Blunt Talk:
Addressing the Myths of Marijuana with Student-Athletes

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Your Team

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**SASSO Peer Educators:** Younkin, 614.292.7088

**Student Wellness:** B130 RPAC, 614.292.4527, wellness@osu.edu
Problem: Increased positive drug tests for marijuana
Solution: Blunt Talk

1) Involve Peer Educators

2) Use Motivational Interviewing

3) Address Myths / Enhance Coping
Involvement of peer leaders
Student Athlete Peer Educators
Student Athlete Peer Educators

• Created as part of 2011 APPLE Conference Action Plan
• Needed Administration support
• Campus collaborations are key; Student Life Student Wellness Center, Sports Psych, Collegiate Recovery Community, and others
• NCAA Choices Grant recipients 2013-2016
• Annual trainings and events
• Budgetary needs
#ClubYounk Partysmart Stations!

Student Athlete Peer Educators
Before the “Blunt Talk..”
Cannabis Screening and Intervention for College Students (CASICS)

Goal: To reduce risky behavior and harmful consequences of cannabis use

Format:

- Individual, educational and non-judgemental
- Session 1: Information Gathering (via MI, online assessment)
- Session 2: Personalize feedback, goal setting, harm reduction plan
“People are generally better persuaded by the reasons they themselves discover than by those which have come into the mind of others”

- Pascal
First Year Success Series

- Discussion based, nonjudgmental, non-confrontational
- Based on harm reduction principles
- Address behaviors, myths, laws, policy, impacts
The “Blunt Talk”
Why are we here?

1. Start the discussion

2. Break down the myths of marijuana use
   - Myth #1: “I don’t smoke; it’s not my problem!”
   - Myth #2: “Everyone is doing it!”
   - Myth #3: “Marijuana isn’t harmful!”
   - Myth #4: “I don’t know what else to do!”

3. Review effective mental skills

4. Questions
OSU Athletics Drug Testing Policy

First positive: Counseling

Second positive: Loss of two weeks of playing time in season

Same penalties for alcohol violations
Teams may have stricter policies
NCAA Drug Testing Policy

Year-Round Testing on Campus: PED only

Championship Testing: PED & Recreational Drugs

First positive: Loss of ONE YEAR of eligibility for performance-enhancing or street drugs; 6 months for marijuana positive

Second positive: Loss of another year
MYTH #3

“Marijuana isn’t harmful!”

WEED IS NOT A DRUG
IT'S A PLANT
THEREFORE, I'M NOT A DRUG DEALER, I'M A FLORIST
Effects of Marijuana – The Bad

THC Content Has Increased Dramatically
0.2% in 1972 to 19% in 2015 (average)
Not Your Father’s Weed
How does marijuana affect the BRAIN?

- Ability to study and retain information is impaired for up to 5 hours after MJ use.

- Study in New Zealand: persistent, heavy use of MJ resulted in loss of ___ IQ points? (Average IQ = 100)

- Experience of paranoia...marijuana increases the risk of which mental illness?
Effects of Marijuana – The Bad

MARIJUANA’S EFFECT ON SLEEP

- Marijuana decreases the time it takes to fall asleep.
- Marijuana also suppresses REM sleep throughout the night.
- Marijuana increases Stage 2 (light) sleep throughout the night.
- Marijuana increases Stage 4 (slow wave) sleep in the first part of the night.
Effects of Marijuana – The Bad

Drugged Driving

WA: Recreational MJ legalized 2012. % of DUls positive for MJ:
19% before 2012 ... 33% in 2015

MJ and Alcohol: both CNS Depressants; Synergistic Effect
Additive: 1 + 1 = 2
Synergistic: 1 + 1 = 5

Very low levels of both can cause major impairment
0.035 BAC + low dose of THC = 0.09 - 0.14 BAC

MJ and driving: Slows reaction time, Interferes with time & distance perception, divided attention, motor coordination
Effects of Marijuana – The UGLY

Decreased Testosterone:

• Testicular shrinkage
• Breast enlargement
• Loss of sex drive
• Erectile dysfunction
• Loss of muscle mass
Effects of Marijuana – The Athlete

- Marijuana can inhibit sweating thus ability to regulate body temperature
- Your muscles will fatigue more quickly
- Decreased reaction time
- Speed, lung capacity, and stamina all can drop with marijuana use
- Using drugs or alcohol increases your chances of suffering from a career ending injury

Skill impairment due to marijuana use may last up to 24 to 36 hours after usage
MYTH #4

“I don’t know what else to do.”
The Emotional Cycle

Negative Feelings
Stress, hurt, anger, frustration, loneliness, inadequacy, self-hate, anxiety, grief, loss, sadness, fear

Numb feelings through alcohol, other drugs, restricting, binge eating, gambling

Temporary Relief
Guilt, fatigue, stress, low GPA, loneliness, hate, anger, sadness, inadequacy
New Routines

• Become aware of your cues and rewards
• Watch a funny video
• Get a foot rub
• Take a warm bath
• Hot tea
• Meditation
• Relaxing walk
Mental Skills

• Learn to tolerate the feelings
  *Diaphragmatic Breathing*
  *Mindfulness (notice facts, for example)*
  *Journaling*

• Reach out to teammates and friends
• Other skills? How does this team support each other?
Our findings/feedback

- 21 of our 36 varsity sports completed
- Over 580 athletes
- Coaches also received presentation in a separate meeting
Blunt Talk
Pre/Post Data
I have effective skills for managing stress

PRE
- Strongly Agree: 64.3%
- Agree: 24.3%
- Disagree: 9.7%

POST
- Strongly Agree: 46.6%
- Agree: 47.7%
- Disagree: 9.7%
I know the consequences of positive drug test for OSU & the NCAA

PRE

POST
I know how marijuana affects athletic performance

PRE

POST

Strongly Agree
Agree
Disagree
Strongly Disagree

43.7%
30.1%
24.1%

74.8%
24%
At OSU, what percentage of student has never used marijuana

66% of OSU students have never used MJ.

National Collegiate Health Assessment, 2014
I am satisfied with the information I learned in this presentation

Students listed the following resources on the pre-test:

- Student Wellness Center
- SASSO
- Student Health Center
- Peer Educators
- Hospital
- Sports Psychologist

- Coaches
- Office of Student Life
- Rec. Center
- Athletic Trainers
- Drug Free Sport
Resources

• Your Athletic Trainer

• **Sport Psychology:** Sports Med 2050 Kenny Rd 614.293.3600

• **SASSO Peer Educators:** Younkin 3rd Floor 614.292.7088

• **Student Wellness:** B130 RPAC, 614.292.4527, wellness@osu.edu

• **E-TOKE.** Want to learn more about your use? Google “e-TOKE Ohio State”
How are you addressing MJ within specific student populations?
Questions?

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