



*Online intervention course for cannabis violations*

THC 101 is a state law-specific intervention course that addresses cannabis use. THC 101 integrates personalized feedback using the individual's responses and the eCHECKUP TO GO brief intervention tool. THC 101 covers cannabis smoking, vaping, concentrates, and edibles. Individuals are guided through a personalized plan of action for making positive behavior changes, identifying protective behaviors to reduce use and negative consequences. The course includes a 30-day booster to measure changes in the individual's attitudes and behavior.

**LEARNING OUTCOMES**

*After taking THC 101, the individual will be able to:*

- Identify reasons why they use cannabis
- Understand how cannabis has changed over the years
- Self-assess patterns of use on a daily, weekly, and monthly basis
- Recognize links to schizophrenia, acute psychotic reactions, and impact on IQ from persistent use
- Identify health consequences from using synthetic cannabis
- Estimate their time spent using cannabis and compare it to other activities they participate in
- Recognize negative health effects of use on respiratory system and brain function and development
- Discuss both long- and short-term impacts of cannabis use on user's life
- Recognize possible legal consequences from cannabis use, even in states where it is legal
- Compare use and perception of use to other individuals
- Understand how long cannabis can affect the body
- Understand the unique risks associated with cannabis concentrates and edibles
- Understand how cannabis use increases the likelihood of using other drugs and/or alcohol
- Examine other substance use and how it interacts with cannabis
- Examine how social situations can influence cannabis use
- Understand how cannabis use impacts driving ability
- Discuss amotivational syndrome that can result from extended cannabis use
- Examine financial costs and impact of extended cannabis use
- Discuss how age impacts likelihood of cannabis addiction
- Evaluate the positive things they can expect to gain from not using cannabis
- Identify goals and aspirations that will be helpful in making a change in their cannabis use
- Explore negative outcomes that can result from use, including addiction, tolerance, dependence, and overdosing



**INTERVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING // INTEGRATIONS**  
**EVIDENCE-BASED // OUTCOME REPORTING // CONFIDENTIAL // ECHECKUP**