

University Health and Counseling
Substance Misuse Prevention Newsletter: A Collection of Readings
Recreational Marijuana
Volume 3~ Issue 2

**Recreational Marijuana is legal in Maine, but what does this mean?
What does it mean if I am a student living on campus?**

“Both Recreational and Medical marijuana dispensaries are open for business. Though adult-use marijuana was legalized in Maine in 2016, the state did not establish regulations for commercial sales until 2019, when Gov. Janet Mills signed [LD 719](#) to approve a ruleset. Though opening was delayed due to COVID-19, sales have begun as of October 9, 2020” ([PotGuide.com](#))

This legalization comes with restrictions that are important to know. Individuals cannot consume marijuana in public places, federal land or institutions that receive federal monies. Consumption must occur on private property and out of public view.

The legal age to use marijuana is 21 years of age and older. To understand these restrictions:

[Recreational Use of Marijuana is legal](#)



It is illegal to operate a motor vehicle under the influence of marijuana. It is also illegal for a passenger to be under the influence of marijuana. To learn More: State of Maine Office of Marijuana Policy [Frequently Asked Questions](#)

[What you need to know about Marijuana Use and driving](#)

Federal law that prohibits it on campus and the consequences of marijuana use.

“Most every school in the United States receives federal funds to support the work the university is doing. This includes financial support for research the schools may be conducting, as well as federal financial aid that students receive to help cover the cost of school. Colleges and universities who accept these federal funds must remain compliant with the [Drug-Free Schools and Communities Act](#), which means that use and/or possession of cannabis, in any form, or possession of any paraphernalia, will not be tolerated on campus (2). Some schools may prohibit cannabis use off campus as well, as part of the student code of conduct or the honor code (3). If colleges and universities wish to continue receiving this funding, those schools are required to recognize the federal classification of cannabis and align their campus regulations accordingly.” ([Cannabis on Campus Not Allowed](#))

Even though it’s legal, there are still risks.

Alcohol is legal and so is Nicotine. We are familiar about the risks of using alcohol in excess and we know the health hazards and negative consequences of smoking, nicotine and using tobacco products.

What are some of the risks associated with the use of Cannabis?

Cannabinoid Hyperemesis Syndrome

This syndrome first appeared in 2004 and has been seen in individuals who consume large amounts of cannabis. “There are 4 key features to Cannabinoid Hyperemesis Syndrome:

- Recurrent episodes of severe nausea, vomiting and abdominal cramping
- Heavy marijuana use
- Compulsive bathing and showering for symptom reduction
- Symptoms improve with the cessation of marijuana use’

(Cannabinoid Hyperemesis Syndrome: A result of chronic heavy, Cannabis use. Current Psychiatry Vol. 12. No. 10.)

For more information on this syndrome:

[Fact Sheet on CHS](#)

[Medical Cannabis and Cannabinoids](#)

What about Mental Health and Cannabis Use?

“Several studies have linked marijuana use to increased risk for psychiatric disorders, including psychosis (schizophrenia), depression, anxiety, and substance use disorders, but whether and to what extent it actually causes these conditions is not always easy to determine. Recent research suggests that smoking high-potency marijuana every day could increase the chances of developing psychosis by nearly five times compared to people who have never used marijuana. The amount of drug used, the age at first use, and genetic vulnerability have all been shown to influence this relationship. The strongest evidence to date concerns links between marijuana use and psychiatric disorders in those with a preexisting genetic or other vulnerability”
To read this article in its entirety: [Marijuana Research Report-Is there a link between marijuana use and psychiatric disorders?](#)

Cannabis Use and Your Body

Some people benefit from the use of Cannabis; however, there are still associated health risks associated with use.

[The Effects of Marijuana on your Body](#)

[Marijuana- How Can it Affect your health](#)

[Marijuana Drug Facts](#)

For Comments on this, newsletter or suggestions for future articles please contact: Diane Geyer, LCPC, LADC, CCS, NCC~ Clinician and Coordinator of Clinical Substance Use Services at USM~ Email: diane.geyer@maine.edu