

Remote Alcohol & Other Drugs Workforce Northern Territory

Cannabis



Why do people use cannabis

There are lots reasons why people use cannabis.

Can participants name some of the reasons why

Why is it that some people can use cannabis a little bit and it doesn't cause them any problems, while others who use a little bit causes them big problems? For those who use a lot it can be the same way.

To understand why cannabis can be a problem you need to know how cannabis works and the risks of using cannabis.



What is Cannabis



Understanding Cannabis as a Drug

A 'Drug' is anything except food & water which when taken alters the way the body functions physically and/or mentally.*

Source - *WHO, 1981 www.who.int



Cannabis is

- A drug that comes from the Indian Hemp plant (cannabis sativa)
- The dried leaves and flowers (heads) are usually smoked or sometimes eaten
- The active ingredient in the plant that makes people feel high is known as **THC**

In other words (Delta 9 tetrahydrocannabinol)



Cannabis is called by many names

Yarndi

Weed

Patcha

Pot

Marijuana

Gunja

Are there different names people call it on your community?



Whatever you call it

Cannabis in the NT is illegal to grow, buy, sell and use for everybody.

If you get caught doing any of the above you may -

- Get a caution
- Get a fine
- Go to prison
- End up with a criminal record



CANNABIS AND YOUR HEALTH



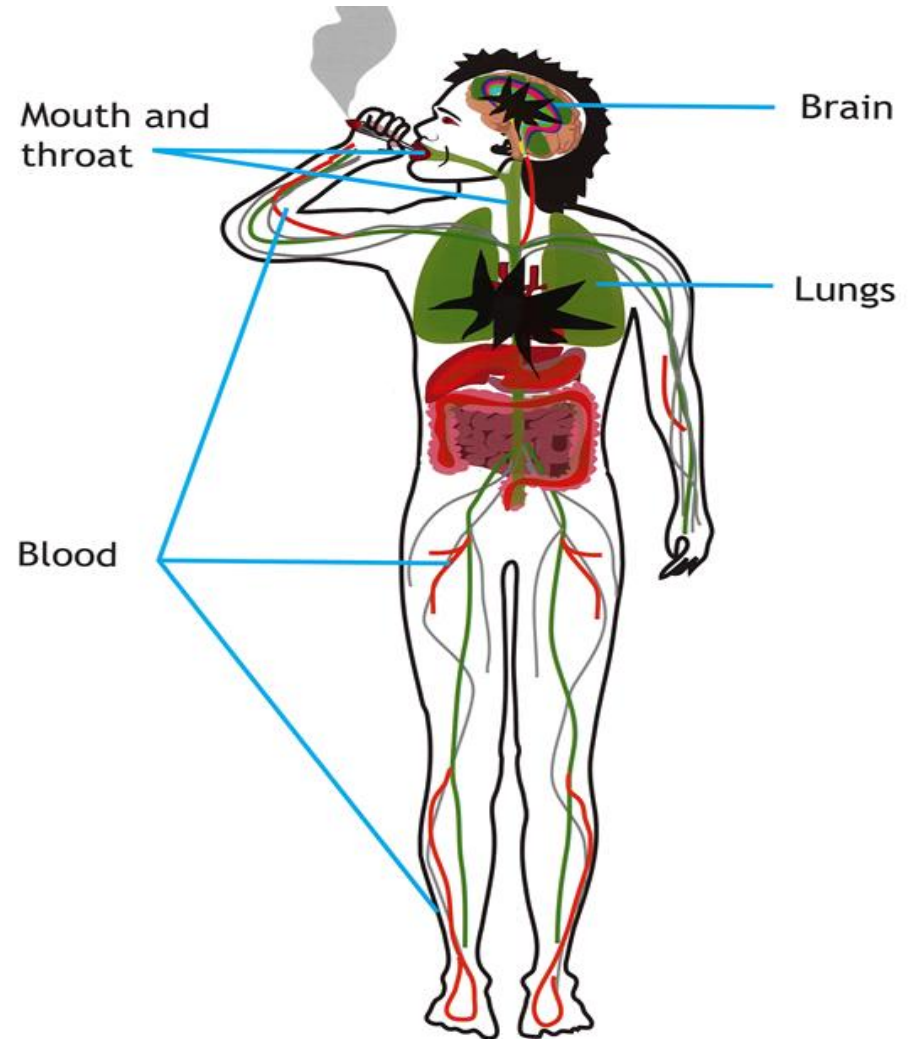
Cannabis and Health

Taking Cannabis increases the risk factors for short and long term health and wellbeing problems for Men, Women and Young People.

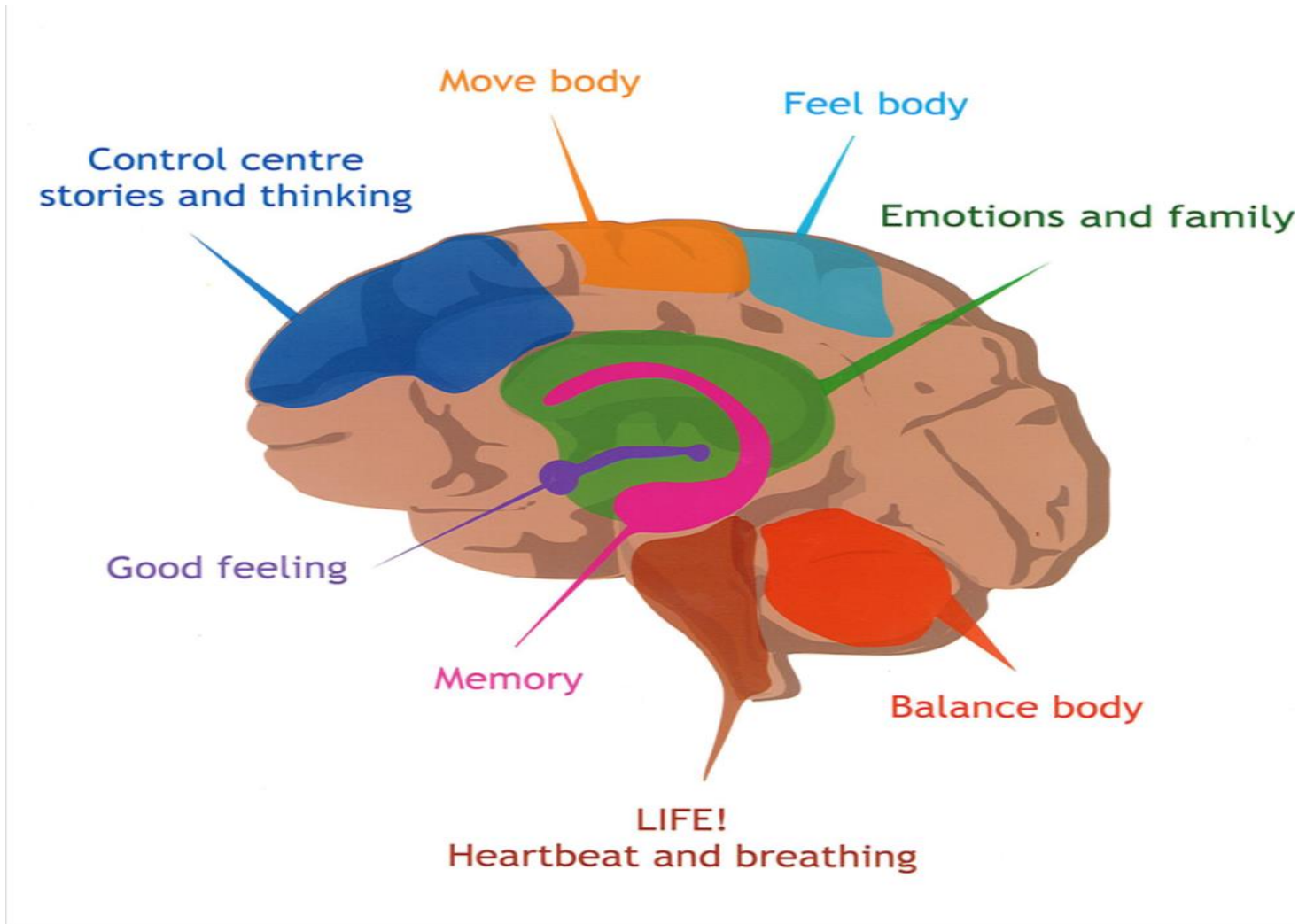


Where the body is effected

Cannabis can effect different parts of the body



Where the brain is affected



The effect of cannabis – when people smoke a little bit

- Laughing at things that are not funny
- Loss of inhibition
- Increased appetite – eating lots of rubbish food
- Affected perception – can alter your vision & your understanding of time and space
- Thinking – your reaction time can be slowed making it hard to respond to things quickly



The effects of cannabis – when people smoke a lot

- Lung cancer – cannabis has more tar than cigarettes
- Lack of motivation – people who smoke it a lot find it hard to be interested in doing things like
- Memory – may might forget the stories of our culture for your family
- Mental Health – If a person has depression or a mental health issue cannabis can make it worse



Using cannabis for a long time

When cannabis is used for a long time it can affect a persons wellbeing

When people get fearful, anxious, paranoid or depressed

It shows the person that cannabis is no good for their body and their brain doesn't like it



Using cannabis for a long time

If a person has been using for a long time or a lot and they run out, they can get angry depressed or sad



Withdrawal from Cannabis

- When people stop using cannabis they can start to feel irritable, sad & upset
- They might have trouble sleeping or have strange dreams and not feel hungry
- This is called withdrawal sickness and people need to get help



Social Problems

When someone uses too much cannabis, it can cause problems not just for the person but for the family, friends and community

- It can make people lazy, sick and less able to work
- It's expensive and people will have no money to spend on food and other essentials
- It can make people forget about community rules and responsibilities



Other effects of cannabis - Bingeing

- When people smoke a lot in one session (bingeing) they forget other areas of their lives like work, family and community
- Smoking a lot at once can make people sick and they may need to vomit
- It can also make people experience psychosis and confused thinking



Cannabis and other drugs – poly drug use

- When people use different drugs together at the same time like cannabis with grog and tobacco it is called poly drug use
- The effects can be unpredictable and increase the chances of things going wrong, like getting sick
- When using tobacco and cannabis together people can become dependent on both making it harder to stop both
- The chemicals from both can increase the chances of someone getting cancer



Cannabis & pregnancy

The chemicals from the drug goes through the mother's blood into the baby's brain and body.

The baby will not get all the nutrients from the mother's food to help the baby grow to be healthy and strong.

The best thing is not to smoke cannabis while pregnant



Who can help

If you are worried about a family member or your own cannabis use, you can see a:

- Remote AOD Worker (RAODW)
- Aboriginal Health Practitioner (AHP)
- Clinic Nurse
- Clinic Doctor



How can people access these services

- Call the community health centre in your town and make an appointment
- Come and see us at the health centre to make an appointment
- Your Doctor or Nurse can refer you to the AOD worker



*Ngurra Tjutaku Palyapayi:
everyone's home, working together
for good*



The End

Any Questions

- Thankyou for listening
- If you would like to know about Remote AOD Workforce Program and our resources
- Please call us on
- (08) 8958 2503
- Or visit the website
- www.remoteaod.com.au



References & acknowledgements

Source Information

- Cannabis - produced by Australian Drug Foundation (ADF), 2014
- What's the Deal – Cannabis facts for parents National Cannabis Prevention Centre (ncpic)

Graphics

- Slide 3 - Clipart
- Slide 7, 20,21 – Illustrations by Patrick Bayly
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- Slide 10 & 11 – The Gunja Brain Story, National Cannabis Prevention and Information Centre (ncpic)

Artwork

- Slide 22 - Ngurra Tjutaki Palyapayi – by Alison Multa Napurrula

