

December 2021 Newsletter
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CANNABIS USE LINKED TO UNHEALTHY SLEEP PATTERNS

According to a study recently published in *Regional Anesthesia & Pain Medication*, recent cannabis use is associated with more extreme sleep patterns. Those patterns were even more extreme for heavy users, defined as consuming cannabis at least 20 times in the last thirty days. Read more [here](#).

CONTINUING RESOLUTION EXTENDS GOVERNMENT FUNDING THROUGH FEBRUARY 18

The House and Senate passed another continuing resolution funding the government through February 18, 2022. Read more [here](#).

CDC: FENTANYL-RELATED OVERDOSE DEATHS ON RISE IN SOUTHERN AND WESTERN STATES

According to data released by the Centers for Disease Control and Prevention on December 17th, fentanyl overdoses rose significantly in Southern and Western states in the latter half of 2020 during the COVID-19 pandemic and lockdowns. Read more [here](#).

MONITORING THE FUTURE SURVEY RELEASED

According to the latest results from the Monitoring the Future survey, the percentage of adolescents reporting substance use decreased significantly in 2021, marking the largest 1-year decrease in overall illicit substance use reported among adolescents since 1975. Read more [here](#).

SENATE HELP COMMITTEE QUESTIONS FDA NOMINEE AT CONFIRMATION HEARING

On December 14th, the Senate Health, Education, Labor, and Pensions (HELP) Committee held its confirmation hearing for Dr. Robert Califf to be the next commissioner of the Food and Drug Administration (FDA). Senators from both parties spoke at length about the need for the FDA to address opioid addiction, bolster its pandemic preparedness and response, and improve clinical trials. Read more [here](#).

MORE RESEARCH NEEDED INTO MENTAL HEALTH EFFECTS

According to a new report published by the Coalition for Cannabis Policy, Education and Regulation, the mental health effects of cannabis use aren't well understood, while emerging data is often confusing or contradictory. Read more [here](#).

NIH WORKSHOP ON PSYCHEDELICS AS THERAPEUTICS

The National Institute of Mental Health, the National Institute on Drug Abuse, and the National Institute of Alcohol Abuse and Alcoholism will host a workshop on January 12-13 on *Psychedelics as Therapeutics: Gaps, Challenges and Opportunities*. For details and to register click [here](#).

DR. VOLKOW YEAR END MESSAGE

Dr. Volkow's year-end message can be viewed [here](#).

NEW MEDICAID OPTION PROMOTES ENHANCED MENTAL HEALTH, SUBSTANCE USE CRISIS CARE

The Department of Health and Human Services, through the Centers for Medicare & Medicaid Services (CMS), is working with states to promote access to Medicaid services for people with mental health and substance use disorder crises. Authorized under President Biden's American Rescue Plan (ARP), states have a new option for supporting community-based mobile crisis intervention services for individuals with Medicaid. Read more [here](#).