



BOARD OF COMMISSIONERS

AGENDA REQUEST & STAFF REPORT

MEETING DATE: April 1, 2026

SUBJECT: Presentation on the impacts of heavy cannabis use on mental health

RECOMMENDED MOTION:

N/A—presentation only to provide information about emerging medical findings related to heavy cannabis use and the impacts on mental health in Deschutes County.

BACKGROUND AND POLICY IMPLICATIONS:

Deschutes County Behavioral Health and Public Health work together to provide comprehensive, community-based services and prevention support to people with substance use disorders or harmful substance use. This presentation will provide information about emerging medical findings, scientific data and the impacts of increased cannabis use among youth, which has been linked to higher chances of mental health issues, including increased odds of anxiety and suicide attempts as well as academic decline and physical health risks such as Cannabinoid Hyperemesis Syndrome. The presentation will cover the items listed below:

- Review of research/data on therapeutic applications and risks of marijuana use
- Impacts on patients and community
- Interventions with people with mental health disorders
- Prevention efforts that are currently in place
- Support for healthy messaging around risks
- Key take aways for parents and communities

The full opinion piece can be accessed at [The Epoch Times](#).

BUDGET IMPACTS:

None

ATTENDANCE:

Shannon Brister, Deschutes County Behavioral Health, Deputy Director
Sam Murray, Deschutes County Behavioral Health, Medical Director
Anne Linton, Deschutes County Behavioral Health, Psychiatrist
Jessica Jacks, Deschutes County Public Health, Prevention Program Manager