

# COURSE DESCRIPTION

<b>COURSE TITLE:</b>	<i>FROM HIGH TO HIGHER PURPOSE</i>
<b>SUBJECT/CONTENT/ SKILLS:</b>	SUBSTANCE USE DISORDER (AOD) SPECIFIC CONTENT/ CANNABIS, THC, CBD, & MEDICAL MARIJUANA
<b>OHIO CONTENT AREAS:</b>	PREVENTION P2 CHEMICAL DEPENDENCY C1
<b>COURSE FORMAT:</b>	ONLINE COURSE; DIGITAL WORKBOOK/ ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
<b>INTENDED AUDIENCE:</b>	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, ETC.) AND SETTINGS (CLINICS, SHELTERS, JAILS, ETC.).
<b>CE HOURS:</b>	6
<b>COST INITIAL/RENEWAL:</b>	\$54/\$27
<b>NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)</b>	78
<b>NUMBER OF POST-TEST QUESTIONS:</b>	40

## **NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR**

Kelly Sinclair-McClintock, MA, LICDC-CS, MCAP

Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and (oddly enough) has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! (So true).

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

## **EDUCATIONAL/ACHIEVEMENTS**

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor (Ohio)
- Certified Masters Addictions Professional (Florida)
- Find Your Strong Campaign [findyourstrong.info](http://findyourstrong.info)
- Graduate Leadership Stark County, 18<sup>th</sup> Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

## **COURSE DESCRIPTION**

Is cannabis an addictive drug or a cure for cancer?

With Americans seeking alternative treatments for a wide range of health concerns, the cannabis industry is booming! Cannabis products are being

touted as a remedy for conditions like depression, anxiety, autoimmune disease, and cancer.

This course explores “all things cannabis” and includes information about medical marijuana, recreational marijuana, and CBD. This training will help you to really understand cannabis— from illicit drug to a cure for chronic disease.

This course is applicable for both prevention professionals and practitioners of all levels. Course content applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

## **GOAL**

Participants will gain knowledge about cannabis, to include medical marijuana, recreational marijuana, and CBD.

## **OBJECTIVES**

1. Participants will be able to recognize, understand, and describe the addictive nature of cannabis.
2. Participants will be able to recognize, understand, and describe the history of cannabis and its many uses.
3. Participants will be able to recognize, understand, and describe the effects of marijuana on the brain and body, to include its potential to be a gateway drug.
4. Participants will be able to recognize, understand, and describe the uses for CBD and other cannabinoids, including the potential health benefits.

5. Participants will be able to recognize, understand, and describe the importance of the entourage effect, dosages, and ratios.
6. Participants will be able to recognize, understand, and describe the difference between isolates, full-spectrum, and broad spectrum products.
7. Participants will be able to recognize, understand, and describe the parameters of legalization of cannabis, to include the process for obtaining medicinal products.
8. Participants will be able to recognize, understand, and describe both the addictive and healing properties of cannabis, to include the difficulties with the current research and the need for improved studies.

## **COURSE OUTLINE**

- I. INTRODUCTION MATERIALS (TECH SUPPORT, HOW IT WORKS, ABOUT THE AUTHOR, WELCOME, DISCLAIMERS)
- II. PRE-TEST
- III. TRYING TO CLEAR THE SMOKE
- IV. INSIDER TRADING
- V. MY MAGIC ACT
- VI. THE CLUES: AMOTIVATIONAL SYNDROME
- VII. FAST FORWARD TO MY EPIPHANY
- VIII. QUESTIONS, QUESTIONS, AND MORE QUESTIONS
- IX. A TIDBIT OF CANNABIS HISTORY AND GENERAL KNOWLEDGE
  - a. OUR FOREFATHERS
  - b. THE FEDS SAID NO
  - c. THE BIG 2
  - d. MORE THAN JUST FOR SMOKING

e. CANNABIS, HEMP, MARIJUANA-WHAT'S THE DIFFERENCE?

X. MARIJUANA FACTS AND FIGURES

a. THC FACTS

b. EFFECTS OF THC

c. IS MARIJUANA ADDICTIVE AND CAN IT CAUSE W/D

d. TEEN USE

e. IS MARIJUANA THE GATEWAY DRUG?

f. IS IT JUST A PHASE?

XI. MEDICAL CANNABIS, FROM HIGH— TO HIGHER PURPOSE

a. CBD FACTS

b. NEGATIVE SIDE EFFECTS OF CBD

c. CURE FOR DISEASE/HEALTH BENEFITS OF CANNABIS

d. ENTOURAGE EFFECT AND STRAINS

e. CONCENTRATES ARE NOT CREATED EQUAL

f. ISOLATES

g. FULL SPECTRUM

h. BROAD SPECTRUM

i. CANNABINOID RATIOS/ DOSAGE; A CALL FOR LEGALIZATION AND RESEARCH

XII. LEGAL STATUS

a. LEGAL STATUS OF MARIJUANA

b. LEGAL STATUS OF CBD

c. PRESCRIBED FOR

d. MEDICAL CANNABIS FORMS AND MODES OF USE

XIII. HEALING; TRUE STORIES

XIV. HOW TO OBTAIN MEDICAL CANNABIS

a. CERTIFICATION

b. REGISTRATION

c. WHERE YOU BUY IT

- d. COST
- e. HEMP-BASED PRODUCTS
- f. FDA APPROVED CANNABINOID MEDICATIONS

XV. FINAL WORD

- a. RESEARCH AND REGULATIONS
- b. RECREATIONAL USE
- c. MORE RESEARCH NEEDED

XVI. THAT'S A WRAP

XVII. POST-TEST

XVIII. COURSE EVALUATION/SURVEY