



Can We
Talk?

CannTalk

Discussion Guide



CANNABIS EDUCATION
& RESEARCH PROGRAM



Cannabis Use

Tell me about your cannabis use.

What do you like about using cannabis? What do you get out of using cannabis?

What about the other side? What are the not so good things about using cannabis?



Goals

What are some of your short- and long-term goals?

From what you've just talked about, what are your top 3 goals?

1.

2.

3.

Now, use this scale to rate how cannabis affects each of your goals, from very negatively to very positively.

1 Very negative	2 Negative	3 Neutral	4 Positive	5 Very positive
---------------------------	----------------------	---------------------	----------------------	---------------------------

My goal	My cannabis use affects this goal...	Reducing my use would affect this goal...
<i>Example: I want to finish my college degree.</i>	2	4

Questions for each goal:

- How does your use affect you meeting your goal? Why did you pick that rating?
- How would reducing your use affect your ability to meet that goal? Why did you pick that rating?
- What are other ways to get the things you want from using cannabis?

Psychosis



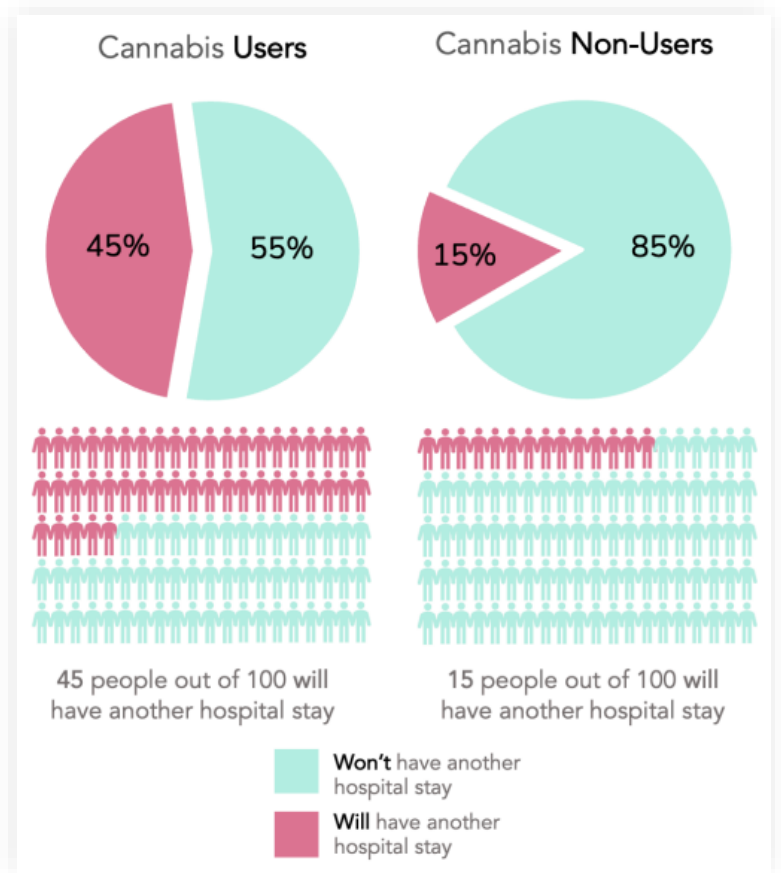
What have you noticed about how cannabis affects your psychosis?

Risks

Could I share what research has found about cannabis and psychosis?

For most young people with psychosis, regular cannabis use leads to more symptoms, which leads to more hospital stays. Research has found that young adults entering an early psychosis program who continued to use cannabis had a much higher chance of a re-hospitalization for psychosis. Young adults who never used cannabis, or stopped using cannabis when they entered treatment, had a much lower chance of being re-hospitalized.

What do you think about this?



Wade D, et al. Substance misuse in first-episode psychosis: 15-month prospective follow-up study. *The British Journal of Psychiatry* 2006 Sep;189:229-34.

Motivation

Are you considering making changes to your cannabis use?

Yes

What kinds of changes are you considering?

What might be the top 3 reasons that you would consider changing your use?

1.

2.

3.

How would you go about making that change? Who will support you in your efforts?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

No

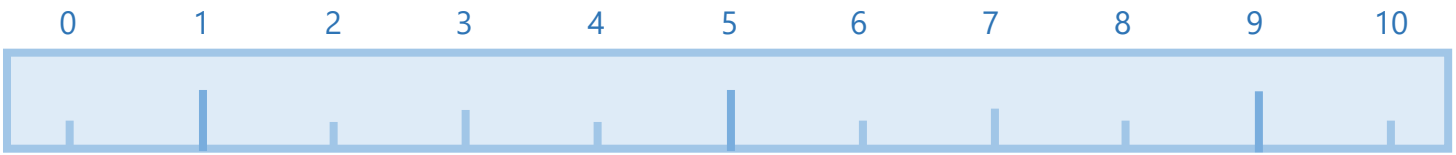
What would have to be different with your cannabis use or experiences to prompt you to want to change?

How would you do it if you decided you wanted to make a change?

Who might support you?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

How ready are you to make a change? Using this ruler, where would you say your motivation to change falls?



I don't think I need to make changes right now.

I am seriously considering making changes.

I have started to make small changes.

Next Steps

What would you like to do with this new information?





Content Development

Denise Walker, PhD

Project Director and Program Evaluator

Lyndsey Kellum, MEd

Material Design

Erinn McGraw, BFA

Accessibility and Content Management

Meg Brunner, MLIS

Program Oversight and Consultation

Bia Carlini, PhD, MPH

Sharon Garrett, MPH, MA

Funded by the Washington State Legislature through ESSB 5187 (2023) and by the Washington State Dedicated Cannabis Account awarded to the University of Washington.

Citation

Walker, D, Carlini, BH, Kellum, L & Garrett, SB (2023). *CannTalk Discussion Guide*. Seattle, WA: Addictions, Drug & Alcohol Institute, Department of Psychiatry & Behavioral Sciences, University of Washington.



**CANNABIS EDUCATION
& RESEARCH PROGRAM**

