



Capacity Building Opportunities – The Jamaican Experience

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REGIONAL SEMINAR FOR NATIONAL DRUG
OBSERVATORIES IN THE CARIBBEAN
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Georgetown, Guyana

Motivation to Participate in CPF

- ❑ Quality of regional OI-led workshops
- ❑ Capacity building for strengthening National Observatory
- ❑ Translation of evidence to policy and practice
 - participation in the regional experience
- ❑ Exposure to the CICAD/OI mechanisms

Fellowship Activities

- National Household Survey Coordination
 - Revision of questionnaire and protocol
 - Development of survey material – consent forms, contracts, revision of presentations
 - Capacity building - SurveyToGo software
 - Preparation for Jamaica Household Survey - preliminary meetings
 - Co-Facilitator in Guyana, Jamaica & Bahamas NHS training

Fellowship Activities

- Review of papers:
 - Comparative Analysis of Secondary School Surveys in Caribbean
 - Drug Information Network Indicators – participation in technical meeting (Grenada meeting)

Grenada Mission



Fellowship Activities

Project: The Role of Research in Developing School-Based Drug Prevention Policy in the Caribbean: A Road-Map for Change

- ❑ Review of literature
- ❑ Assessment of regional situation
- ❑ Recommendations based on context and capacity

Regional Assessment (19 items)

To determine:

- ❑ Existence of National Drug Control Plan
- ❑ Existence of National Policy for drug prevention
- ❑ Activities undertaken to develop drug prevention policy
- ❑ Existence of school based drug prevention program – scope, coverage and implementation
- ❑ Use of research to inform drug prevention policies and programs – specific studies
- ❑ Process undertaken to inform school-based drug prevention policies
- ❑ Barriers to translation of research to policy
- ❑ Method of addressing drug use/possession in school systems

Conclusions

- Use of evidence to inform policy is lacking in our region - Regional capacity building for knowledge translation (research to policy) is necessary
- Revise approach to prevention programs – standardize the development, implementation, M&E necessary
- Verification of country level information and qualitative inquiry for clarification

Fellowship Gems

- Professional environment – conducive to productivity, learning & exposure
- Motivation to achieve objectives - together
- Regional Coordination – projects & surveillance
- Cutting edge software
- Problem solving - solution oriented versus focus on gaps/problems
- Diplomacy

National Institute on Drug Abuse (NIDA)

- ❑ Federal scientific research institute under the National Institutes of Health, U.S. Department of Health and Human Services
- ❑ Largest supporter of the world's research on drug use and addiction
- ❑ Scientific research addresses:
 - ❑ Emerging drug use trends
 - ❑ Understanding how drugs work in the brain and body
 - ❑ Developing and testing new drug treatment and prevention approaches
- ❑ Disseminates findings to the general public, researchers, policymakers, and others

Annual NIDA International Forum

- ❑ Held each June in conjunction with the annual scientific meeting of the College on Problems of Drug Dependence (CPDD)
- ❑ Fosters international cooperative research and the exchange of scientific information by drug abuse researchers – centred around a theme each year
- ❑ Highlights the range and quality of drug abuse and addiction research conducted around the world
 - ❑ Research symposium
 - ❑ Poster session – submitted abstract/travel grant/poster session
 - ❑ Network-building activities highlighting NIDA-supported and other international research on drug abuse

Capacity Building – Various Workshops

- ❑ Drug Flows Research Consortium – Introduction to “Global Flash Mob” Public Health Research Consortium
- ❑ Workshop: Preparing Research for Publication – International Society of Addiction Journal Editors (ISAJE)
- ❑ Drug Education & Training Opportunities

Drug Education & Training Opportunities

- ❑ **International Society of Substance Use Professionals (ISSUP)**
 - International NGO established February 2016
 - ❑ Developing a global network of treatment professionals & prevention specialists
 - ❑ Provides information, news, research and access to training for professional development
 - ❑ Multiple partners – INL, UNODC, CICAD, WHO, African Union
 - ❑ Training - Universal Treatment Curriculum (UTC) and Universal Prevention Curriculum (UPC) – basic and advanced levels
 - ❑ Collaboration/networking events, national chapter, newsletter

Drug Education & Training Opportunities

- ❑ NIDA National Drug and Alcohol Facts Week
 - ❑ Annual event in January since 2010 established to combat myths
 - ❑ 2174 events in 16 countries
 - ❑ Chat day with youth – questions to NIH scientists (22,500 questions)
 - ❑ Social media presence
 - ❑ Multiple free resources online – books, games, lesson plans, posters
- ❑ **Hubert Humphrey Fellowship**
 - ❑ **Mid-career professional training opportunity**

Latest Evidence on Marijuana

94 Conclusions on 11 Health End Points

Health End Point	Level of Evidence				
	Conclusive n = 3	Substantial n = 9	Moderate n = 25	Limited n = 31	None or Insufficient n = 26
Therapeutic Effects	3		1	9	11
Cancer Incidence			2	1	3
Cardiometabolic Risk				4	1
Respiratory Disease		1	3	1	2
Immune Function				2	3
Injury and Death		1	1		3
Prenatal, Perinatal, and Postnatal Outcomes		1		2	1
Psychosocial			1	4	
Mental Health		1	7	5	2
Problem Cannabis Use		5	9	1	
Cannabis Use and Use of Other Substances			1	2	

Latest Evidence on Marijuana

Conclusive Evidence

- Cannabis or cannabinoids are effective treatments for
 - ❖ Chronic pain (in short term)
 - ❖ Nausea and vomiting due to chemotherapy
 - ❖ Multiple sclerosis (MS) spasticity

Moderate Evidence That Cannabis Use:

- Is NOT linked to incidence of lung or head and neck cancer
 - CESSATION improves respiratory symptoms
 - Increases risk of child overdose injury where use is legal
 - Impairs learning, memory, and attention
- Is associated with dependence or use disorder for alcohol, tobacco, and other illicit drugs

Latest Evidence on Marijuana

Moderate Evidence That Cannabis Use:

- Slightly increases risk of depressive disorders
- Increases suicidal ideation, attempts, and completion
- Increases social anxiety disorder
- Worsens schizophrenia
- Is related to more severe PTSD symptoms

Limited, Insufficient, or No Evidence That Cannabis Use:

Is an effective treatment for

- Cancer
- Cancer-related anorexia
- Irritable bowel syndrome
- Epilepsy
- Paraplegic spasticity
- Amyotrophic lateral sclerosis
- Chorea and Huntington's disease
- Parkinson's disease and levodopa-induced dyskinesia
- Dystonia
- Abstinence from addictive substances
- Schizophrenia or other psychoses

Problem Cannabis Use

- Risk factors include
 - ◆ Major depressive disorder
 - ◆ Being male
 - ◆ Exposure to polysubstance use
 - ◆ Childhood anxiety and depression
 - ◆ Adolescent
 - Frequency of use
 - Oppositional behavior
 - Age of first alcohol use
 - Polysubstance use
 - Poor school performance
 - Delinquent behavior
 - Unintended sexual abuse
- Risk factors do NOT include
 - ◆ Anxiety disorder
 - ◆ Personality disorder
 - ◆ Bipolar disorder
 - ◆ Adolescent ADHD

Perinatal associations with psychiatric disorder history

- Perinatal associations with psychiatric disorder history

Impairs

- Academic achievement and educational outcomes
- Social functioning
- Engagement in developmentally appropriate social roles
- Learning
- Memory
- Attention
- Attention
- Attention

Is NOT associated with incidence of lung or head and neck cancer

Is associated with

- HPV incidence
- All-cause mortality
- Occupational accidents or injuries
- Cannabis overdose death
- Testicular tumors
- Heart attack
- Stroke
- Prediabetes
- COPD (controversial for tobacco use)
- Liver fibrosis or hepatic disease progression in HIV+ patients
- Maternal pregnancy complications
- NICU admissions
- Changes in course or symptoms of depression
- PTSD
- Cancer incidence
 - ◆ Esophageal
 - ◆ Prostate
 - ◆ Cervical
 - ◆ Malignant glioma
 - ◆ Non-Hodgkin lymphoma
 - ◆ Penile
 - ◆ Anal
 - ◆ Kaposi's sarcoma
 - ◆ Bladder
- Subsequent risk of developing
 - ◆ Dependence or use disorders for licit and illicit substances
 - ◆ Leukemia
 - ◆ Kaposi's sarcoma
 - ◆ Astrocytoma
 - ◆ Neuroblastoma in offspring

Is NOT effective for improving

- Dementia
- Glaucoma
- Depression among patients with chronic pain or MS

Sustained abstinence improves

- Learning
- Memory
- Attention
- Respiratory symptoms

Improves

- Clinician-measured HS specificity
- Tourette's syndrome
- Anxiety
- PTSD
- TBI or stroke mortality or disability outcomes
- Cognitive performance for those with psychiatric history of cannabis use
- Sleep outcomes in apnea, fibromyalgia, chronic pain
- Arway dynamics with adults - NOT chronic - use
- Forced vital capacity

Increases

- Unemployment or low income
- Schizophrenia symptoms
- Bipolar disorder and related mania/hypomania
- Anxiety disorders
- PTSD severity
- Tobacco use initiation
- Changes in rates and use patterns of other licit and illicit substances
- Suicidal ideation, attempts, and completion
- Appetite or decreases HIV-associated weight loss
- Risk for
 - ◆ Heart attack
 - ◆ COPD hospitalization
 - ◆ Depressive disorders
 - ◆ Asthma (development or exacerbation)
 - ◆ Adverse immune cell responses in healthy individuals
 - ◆ Adverse effects on immune status in HIV+ individuals
 - ◆ Risk of child overdose injury where use is legal

Decreases

- Metabolic syndrome risk
- Diabetes risk
- Production of inflammatory cytokines

Maternal cannabis smoking is associated with offspring outcomes

- SIDS
- Cognition
- Academic achievement
- Later substance use

NIDA Marijuana Research Directions

- ❑ How does the potency/composition of marijuana products impact behaviour, health outcomes and treatment needs?
- ❑ How are marijuana policies or specific aspects of policies impacting use of other substances?
- ❑ Drugged driving and defining impairment
- ❑ What are the prevention needs of youth who may have greater access and exposure to marijuana use in a family environment?
- ❑ Need for more collaboration with policy makers and researchers to satisfy the need for evidence to guide policy

Other Forum Topics Covered

- ❑ Opioid crisis in the US
- ❑ HIV & Substance Use Disorder
- ❑ Kratom emergence on the global stage

- ❑ International Poster Session – international drug research – Humphrey Fellows, academics etc

Opportunities for Partnership

- ❑ ISSUP Membership
- ❑ Collaboration re police training for drug driving impairment testing
- ❑ Co-authorship with CCSA re Adolescent perspectives on marijuana – research and policy division
- ❑ Australian National Drug and Alcohol Research Centre – Global Data capturing project

NIDA Forum Photos



Forum Photos



Encouragement to Caribbean Colleagues

- ❑ We are under-represented on the international scene - submit abstracts on national studies
- ❑ Attend conferences – cutting edge research
- ❑ Network with colleagues from other countries/regions – willingness to collaborate
- ❑ Proactive capacity building

Thank you