



Can We  
Talk?

# CannTalk

## Discussion Guide

## 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.**

<b>1</b> Very negative	<b>2</b> Negative	<b>3</b> Neutral	<b>4</b> Positive	<b>5</b> Very positive
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<b>My goal</b>	<b>My cannabis use affects this goal...</b>	<b>Reducing my use would affect this goal...</b>
<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



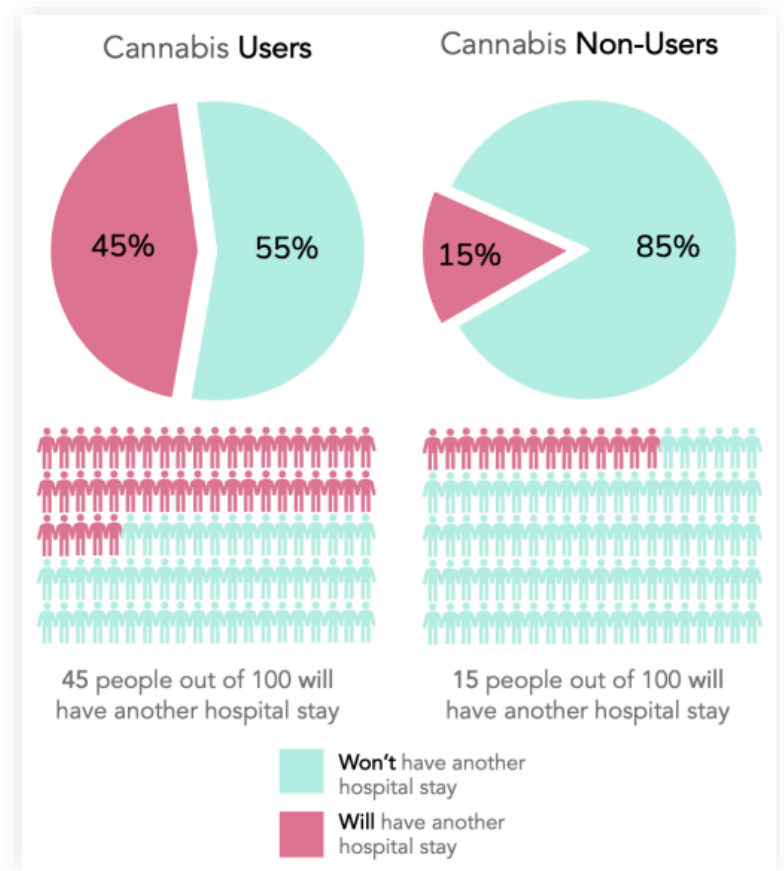
**What have you noticed about how cannabis affects your psychosis?**

## 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?*

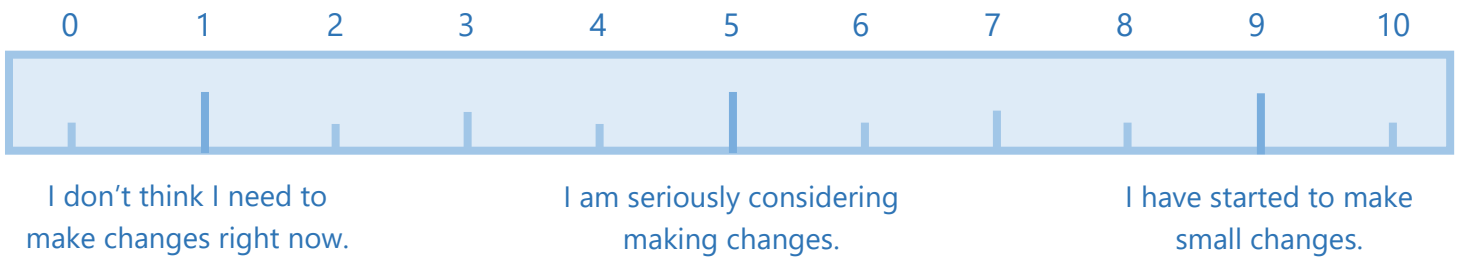
**No**

*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?*

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



## Next Steps

***What would you like to do with this new information?***





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**CANNABIS EDUCATION  
& RESEARCH PROGRAM**

