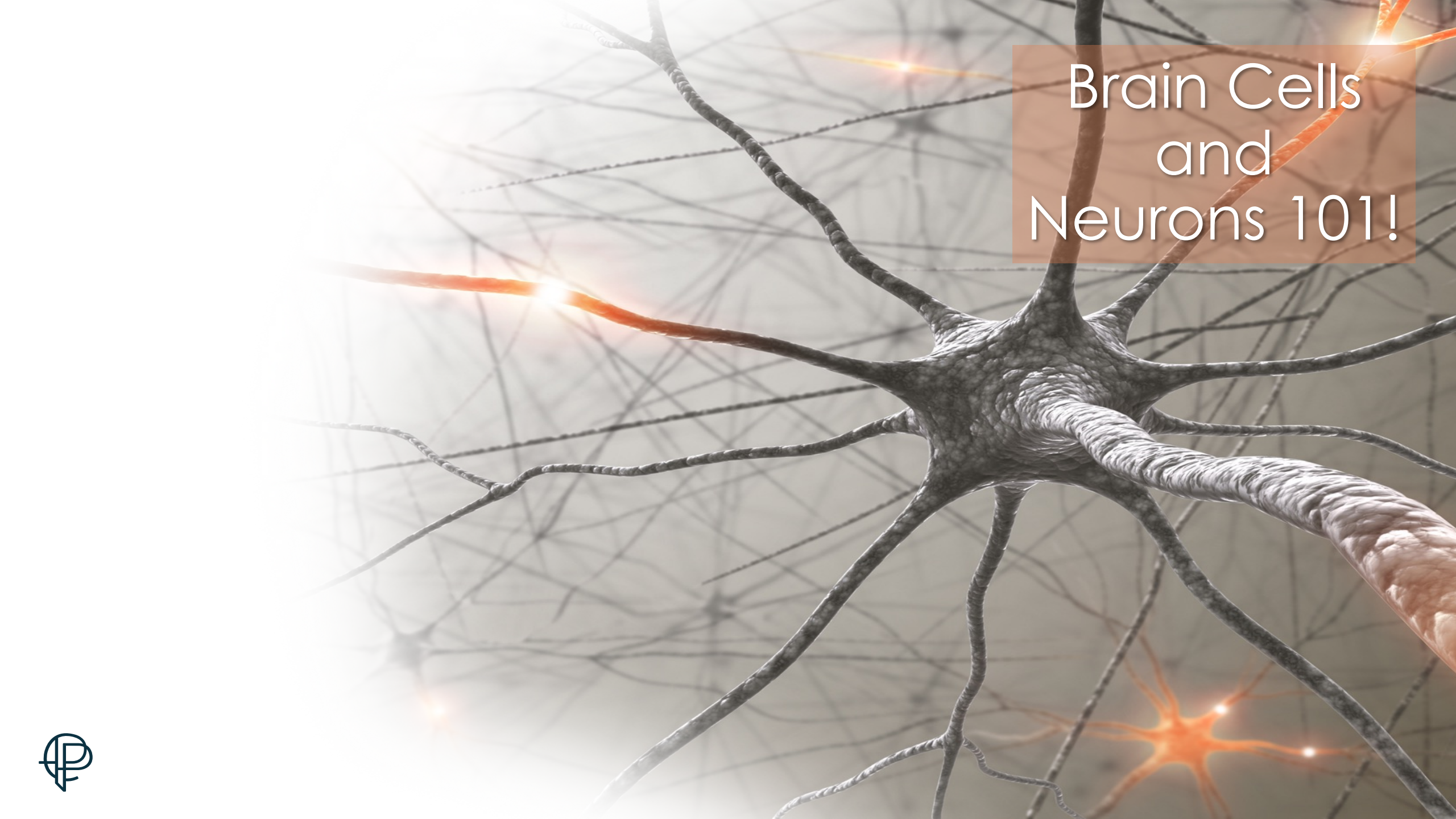


Cannabidiol

Much less psychoactive ingredient



Brain Cells and Neurons 101!



Endocannabinoid System

Regulates activity
of
most
neurotransmitters.



What is the **impact of cannabis use** on
fertility?



A close-up photograph of a person's hands holding a pair of small, red canvas sneakers with white laces and white soles. The person is wearing a blue denim jacket and a gold watch. The background is a blurred green outdoor setting.

Impact on Female Fertility

- Cannabis users are more likely to experience menstrual cycle disruption
- Deregulation of the pituitary and ovarian hormone levels
- May be a determining factor for female infertility or early pregnancy failure
- Can disrupt ovulation, tubal transportation and embryo implantation

What is the impact of gestational cannabis use?



Gestational Cannabis Use and The Placenta

Gestational Cannabis Use is Associated with:

- **Altered placenta weight:** disproportionately larger
- **Impaired placental blood flow** and increased placental **vascular resistance**



Impact from Gestational Cannabis Use



- Lower birth weight
- Lower brain to body weight parameters
- May decrease availability of glucose
- Higher risk of spontaneous pre-term birth
- More frequent neonatal intensive care

Cannabis Exposure During Gestation & Nursing

- As lipidic molecules, **THC** is **transferred** to mother's milk
- **2.5%** of Maternal THC is transferred to the infant
- THC can **remain** in the body for up to **30+ days** prolonging fetal exposure
- Smoking produces **5x carbon monoxide** than cigarettes



What are the potential **long-term neurobehavioral effects** of gestational cannabis use?



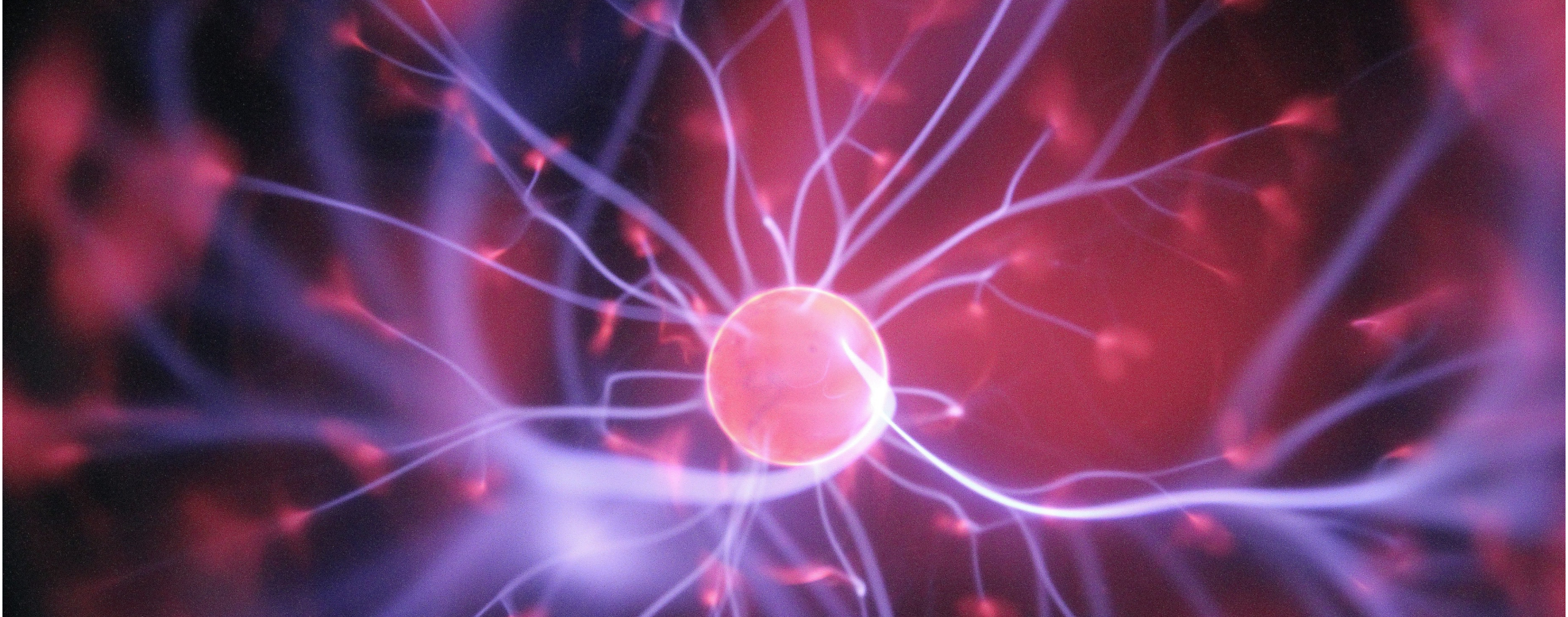
- Increased risk of autism spectrum disorder
- Higher incidence of intellectual disability and learning disorders
- Risk of developing a sleep disorder





When mothers use cannabis during pregnancy and nursing, their offspring experience:

- Increased rates of depression and ADHD
- Increased risk of autism spectrum disorder
- Academic deficits like gaps in problem solving skills and memory
- Increased rates of substance misuse in adolescence



Cannabis use can be linked to depression, schizophrenia, OCD, and substance use disorders in offspring



How can we practice **effective screening methods** for cannabis use?





Opportunities to Counter Negative Consequences through Screening



Screening



- Can involve standardized measures or conversations
- Women were about twice as likely to screen positive for marijuana use via a drug test than via self-reported measures



HELPFUL SCREENING QUESTIONS

- How often do you use cannabis?
- How many times a day do you use?
- What method(s) do you use?
- What's the THC level of the cannabis you use?
- Have you ever tried to stop? If so, why?
- What's the longest period of time you've gone without using cannabis? What was that like for you?



A photograph of two men sitting at a table in a brightly lit room with large windows. One man is seen from the back, and the other is facing him. A blue semi-transparent banner is overlaid across the middle of the image, containing white text.

What if my client doesn't see their
cannabis use as a concern?



A Key To Effective Intervention: Motivational Interviewing

Motivational Interviewing is particularly effective because:

- It is non-confrontational
- It promotes insight, self-understanding and self-efficacy
- It helps empower the client to own their decisions and the impact of their choices



Latest Findings

Research indicates that even single-session interventions using Motivational Interviewing have resulted in significant declines in cannabis use for both adults and adolescents

McCambridge and Strang, 2004.



Principles of motivational interviewing

1



Express empathy, building a strong rapport and refraining from advice-giving or “convincing” of the right way.

2



Develop a discrepancy between client’s values/goals and their current substance use behavior.

3



“Roll with Resistance”, refraining from becoming confrontational or argumentative.

4



Support self-efficacy by helping clients believe that they can change (but not cheerleading).



Key Motivational Interviewing Skills



Asking Permission

Ask open-ended questions

Affirm client's statements, showing that you understand, even if you disagree

Reflective listening

Summarization

Elicit "change talk" to increase motivation

- Problem recognition
- Intention to change
- Concern
- Optimism

Respond in a way that strengthens commitment to change and enhances confidence



Asking permission

Communicates respect for our clients. Also, clients are more likely to discuss changing when asked.

- “I ask all clients that I work with about substance use. Can we talk a bit about your current cannabis use?”



Open-ended questions to assess motivation

- How does cannabis use fit into your life as a mother/mother-to-be?
- What do you appreciate most about using cannabis?
- What do you dislike most about using cannabis?
- What signs would suggest to you that you would want to reevaluate your use?



Reflective Listening

- Shows interest
- Improves perception and accuracy (allow yourself to be corrected)
- Allows clients to hear themselves in a new way
- Feedback from clients lets you know how accurately you are understanding what they are sharing



Types of Reflection



Repeating
Simply repeats an element

Rephrasing
Substitutes synonyms

Paraphrase
Infers meaning

Reflect affect
Emphasizes emotional dimension

Reflect values
Highlights importance

Reflect ambivalence
States both sides

Overshoot
Overstates an issue

Undershoot
Understates an issue



Devil's Advocate Approach to Reflective Listening

Side with the client's arguments against change, to elicit change talk, overstating the case slightly.

- Examples:

- “Cannabis provides something so important in life it would be impossible to imagine giving it up, even if it had the potential to impact your baby's health.”
- “It sounds like it would take way more than worsening symptoms of anxiety to make you want to stop using.”



Readiness To Change

- Assessing readiness to change is a critical aspect of MI.
- A Readiness Ruler allows clinicians to immediately know the client's level of motivation for change.
- The Readiness to Change Ruler can also be used to have clients give voice to how they changed, what they need to do to change further, and how they feel about changing.



Using the Readiness Ruler

“On the following scale from 1 to 10, where 1 is definitely not ready to change and 10 is definitely ready to change, what number best reflects how ready you are right now to change your cannabis use?”



Providing Information

- **Ask what the client knows about the topic**
- **Ask permission to share what you know**
- **Provide the information (the 30 second version)**
- **Ask client what they think about the information you gave them**



Enhancing Confidence

Motivational Interviewing reminds us that:

- People cannot change until they **WANT** to change (importance) and they **BELIEVE** that they will be able to (confidence)



Enhancing Confidence

- Reviewing past successes using similar skills
- Reframing past failures as “tries” that are preludes to success
- Exploring resources within and outside of the client's network



What if it isn't that easy? Navigating Common Roadblocks in Therapy



You've got this!



Conversations with an expectant or new mother can make all the difference in their lives, AND in the lives of their children/family members for generations to come!!!

Thank you for taking time to learn more about how to support your clients.

What questions do you have for us?



Thank you for joining us!



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