



## Working with Cannabis Use in Young People: Building a Harm Reduction Toolkit

**Speaker:** Jennifer Fernández, PhD and Andrew Penn, RN, MS, NP, CNS, APRN, BC  
**Date:** Friday, October 9, 2020  
**Location:** Virtually via Zoom  
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**Time:** 9:00 am – 12:00 pm, and 1:00 pm – 4:00 pm (no class during lunch break)  
**Cost:** \$150 (does not include eventbrite processing fee of \$10.76)  
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The culture and attitudes towards cannabis has changed significantly in the last 20 years, moving from an illegal intoxicant to a tolerated, even celebrated substance that may have medicinal benefits. This change has created a significant challenge for clinicians who work with young people who use cannabis, who are most likely to be harmed by the drug. In a post-prohibitionist world, how can a clinician who works with young people best position themselves to be of greatest help to their clients? This presentation, for all levels of professionals, by a psychologist and psychiatric nurse practitioner, will take a practical, harm-reduction approach, teaching clinicians how to help their clients reduce the potential perils of cannabis use, while critically examining claims for psychiatric benefit of cannabinoids. Utilizing skills from motivational interviewing and enhancement, clinicians who work with young people can learn new approaches to help their clients who use cannabis and will have the opportunity to discuss challenges encountered in practice.

### Goals & Objectives

1. Describe aspects of adolescent brain development that especially increase the likelihood of risk taking and substance use experimentation.
2. Explain how harm reduction techniques can work in tandem with abstinence based approaches.
3. Describe how to use motivational interviewing with adolescents who are using cannabis.
4. Apply understandings of the neurobiology of cannabis to understand the subjective effects of the drug.
5. Compare the effects of THC in the brain to the effects of CBD.
6. Discuss the clinical challenges encountered in working with adolescents who are using cannabis.

### About the Speakers

**Jennifer Fernández, PhD** specializes in harm reduction psychotherapy for treating substance and process addictions with dually diagnosed adults, teens, and families. She is a licensed Clinical Psychologist with a private practice in San Francisco, CA and is passionate about harm reduction education. Dr. Fernández provides training, supervision, and consultation for clinicians interested in learning more about addiction, harm reduction psychotherapy, and evidence-based treatments, such as motivational interviewing. She is the author of *Power Over Addiction: A Harm Reduction Workbook for Changing Your Relationship with Drugs*. She has worked with community agencies providing drug education for teens; trained law enforcement agencies on addressing addiction in forensic settings, and taught responsible drinking skills to executive professionals.

**Andrew Penn** was trained as an adult nurse practitioner and psychiatric clinical nurse specialist at the University of California, San Francisco. He is board certified as an adult nurse practitioner and psychiatric nurse practitioner by the American Nurses Credentialing Center. He has completed extensive training in Psychedelic Assisted Psychotherapy at the California Institute for Integral Studies and recently published a book chapter on this modality in *A Casebook of Positive Psychiatry*, published by American Psychiatric Association Press. He is a study therapist in the MAPS sponsored Phase 3 study of MDMA-assisted psychotherapy for PTSD. Currently, he serves as an Associate Clinical Professor at the University of California-San Francisco School of Nursing and is an Attending Nurse Practitioner at the San Francisco Veterans Administration. He has expertise in psychopharmacological treatment for adult patients and specializes in the treatment of affective disorders and PTSD. As a steering committee member for Psych Congress, he has been invited to present internationally on improving medication adherence, cannabis pharmacology, psychedelic assisted psychotherapy, grief psychotherapy, treatment-resistant depression, diagnosis and treatment of bipolar disorder, and the art and science of psychopharmacologic practice.

### Approved for 6 hours of continuing education credit for:

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- SLPs as required by the Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board (PDP 350).

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**DEADLINE FOR REGISTRATION: THURS., OCT. 8, 2020 @ 5:00 PM.** For questions, please call 650.617.3853.  
For reasons of confidentiality, this course is open to professionals only.

