

WEBVTT

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Andre Miguel: Hi, everyone. My name is Andrea Miguel. I prepared the marijuana curriculum, and today I'm going to share you some suggestions on how we would go about the stations. So 2 of them, the Cbl case and the the psycho education on the poster is pretty much self, explained. I won't really well, there.

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Andre Miguel: and you obviously can reach me in my email. If you have any questions regarding that. The other station is the focus and memory station, where they have to memorize names and callers on this abstinence state, and then do the same procedure under the influence of marijuana, where they have to be, you know, standing on that yoga ball, they wear glasses, they leave, listen to loud noises.

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Andre Miguel: and and they compare how their performance go. So in that station, usually when I'm explaining what we need to do, go do I usually share them that in order to learn new behaviors. We need basically the ability, you know, the cognitive resources that we use is our ability to focus.

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Andre Miguel: And and that will give us the resources to to memorize things right? So we need to focus in memory. And when we smoke marijuana the the kind of the we have endoconameter is receptors all over our brains. we'll I'll just go back a little bit. So in order to have focus in memory, you need to fire the the Pam magic system, mostly from those projectors, from you

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Andre Miguel: or Ivo campus nuclear combinations towards your pre for to frontal cortex right? And when you smoke marijuana, you're in the Caribbeanite system in your brain is spread all over your brain. So when you smoke weed

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all of those receptors are firing, and and as consequences, you have this kind of de-organized functioning of their brain where your ability to focus and to retain main memory is reduced. So that's basically how I explain it to them and it, as you see, it's usually they enjoy a lot. The station, and finally the last one

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Andre Miguel: we call it. He screen, withdraw. I I'll share my screen. It's gonna be easier to to visualize what what I mean with that. So basically, this station, what we do is experience physical withdrawal from drugs of abuse. So I give a quick explain. So usually we have projectors, they're sitting down and we're gonna give this 1015 min talk where we're gonna expose them to red light, and they will potentially create withdraw from light right? And the idea is, although we're talking about marijuana is

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really to you know, how withdraw really, any substance of your abuse leads to withdrawal right? That's one of the characteristics. Any and all types of substance of the abuse will lead eventually to withdrawal. It's withdrawal for people that are frequently using those substances.

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So usually, what I go is I do I? I ask them, hey, do you guys know what physical withdrawal is? You know someone that have my ideas? Usually they say, you know that very uncomfortable feeling that you get. if you don't use a drug, which is pretty much right? Right? So that then we start and we go basically. So

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Andre Miguel: first thing we need to know is what drugs of up to in common. All drugs of abuse have the power to change our brain functioning, affecting our behavior, mood, and thoughts, and try. It's time to throw in. Explain a little bit of it. The blood blood barrier, so that most substances that we consume, and in jest the A are actually toxic to our brain. Say that. So they don't pass to our brains because we have this brain barrier

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blood brainberry that protects us, however, all substances of there. But one of the things that all substances of of view has have in common is the fact that they pass that and what makes them, you know

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Andre Miguel: what? What allows them to pass the blood berries that all of them are small molecules for fairly small molecules. Right? drugs about you have the propensity. The cost comes so compulsive and addiction and

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Andre Miguel: all types of drugs of abuse will lead to the development of physical withdrawal if using a used in a certain frequency right And then. So in order to understand what withdraw is. We need to talk about terminal status right? Which is this ancient Greek beautiful word. Usually, if I play around with them, I try to make them laugh.

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Andre Miguel: You know my my view on the fact is that if you're firing dopamine, you're focused, you're learning. You're creating memory right? So if they're able to enjoy this activities. They're having a laugh, they are there, there, there! There's a higher chance that they will be grabbing Some of the information that we're sharing. So basically, the idea is to what there is. It's been a little bit of of one of those does this.

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Andre Miguel: And then to explain that the the the brain is really the overseer of this on your status, and so usually the examples I give. You know, if it's super hot out there and you're playing soccer. What starts happening like you heat up. Then you start sweating. Why do you sweat? Because you're reducing your temperature. But then what happens? You dehydrate

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and in the value, you know, the reinforcing value, the desire to drink waters increases drastically. the opposite, you know when you're really cold, you kind of shiver.

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Andre Miguel: So those are some examples that are really easy for them to grasp and and and you can get an idea of your own status. Right? So then.

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Andre Miguel: basically, we go over this again. So the brain is work. You know, it is the over here, and so always working to maintain our body in this optimal state of survival drugs of abuse drugs that lead to addiction. they interact with that system and taking us away from that optimal state to take taking us away from all of us. That is.

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Andre Miguel: when we start using drugs. Frequently our brains learn how to how the effect of those those substance work and develop strategies to counter those effects usually creating opposite responses. Right. So the the

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Andre Miguel: the brain learns how to oppose those effects of the substances. and to do that, the brain takes into account the effect that the drug has like I was saying, and

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Andre Miguel: and and create what we call an opposite. Oh, no, I forget the name of it. It's it was probably here in the in the text. We call it the opposite drug response.

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Andre Miguel: so you know, if the immediate effect of a drug is good, it's pleasant, full. The opposite of fact of that is is negative and aversive. So when the drug is consumed, very often our brain takes into account. The it's expect that drug to be used, and is already, you know, balancing it. So no status is taking into account effect of the drug. However, when we don't consume the drug.

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that you know. That opposite response had got, it reaches its full effect, taking us away from our mail St as is in the direction of the opposite effects of the drug right? And that's when we experience physical withdrawal. And because different drugs act and impact are from brain functioning different ways. The symptoms of the withdrawal effects are are are different. Right? And then, at the usually at this moment, I kind of describe this in

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Andre Miguel: some mythology of of of physical withdraw from opioids, because they are more visible, right and very physical, whereas with stimulants it's very subjective. It's very like craving and urges to use. It's not so as much physical as opioids are. So usually I kind of give that explanation. And we regarding marijuana. I I talk about it, you know, like difficulty in falling asleep, things like that. Those are also a withdrawal symptoms from marijuana. So I give them some of some examples.

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Andre Miguel: And then so here's the fun part. This is when you know

usually they get more engaged. And I basically tell them that they're gonna experience a physical withdraw from caller. Right? So what we do is so you create this analogy that you know the caller wide is you in your normal state in your average

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Andre Miguel: day, doing your average things? Red, is this really intense? Plus the phone feeling that you get from smoking marijuana, and then the opposite of of red, which is this really hot caller, is a cool caller, which, would be unpleasant for aversive. You know, the physical withdrawal symptoms, and and then I ask them to, you know, focus whatever you do, focus on the red dot.

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Andre Miguel: Oh, sorry on the black dot, and you know you can make some jokes. Usually some of the students are looking at you. Then you kind of joke around. Say, Hey, You know, I know. I I I know I'm I'm good looking. But you gotta focus on the right. I you gotta make this effort or something like that. Right? And so basically, what you're gonna be doing is shifting between slides. you know, between wide and red, while you're telling the story every time you're telling a store, and it's

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again. This is how I go about it. But you guys can adapt it and do it. You know your own way. I'll give you free license to do. however, you feel makes more sense. But The idea is that to tell a story about a kid that's starting to use marijuana.

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Andre Miguel: you know, having minimal effects, and you know no withdrawal effect in the beginning, and then starting to develop something bigger with that right? So. So then, whenever you're talking about one, he's in a state of absence. They need to be watching white whenever they need. You know they use the substance. You give them red, and in the beginning you need to give them red, really quick flashes. So I'm going to do an example. Just so, you see.

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Andre Miguel: but if you expose them too much to red for a long time they, or will already start seeing the whiteboard in in kind of in this bluish caller which we don't want it, we don't want them to see. So in the beginning it's important to sh shift from slides quickly. So basically, the way I go is like, I say, Okay, so you, this is, you know you in your normal life, or

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you, you may say, another person, you know, Johnny and his normal life, and

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Andre Miguel: no, actually, no sorry. This I this a a example. I actually tell the story as they they are the ones being the pro protagonist. So this is, you know, living your normal life, going to suck their practice having kids friends over, for you know, for a sleep

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Andre Miguel: party, whatever you do, whatever example you get right. And then in that moment I think I say. you know But then you. You know you. Your friend has his. His older brother is. No, he's coming from for Spring Break, and he's around. So it's a Friday afternoon. You go to their house, and they are, you know, smoking weed. So you decide to smoke weed, and you do, and oh, sorry, not the slight sorry. And then you do, and you know you have a good time, and it's pleasant for, and then you go back

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Andre Miguel: to your daily lives doing your things you do. But you created this memory right? You had a pleasant, full experience. Your brain registered that information, that that was fun which increases the chances that you would be doing that in the future at some time.

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Andre Miguel: and

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Andre Miguel: and in fact, you know, a couple of weeks, maybe month later, that same brothers back home. Your your friend lets, you know, and you decide to go over to that mute that their house and you know, obviously they're smoking. We. So you go and you smoke weed, and you listen to BA Marley, and you're Jo, and it's fun. Then you go back to your house. But before going back to your house. You ex this brother, if you know his, he can give you some weed, or sell you some weed or something like that. So

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Andre Miguel: so now you have that joint in your in your house, right?

And it's not like you're addicted or anything. It's not like your

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Andre Miguel: grabbing that marijuana, and and is smoking at all costs, but you have it there, and eventually you know what come, a friend comes for us. Leap over with you, and you guys are having fun, and you know there's not much to do. Your parents are already asleep. And so you go. And you, you know, you you guys decide to smoke a joint, and you do when you you know you talk about like you, and you smoke it, and you talk about life, and

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Andre Miguel: you enjoy yourselves and listen to something, Floyd, and that's fun and you know it's pretty great. But what you notice is, not only was it fun, but that It really helped you fall asleep right? And And then maybe you're you know you're struggling with

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Andre Miguel: with your score. You know your parents are, you know, are fighting a lot. You're struggling with it. It your social environment, you know. Life as an adolescent is never easy. So usually. No, don't like going to bad and have a hard time falling asleep. And you just learned that, hey? That we just that we digested yesterday, you know. Help me fall asleep. Maybe I'll try that, and at that point you go. When you smoke we for the first time on your own, and fair enough you go to sleep fairly easy, and your life is going on going about it.

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Andre Miguel: you know, like it always did. However, that at that point you do one thing that is for us is already consider a risk factor which is using the drug on your own, you know.

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Andre Miguel: when you're using it only in recreational settings

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Andre Miguel: that tends to be less risky. But when you use it on your own, that's already a first symptom of the up person developing a more

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Andre Miguel: risk. Your problematic relationship with that substance, but fair enough. But then you you know, you learned that it's fun.

When you're around friends. It's fun doing activities. it's, you know it's good to it helps you fall asleep so suddenly, you know, as the gate days go by, you start smoking weed. Oh, I always go back in this like

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you start smoking weed with, you know, more and more

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Andre Miguel: more and more commonly you start doing it every day, or almost every day, you know, before going to soccer practice before going to the movies with your friends every night before going to sleep. And then suddenly, you realize that, you know you've been smoking every day, and obviously you're not that doing that great in math.

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Andre Miguel: because in order to learn math, you need to do your exercises and be really focus. And it's really hard to do that under the influence of marijuana. So no, you you've noticed that you've been falling out a behind a little bit. So then suddenly, you just said, Hey, I'm gonna have my math test and justify. This is, it's it's important to have that red

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Andre Miguel: slide open and closer. So you're gonna leave it there for all this entire part, because it's but you're basically saying that they've been smoking marijuana every day, and so they're under the influence every day.

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Andre Miguel: or at least their body. Their, you know, their brain is taking to account of the marry. One is being used every single day when it's figuring it, it it it it's strategies on how to maintain so male stasis. And so, while you're saying this, you really focus to see that they are looking at this slide. If they're not sloop, you know, some kids, you know, they go away. They're thinking of other things. You bring them to to focus on this light because they need to

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be exposed to this red slide in order to experience the withdrawal right. So then you can tell entirely the study that you know they're struggling with math. And so what they need to do, they decide that you know I need. I have a text.



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a, a, a a math exam. In the next 2 days I need to study. So tomorrow, after I leave school, instead of hanging out with my friends and smoking weed.

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Andre Miguel: I'm gonna go back to my house and I'm gonna study math, and then, fair enough, you wake up in the next day you go to school, and then, when you leave school, instead of smoking weed, which is usually, you know, the first join of your day when the school finish and you go meet up with your friends, you actually go to your house, and you're expecting to be, you know, sober and abstinence, and ready to study math. But instead, what you experiences

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Andre Miguel: this, and then they tend to see it's super blue, the image right So they got really expressive. And then you say, if you're seeing it green or or bluish green, it's because you've developed a a You've developed withdraw from the color red, right? And usually they talk about it. They make fun of it. You usually. What I say is that don't worry, you know, in a couple of years you're going to start seeing wide again. Makes it

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some jokes with that and then, that's pretty much it. The then the station ends.

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Andre Miguel: and it's done so. That's more or less how I would go about that.

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Andre Miguel: And I don't know if I had my email over there. Aq. C. Oh, sorry. That's my other name, Andre a N. Dr. E. Dot mi g uel@wsu.edu. If you guys have any questions, or you know, comments wanna talk to me, for whatever reason I'm always available, and that's it. My best good good good luck to you all.

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00:16:59.210 --> 00:17:00.110

Andre Miguel: Bye, bye.