



Marijuana For Trauma Inc.  
VETERANS HELPING VETERANS

# Marijuana For Trauma Inc.

Veterans Helping Veterans

Presented by:  
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CEO and Owner



# Marijuana For Trauma Inc.

Veterans Helping Veterans

## Topics

- Who is MFT?
- The 3 Phases of Treatment
- Cannabis and PTSD
- The Science behind Cannabis and PTSD
- Working with Doctors
- Cannabis Basics
- MMPR
- Licensed Producers
- Ways of Administering Cannabis
- Cannabis Coaches
- The Process
- Testimonial



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## Who is MFT?

- ▶ Located in New Brunswick, Marijuana for Trauma Inc. (MFT), is a veteran owned and operated company whose mission is to improve the quality of life for anyone suffering from Post-Traumatic Stress Disorder, chronic pain and/or other medical conditions.
- ▶ Here at Marijuana For Trauma, we will assist you in completing all necessary Department of Veterans Affairs claim paperwork and inform you of possible entitlements that you might not be aware of.
- ▶ In addition, we have a list of highly educated, compassionate and understanding doctors that are willing to consider Medical Cannabis as your solution to better health.



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# 3 Phases of Treatment

## PHASE ONE

- ▶ MFT client registration and intake (consent forms, diagnosis review, disability award letters, et al)
- ▶ Schedule a doctors appointment (video tele-medicine (remote) or in person)
- ▶ MFT works with your chosen licensed producer for their registration
- ▶ MFT works with the LP and the Veterans Affairs Special Authorization Unit at the Pharmacy for full coverage of your medication
- ▶ The client is a fully registered patient under Health Canada's MMPR program and may now order, posses and use medicinal cannabis



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# 3 Phases of Treatment

## PHASE TWO

- ▶ The client is assigned a highly trained and knowledgeable Cannabis Coach to assist with strain selection and administration of the product
- ▶ A full review of VAC entitlements
- ▶ Assistance with the Federal Disability Tax Credit
- ▶ Massage therapy, HBOT, psychological services
- ▶ Cannabis cooking classes, music therapy, art therapy, yoga
- ▶ Peer support
- ▶ Spousal Support



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# 3 Phases of Treatment



*MFT Peer  
Support  
meeting in  
Oromocto, NB*



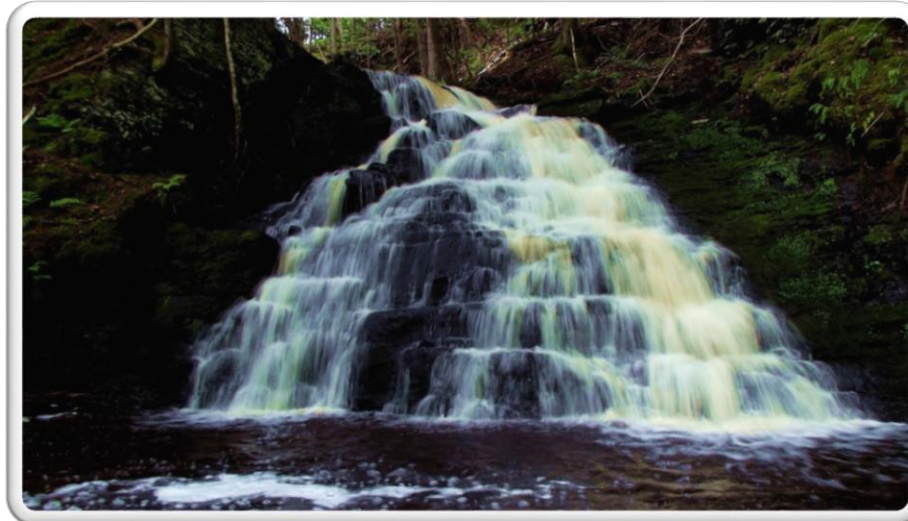
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## 3 Phases of Treatment

### PHASE THREE

Phase 3 ties the first two phases together in a holistic healing retreat located in Cape Breton, NS. This will be a space where clients can reconnect with what brings them peace in a clinically structured environment. Areas of focus are:

- Hiking
- Snowshoeing
- Meditation
- Horticulture Therapy
- Art and Music Therapy
- Boating
- Golfing



*100 acres of land located at Egypt Falls, NS*



# Why use Cannabis for PTSD?

Many doctors around the world support the use of medical marijuana and have the scientific research to enforce that it can be used to treat a wide variety of health conditions. An expert in the field, Dr. A. Neumeister has the following to say about PTSD and marijuana as a treatment:

“There’s not a single pharmacological treatment out there that has been developed specifically for PTSD,” says Dr. Neumeister. “That’s a problem. There’s a consensus among clinicians that existing pharmaceutical treatments such as antidepressants do not work. In fact, we know very well that people with PTSD who use marijuana – a potent cannabinoid – often experience more relief from their symptoms than they do from antidepressants and other psychiatric medications. Clearly, there’s a very urgent need to develop novel evidence-based treatments for PTSD.”



# Why use Cannabis for PTSD?

For many of us, treating PTSD with pharmaceuticals was comparable to Anesthesia Awareness - a phenomena that occurs during surgery where the patient is conscience of the pain and their surroundings while being completely paralyzed to react.

Cannabinoid Replacement Therapy allows us to be mentally present while processing and negotiating our daily lives. It prepares us for success when participating in other treatment regimes such as Prolonged Exposure, Cognitive Behavioural Therapy and EMDR. We are able to clearly focus on what is right in front of us at any given time in a very rational way.



# What Does Science Say?

## Endocannabinoid System

One thing that is understood is that cannabinoid receptors — capable of accommodating both cannabinoids produced internally and also those obtained from “outside” sources, like marijuana or other plants — are the most common type of receptors in the human body. There are two types of cannabinoid receptors in humans: CB1 sites, which are found primarily in the nervous system and glands, and CB2, which populate the immune system and related organs.

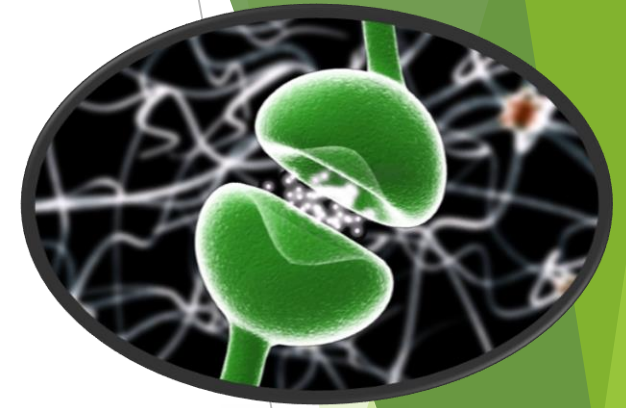


# What Does Science Say?

## Endocannabinoid System

CB1 and CB2 receptors are found throughout the brain and the body. They are literally everywhere. When we process cannabinoids through the blood by smoking, vapourizing or eating, we are nourishing these receptors. We are feeding the endocannabinoid system.

In many cases, it has been found that using cannabis will actually produce more CB1 and CB2 receptors when a deficiency is at play.





# What Does Science Say?

## The Studies

In Canada, there is an active study which is focusing specifically on the effects of cannabis on Veterans living with PTSD.

“Many PTSD patients report symptom reduction with cannabis, and a clinical trial needs to be done to see what proportion and what kind of PTSD patients benefit, with either cannabis or the main active ingredients of cannabis,” said Dr. George Greer, one of the researchers.





# What Does Science Say?

## The Studies

There are thousands of published studies that demonstrate the benefit of using cannabis to treat PTSD. There are also thousands of studies showing the opposite. It's important to recognize that cannabinoid replacement therapy may not be for everyone.

## The Meds

There are currently no pharmaceuticals on the market that have been developed solely for PTSD.





# But My Doctor Does Not Support Medicinal Cannabis

True, many doctors who practice Western, evidence based medicine struggle with recommending cannabis to their patients. But why?

- Perhaps they feel that there are not enough studies on the long term effects. For many of us, the long term effect is that we are alive and well
- They may have limited knowledge on the subject. There is a very good chance that you will have a broader knowledge base of medicinal cannabis than your doctor will after this presentation
- There are unbelievably strenuous requirements that that both the Canadian College of Family Physicians and Provincial Physicians Colleges place on doctors if they want to prescribe medicinal cannabis. They feel the need to protect their livelihood as well
- That's why we provide you with a doctor who is compassionate and educated in cannabis therapy





# But My Doctor Does Not Support Medicinal Cannabis

When speaking with your family doctor or mental health professional, try a few of these talking points. It is important to keep your entire medical team involved in your recovery.

- If I chose to pursue cannabinoid replacement therapy with another physician, will you support me by monitoring my progress?
- Will you assist me when I am ready to decrease the use of my current pharmaceuticals?
- Will we be able to continue our doctor patient relationship?
- If I provide you with some reading material, would you consider reviewing it and discussing your opinions on the content?





# Cannabis Basics

## THC

Tetrahydrocannabinol is one of the primary cannabinoids found in cannabis. This is the molecule responsible for the psychoactive effect that is felt when using cannabis.

## CBD

Cannabidiol is another key compound found in cannabis. This is the non-psychoactive component that provides numerous medicinal benefits such as...



# Cannabis Basics

## CBD

- ▶ Antiemetic -> Reduces nausea and vomiting
- ▶ Anticonvulsant -> Suppresses seizure activity
- ▶ Antipsychotic -> Combats psychosis disorders
- ▶ Anti-inflammatory -> Combats inflammatory disorders
- ▶ Anti-oxidant -> Combats neurodegenerative disorders
- ▶ Anti-tumoral/Anti-cancer -> Combats tumor and cancer cells
- ▶ Anxiolytic/Anti-depressant -> Combats anxiety and depression disorders



# Cannabis Basics



## Sativa

Strains that are sativa dominant tend to be more uplifting, stimulate your appetite and work well for moderate pain. This is typically used by patients during the day.

## Indica

Indica dominant strains tend to be more sedative in nature which causes a more relaxed feeling. These strains are also recommended for severe pain and to help with sleep.



## MMPR

The *Marihuana for Medical Purposes Regulations* (MMPR) came into force in June 2013. The regulations create conditions for a commercial industry that is responsible for the production and distribution of marijuana for medical purposes. They also make sure that Canadians with a medical need can access quality controlled marijuana grown under secure and sanitary conditions.

The *Marihuana Medical Access Regulations* (MMAR) were repealed on March 31, 2014. However, as a result of a Federal Court Order granted on March 21, 2014, individuals who were previously authorized to possess and produce marijuana under the MMAR, and who meet the terms of the Federal Court order, will be able to continue to do so on an interim basis until the Court reaches a final decision. As ordered by the Court, individuals with an Authorization to Possess valid on March 21, 2014, may hold a maximum quantity of dried marijuana as specified by their Authorization to Possess or 150 grams, whichever is less.



# The Producers

There are currently 29 Licensed Producers that are permitted to provide MMPR registered patients with dried cannabis and cannabis extracts. These producers operate on a mail order system.





# But I Don't Smoke





# But I Don't Smoke

## Effects

Vapourizing: Can take effect within minutes and last up to 2 or 3 hours

Smoking: Can take effect within seconds and last up to 90 minutes

Edibles and Capsules: Can take up to 2 hours before effects are felt and can last up to 6 hours

Tinctures: When taken sublingually, the effects can take effect in around 5 minutes and last for 2 to 3 hours



# But I Don't Want to Be High All The Time!

**That's Good!**

We don't either!

Remember CBD? There are LP's that have high CBD strains that contain less than 1% of THC. This means that there will be zero psychoactive effect or "high".

Your Cannabis Coach or other staff will assist you in determining what strains are best for your conditions and life-style.



# What about the munchies? I don't want to gain weight!

## THC and Hunger

THC interacts with receptors located in the hypothalamus which release the hormone “Ghrelin”. Ghrelin is responsible for signaling hunger to the brain and in turn, increases your appetite.

Instead of grabbing a family sized bag of potato chips, medical patients find that regular use will regulate their appetites and reset their metabolism.

This means that a patient who regularly only eats once a day will now develop more healthy eating habits that include regular meals and healthier snacking.



# What About my Job?



## Medical Cannabis and Your Employer

- ❖ It's important to fully understand what your employers drug use policy is before starting this treatment.
- ❖ Employers do have the right to request disclosure of your medication
- ❖ If you do not disclose your use, your employer does not have to accommodate
- ❖ Third party drug testing firms typically speak with the employee about the test results prior to reporting it to your employer
- ❖ CBD is typically not tested for in work related drug tests
- ❖ Being mindful of safety sensitive roles needs to viewed objectively
- ❖ Accommodations can be made if you are willing to work with your employer on policy revisions



# Cannabis Coaches

## Who are Cannabis Coaches?

- ❖ MFT Cannabis Coaches are mostly made up of volunteers who have demonstrated an exceptionally high level of knowledge in the medical cannabis field
- ❖ They will assist you how to administer your medication in a variety of ways. They can help with making oils, capsules, tinctures, butters. They will help with vapourizer selection, strain selection, etc
- ❖ They are your one stop shop for all things cannabis
- ❖ They will help you determine if you are in fact receiving all of the benefits you are entitled to through Veterans Affairs Canada
- ❖ They will assist you with your Disability Tax Credit applications



# The Process

Unfortunately, Health Canada regulations do not allow us to access medicinal cannabis the same way we would for traditional pharmaceuticals.

As a result, the process requires a significant amount of regulatory paperwork that needs to be processed by multiple groups. This can be a stressful process on the client which is why we are here to help!

We have assisted hundreds of Veterans in gaining access to this treatment.



# The Process

## Registration

- ▶ We can start today! Right here, right now!
- ▶ We provide you with the intake paperwork required to register as a patient. This includes paperwork for:
  - ▶ MFT
  - ▶ CannaMedical (client care team)
  - ▶ Registration paperwork for your chosen LP
- ▶ You provide us with release messages, official diagnosis and a list of current medication being used



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# The Process

## Doctors Appointment

- The Client Care Center will arrange the appointment for you
- The appointment can be done in person or through a medical video conferencing platform from your home or office
- The doctor sends the completed medical document (prescription) to MFT and CannaMedical



# The Process

## Processing

- MFT and CannaMedical send the medical document and LP registration to the LP of your choice
- The LP registers you as a client and submits your claim to the Veterans Affairs Special Authorization Unit with the VAC Pharmacy for direct billing
- VAC notifies the client and the LP once the claim is approved



# The Process

## Your First Order

- Most LPs have online ordering
- You login, select your strains and quantities
- The LP ships your order to your door by CanadaPost, Purolator or by another postal carrier
- Your first order will also include your client identification cards from the LP. This is your “license” so to speak.
- You will be given a maximum of 12 months of access to medicinal cannabis with the option to renew



# TESTIMONIAL - Fabian Henry -

## ▶ Service:

- ▶ 2000 - 2012 (Combat Engineer Sgt Retired)
- ▶ 2001 Eritrea
- ▶ 2004 Haiti
- ▶ 2005 Pakistan
- ▶ 2006 Afghanistan
- ▶ 2007 Afghanistan
- ▶ 2010 Haiti



# TESTIMONIAL

## - Fabian Henry-

- ▶ My Diagnosis: Veteran Affairs Approved Service Related Injuries
- ▶ Physical and Mental
  - ▶ Severe Post Traumatic Stress Disorder 2007 64% Disability
  - ▶ Internal right knee derangement 2005 29% Disability
  - ▶ Erectile Dysfunction 2010 20% Disability
  - ▶ Malaria 5% Disability
  - ▶ Hearing Loss H-4 12% Disability
  - ▶ Tinnitus 10% Disability

*My CAF Case Manager referred to my file as a “complex transition case”*



# TESTIMONIAL

## - Fabian Henry-

### Symptoms

- ▶ Hyper vigilance \ arousal
- ▶ Alcohol Abuse
- ▶ Angry and spiteful
- ▶ Arrests
- ▶ Depression for days on end
- ▶ Cold and isolating
- ▶ Emotionless
- ▶ Zero empathy or compassion
- ▶ Insomnia
- ▶ Suicidal (1 attempt)
- ▶ No sense of self or purpose

### Prescriptions

- ▶ Trazadone
- ▶ Seroquel
- ▶ Clonazepam
- ▶ Risperidol
- ▶ Cymbalta
- ▶ Cialis
- ▶ Effexor
- ▶ Wellbutrin

### Treatment

- ▶ Cognitive Behavioural Therapy
- ▶ Cognitive Processing Therapy
- ▶ EMDR
- ▶ HBOT
- ▶ SATS Program, Homewood, Guelph
- ▶ Cannabinoid Therapy
- ▶ Neurofeedback
- ▶ Yoga
- ▶ Horticulture Therapy



# TESTIMONIAL

## - Fabian Henry-

### How Am I Today?

- ▶ I am present. I am here, focused and aware
- ▶ I can feel again. I have the emotional capacity to re-establish relationships with my family and friends
- ▶ I am mentally available for treatment and therapy
- ▶ I sleep
- ▶ I eat
- ▶ I am able to be social again
- ▶ I am able to identify what drives me again. I am grounded and able to pursue activities that contribute to my family and society as a whole
- ▶ I am happy
- ▶ I want to live
- ▶ Where there is LOVE, there is LIFE...



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# Questions?

