



Contours of Cannabis Moderation. ARHE Panel Discussion 02/08/2024

Adapted from "Responsible Drinking: A Moderation Management Approach for Problem Drinkers, by Rotgers, Kern, and Hoeltzel

Cannabis Moderation Meeting

Call to Action

- *Please Smoke Marijuana*
- "Return to flower:" Avoid cartridges & vape pens, wax, shatter, dabs, and fetishizing "Dabaratus"
- "Sticky" meeting time: 4:20pm. Concept becomes visible to contemplators; "mere exposure effect"
- Weekly in Recovery Center. Link peers, group text, drop-in welcome/activities, "flash" meetings
- Have excellent snacks
- *Ameliorate shame & stigma*: "Everybody is recovering from something." Universality of predicament

Conceptualization of Predicament

- Chronic use (3x a week) makes cannabis "A gateway drug to a mediocre life." (MI: Develop discrepancy)
- We have a puzzle we can solve. (MI: Develop self-efficacy, emphasize personal agency).
- Clarify paradox: We seek to *protect* our relationship with intoxication (MI: Roll with ambivalence)

Techniques, Emphasis, Set and Setting

- Catch them doing something right (MI: Affirmations of respect for strengths and efforts)
- Embrace two Super-Ninja Jedi tools: Gentleness and Curiosity. ("Love" is not a professional word)
- Delay first use (avoid "wake and bake")
- One smoking episode per day. Edibles count (proportionality)
- Avoid using/smoking on consecutive days; max three days a week
- Avoid using/smoking alone
- Introduce science *and* politics (brain scans, data, trends, corporatization of cannabis, social costs)
- Provide cognitive reframing tools and worksheets; develop recovery literacy
- Self-assessment frame: Four or more smoking episodes per week is Harm Reduction, *not* Moderation
- Structured self-assessment: The Remission Index. Where are you *right now*?
- Easy to remain connected, regardless of in-the-now status

Harm Reduction

- Don't get caught
- Avoid academic/housing probation, arrests (driving while stoned)
- Avoid psychotic breaks. (Manage frequency, intensity, and duration of smoking/using episodes)
- Important: Deceive self, disregard underlying factors, isolate