

Cannabis Conversation Follow-up

On Tuesday of last week, a group of residents from both campuses came together to share their questions, concerns and experiences around the possible use of Cannabis. *(That session was recorded and information about accessing it will be discussed below.)* It was a very open sharing by many, beginning with the agreement that many have a fraught relationship with idea of using cannabis. We accept that much of the rising market for cannabis products parallels the use of alcohol, for all the reasons people choose to drink, which could often be described as “self-medicating.” Our conversation focused on the interest in the use of cannabis therapeutically, under the auspices of the state medical marijuana program.

The list of physical and emotional challenges for which cannabis may have positive benefits is long. And generally speaking the research has been limited since its listing as a class I controlled substance. Clearly that status is changing rapidly, but the research on the risks and benefits lags far behind the interest and availability of these products. In no way do these products compare to the wide array of pharmaceutical products prescribed by the medical industry, and yet anecdotal evidence and growing research suggests that cannabis could well be a useful tool in the toolbox of self-care and healing for many. Our discussion included testimony to that. And we also discussed the challenges that come with making decisions about what products to use and how to use them.

Getting certified for tax free access to medical products is fairly simple but does require paying a licensed clinician, who then assists with the state paperwork. But many of these products are available to any state resident who is over 21, to try and to explore what works for them. Mutual support, and a committed systematic self-guided experimentation can lead to an effective relationship to therapeutic cannabis use. But my take away is that what our residents need is a guide to this process, and such guides are available. It is a private pay relationship, and for now it is all on line as telehealth. *For those interested in pursuing a referral for assistance with not only certification, but perhaps more importantly the selection, timing, dosage and general approach to use of these products, reach out to me at rolmsted@lathrop.kendal.org or by phone at 437-5375.*

If you missed the original community conversation or wish to listen again, reach out to me at the links above. Please remember that this was a closed conversation where some shared about their own health issues and their use of or interest in use of specific products. As such, the link sent should not be shared outside of the Lathrop community.