

A clinical approach to cannabis use among adolescents

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Referral to Treatment



Inpatient hospital program

- CAMH Concurrent Youth Unit (CYU), provincial service for the clinical care of youth, 14 to 18 years old, who require voluntary or involuntary treatment.
- Patients require a diagnosis of "concurrent disorders": a **moderate to severe addiction** to substances and accompanying mental health challenges.
- Multidisciplinary team: Psychiatrist, Pediatrician, Family medicine hospitalists, social workers (MSW), RNs, CYC, pharmacist, recreational therapist.

Referral to Treatment



Day treatment programs

- Daily from Monday to Friday, and usually consist of both school and group treatment with other young people.
- Many programs also offer family counselling and one-on-one counselling.

Referral to Treatment

Outpatient treatment

Counsellors meet with a young person and/or the person's family.

The frequency of these meetings is decided between the counsellor and the young person or family.



Youth Addiction and Concurrent Disorders Service (YACDS) - 14-24 yrs

Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) - 14-24 yrs



Substance Abuse Outpatient program - Up to 18 yrs

Referral to Treatment

Residential treatment

- Intensive treatment, for which a young person stays at a treatment facility 24 hours a day.
- These programs can last from 21 days to several months.
- **Portage**
- **Pine River Institute**



PINE RIVER
Institute

Community Services

- A few agencies provide services in the community, ***meeting young people and their families at home.***



at Sunnybrook



Youth Substance Abuse Program

Youth ages 14-24

Harm reduction approach.

Individual counselling sessions.



Services offered are provided from a harm reduction approach for youth ages 12-24.

PARENT RESOURCES

Spring 2018

Cannabis: What Parents/Guardians and Caregivers Need to Know



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Talking to Kids About Recreational Cannabis




ONTARIO MEDICAL ASSOCIATION

caring for kids

cps.ca
Information for parents from Canada's paediatricians



CANADIAN PUBLIC HEALTH ASSOCIATION



CANNABIS TALK KIT

KNOW HOW TO TALK WITH YOUR TEEN

#cannabis



DRUG FREE KIDS CANADA.ORG

PARENT RESOURCES

CAMH

<https://smh-assist.ca/wp-content/uploads/WEB-Cannabis-Information-Document-SMHA-CAMH-ENGLISH.pdf>

ONTARIO MEDICAL ASSOCIATION

<http://www.ontariosdoctors.com/wp-content/uploads/2018/09/Talking-to-kids-about-recreational-cannabis.pdf>

CANADIAN PEDIATRIC SOCIETY

<https://www.caringforkids.cps.ca/handouts/marijuana-what-parents-need-to-know>

HEALTH CANADA

<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

TEEN RESOURCE



<https://www.camh.ca/en/health-info/guides-and-publications/lrcug-for-youth>

- Tool to initiate conversation about cannabis use with adolescents.
- Educational resource based on *Canada's Lower-Risk Cannabis Use Guidelines (LRCUG)*.
- Information on *safer* ways to use cannabis using evidence-based recommendations.

Zero Tolerance

One in 10 drivers in Grades 10 to 12 report driving a motor vehicle after using cannabis (OSDHUS 2015).

Young and Novice Drivers

- As of July 1, 2018, young and novice drivers are prohibited from having any presence of cannabis in their system as well as other drugs that can be detected by an [oral fluid screening device](#).
- If police determine the presence of cannabis or alcohol,

Resources for Providers

1. Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS)
2. Centre for Addiction and Mental Health, Ontario Student Drug Use and Health Survey (OSDUHS)
3. Health Canada Youth Smoking Survey (YSS) 2012-2013
4. Canadian Centre on Substance Abuse (CCSA)
5. Monitoring the Future (MTF) Survey
6. National Institute on Drug Abuse (NIDA)
7. Centers for Disease Control and Prevention (CDC) National Youth Tobacco Survey