

STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. Box 3378
Honolulu, HI 96801-3378
doh.testimony@doh.hawaii.gov

**Testimony COMMENTING on HB2567
RELATING TO PSILOCYBIN.**

REP. JOHN M. MIZUNO, CHAIR
HOUSE COMMITTEE ON HEALTH

Hearing Date: January 30, 2020

Room Number: 329

1 **Fiscal Implications:** \$50,000 appropriation is recommended for meeting facilitation and
2 research services.

3 **Department Testimony:** The Department of Health (DOH) takes no position on the merits of
4 medicinal psilocybin.

5 However, establishing the Working Group pursuant to Session Law subjects it to chapter 92
6 “sunshine” or “open meetings” requirements that increase administrative burden but which do not
7 add commensurate value to the public – no public assets are at stake and there is no binding
8 public policy impacts.

9 The department respectfully recommends exempting the Working Group from chapter 92, or
10 preferably establishing it through Concurrent Resolution.

11 If Session Law is the preferred method, DOH recommends a modest appropriation for meeting
12 facilitation and basic research services. Since there is no existing academic or professional
13 foundation for medicinal psilocybin the Working Group will need research support to synthesize
14 the multidisciplinary elements for this novel public policy topic.

15 Thank you for the opportunity to testify.

16



POLICE DEPARTMENT COUNTY OF MAUI



MICHAEL P. VICTORINO
MAYOR

55 MAHALANI STREET
WAILUKU, HAWAII 96793
(808) 244-6400
FAX (808) 244-6411

TIVOLI S. FAAUMU
CHIEF OF POLICE

DEAN M. RICKARD
DEPUTY CHIEF OF POLICE

OUR REFERENCE
YOUR REFERENCE

January 29, 2020

LATE

The Honorable John M. Mizuno, Chair
The Honorable Bertrand Kobayashi, Vice Chair
and Members of the Committee on Health

House of Representatives
Hawaii State Capitol
Honolulu, Hawaii 96813

RE: House Bill No. 2567 - Relating To Psilocybin

Dear Chair Mizuno and Members of the Committee on Health:

The Maui Police Department strongly OPPOSES the passage of H.B. No. 2567.

Psilocybin is a hallucinogen that works by activating serotonin receptors, most often in the prefrontal cortex. This part of the brain affects mood, cognition, and perception. Although medical bodies do not consider psilocybin to be an addictive substance, users can experience disturbing hallucinations, anxiety, and panic from using the drug.

Psilocybin is a recreational drug. Several studies into the use for medical treatment is in its infancy stage. Most researchers who have done the small sample of studies refer to Psilocybin as unsafe and illegal.

Psilocybin is listed as a Schedule I substance (#26) under section 329 of the Hawaii Revised Statutes and is listed as a "Dangerous Drug." Per the Drug Enforcement Administration, "Schedule I drugs, substances, or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse."

By being categorized as a Schedule I drug (Dangerous Drug) simple possession of Psilocybin is a felony in Hawaii. In addition, any amount of Psilocybin in a person who is operating a motor vehicle on a public roadway in Hawaii is subject to arrest for the offense of Operating a Vehicle Under the Influence of an Intoxicant.

In addition, drug dealers are aware of Psilocybin's hallucinogenic properties and therefore sell it on the black market.


The Honorable John M. Mizuno, Chair
The Honorable Bertrand Kobayashi, Vice Chair
and Members of the Committee on Health
January 29, 2020
Page 2

Psilocybin is definitely not a substance that we want the people of Hawaii to have easy access. Nor do we want people to be able to use this dangerous substance.

The Maui Police Department asks that you strongly OPPOSE the passage of H.B. No. 2567.

Thank you for the opportunity to testify.

Sincerely,



TIVOLI S. FAAUMU
Chief of Police

House Committee on Health

Clarity Project Strongly Supports: HB2567

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

My name is Helen Cho, and I am here today representing the Clarity Project, a citizen's initiative that aims to expand patient access to include psilocybin-assisted therapy modalities in Hawaii. We represent thousands of community members who **strongly support HB 2567**. Prior to joining this initiative, I served as an executive team member of Aloha Green Apothecary, one of Hawaii's eight medical cannabis licensees. During the three years at my post, I became intimately familiar with the process of legalization of cannabis, the regulatory architecture around it, and the beneficial results of a previously criminalized plant medicine for thousands of patients in Hawaii. With many lessons learned, my own personal lifelong struggles with mental health, and a deepening respect for therapeutic plant medicines, my goal is to provide those in our community who are enduring the most extreme psychological suffering with tools shown to be exceedingly effective, more so than any treatment currently available to medical professionals.

The Clarity Project is a citizen-driven initiative that aims to expand legal patient access to include psilocybin-assisted therapy modalities. Inspired by the decriminalization of psilocybin in Denver, the project was founded in 2019 and is comprised of doctors, therapists, medical professionals, advocates, and researchers interested in using or currently using psilocybin in and outside of Hawaii. We are a part of a growing global movement working with teams in other states and countries to pave the way for a sustainable approach to healthcare and social equity through legalization of medical psilocybin.

Psilocybin is the main natural ingredient found in over 200 species of psychoactive mushrooms. Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction to alcohol and other drugs, depression, end of life anxiety, and post-traumatic stress disorder. An increasing numbers, medical and mental health professionals are turning to psilocybin as an effective and natural treatment with minimal side effects. These findings have also given rise to a groundswell of interest, study, and use of psilocybin, which has begun to surface in mainstream society through media and art, health, spirituality, and culture. In step with public sentiment, advocates across the US have begun pursuing multi-pronged decriminalization and legalization strategies in an effort to extend the benefits of psilocybin outside of the research setting.

Clinical Use Is Central To Effectiveness

- Medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can guide the patient, understand drug interactions, and

screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses ^[1].

- Research on psilocybin has shown that the context of the experience plays a critical role in determining positive outcomes for patients ^[2].
- In clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants ^[3].

Major Research Institutions Around The World Are Studying Psilocybin:

- [Johns Hopkins Medicine - Center for Psychedelic and Consciousness Research](#)
- [New York University - Psychiatry](#)
- Harbor-UCLA Medical Center - The Los Angeles Biomedical Research Institute ^[4]
- University of California San Francisco ^[5]
- Yale University ^[5]
- [Imperial College London - Centre for Psychedelic Research](#) (UK)
- University of Oxford - Psychiatry (UK) ^[6]

Landmark Research Studies Show That Psilocybin:

- Minimizes Existential Distress in Patients with Life-Threatening Cancer ^[7]
 - “I had an epiphany... I’m not anxious about cancer anymore. I’m not anxious about dying.” The session, the patient added, “has made my life richer.” ^[8]
- Reduces Obsessive-Compulsive Disorder Symptoms ^[9]
 - “In a controlled clinical environment, psilocybin was safely used in subjects with OCD and was associated with acute reductions in core OCD symptoms in several subjects.” ^[9]
- Helps Treat Major Depressive Disorder ^[10]
 - “One treatment just completely reduced depression and anxiety scores, from people being very clinical to reaching remission... No other treatment, and 6 months later, 60-70% people are in remission from a single treatment.” - Charles L. Raison, MD, professor in the School of Human Ecology at the University of Wisconsin-Madison ^[11]
- Is Effective In Alcohol and Smoking Addiction Treatment ^{[12][13]}
 - “We had incredibly high success rates... 80% of people were biologically confirmed as abstinent from smoking six months after the fact. And then at two and a half years on average, 60% of people were biologically confirmed as abstinent from smoking. That just completely dwarfs the best success rates that are out there.” - Dr. Matthew Johnson, an associate professor at the Department of Psychiatry and Behavioral Sciences of Johns Hopkins Medicine ^[14]

Groundbreaking US Initiatives

As of June 2019, 55 cities across 30 states are actively seeking guidance on reforming psychedelics laws. ^[15]

Medical Psilocybin Can Benefit Hawaii

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii’s most pressing issues. Hawaii’s medical

professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

Recommendations For Preliminary Legislative Action

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see HB 2567 as the right and best next step for this conversation. By developing an advisory, science-based, therapeutic modality for psilocybin including preparation, facilitation, and integration we bring all parties to the table to make science based decisions regarding the regulatory framework governing the use of this plant medicine. Further, it includes an extended development period to protect the successful roll out of the program and encourage the formation of collaborative private-public platforms.

We feel HB 2567 is the right first step in having this important conversation.

Please pass this measure out of your committee.

Respectfully,

Helen L. Cho
Clarity Project



www.clarityproject.org

Sources:

- [1] Johnson M, Richards W, Griffiths R. Human Hallucinogen Research: Guidelines for Safety. *J Psychopharmacol*. 2008 Aug; 22(6):603-620. Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056407/>
- [2] Carhart-Harris RL, Roseman L, Jaihen E, Erritzoe D, Watts R, Branchi I, Kaelen M. Psychedelics and the essential importance of context. *J Psychopharmacol*. 2018 Jul; 32(7):725-731. DOI: 10.1177/0269881118754710. Epub 2018 Feb 15. Available from <https://www.ncbi.nlm.nih.gov/pubmed/29446697>
- [3] Researchers Urge Caution around Psilocybin Use. (2016, Dec 30). Retrieved from https://www.hopkinsmedicine.org/news/media/releases/researchers_urge_caution_around_psilocybin_use
- [4] Grob C. Effects of Psilocybin in Advanced-Stage Cancer Patients With Anxiety. 2006 Mar 14. Retrieved from <https://clinicaltrials.gov/ct2/show/NCT00302744>
- [5] Major Depressive Disorder and Psilocybin Clinical Trial | Usona Clinical Trials. Retrieved from <https://usonaclinicaltrials.org/major-depressive-disorder-psilocybin-clinical-trial-psil201>
- [6] Louis-David L, Expert P, Atasoy S, Roseman L, Rapuano K, Lambiotte R, Nutt D, Deco G, Carhart-Harris R, Kringelbach M, Cabral J. Altered trajectories in the dynamical repertoire of functional network states under psilocybin. 2018 Jul; DOI: <https://doi.org/10.1101/376491>. Retrieved from <https://www.biorxiv.org/content/10.1101/376491v1>
- [7] Griffiths R, Johnson M, Carducci M, Umbricht A, Richards W, Richards B, Cosimano M, Klinedinst M. Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial. *J Psychopharmacol*. 2016 Dec; 30(12):1181-1197. PMID: 27909165 PMCID: PMC5367557 DOI: 10.1177/0269881116675513 Available from <https://www.ncbi.nlm.nih.gov/pubmed?Db=pubmed&Cmd=ShowDetailView&TermToSearch=27909165>
- [8] Hoffman J. A Dose of a Hallucinogen From a 'Magic Mushroom,' and Then Lasting Peace. (2016, Dec 1) Retrieved from <https://www.nytimes.com/2016/12/01/health/hallucinogenic-mushrooms-psilocybin-cancer-anxiety-depression.html>

- [9] Moreno F, Wiegand C, Taitano E, Delgado P. Safety, tolerability, and efficacy of psilocybin in 9 patients with obsessive-compulsive disorder. *J Clin Psychiatry*. 2006 Nov;67(11):1735-40. PMID: 17196053 DOI: 10.4088/jcp.v67n1110 Available from <https://www.ncbi.nlm.nih.gov/pubmed/17196053?dopt=Abstract>
- [10] Carhart-Harris R, Roseman L, Bolstridge M, Demetriou L, Pannekoek J, Wall M, Tanner M, Kaelen M, McGonigle J, Murphy K, Leech R, Curran H, Nutt D. Psilocybin for treatment-resistant depression: fMRI-measured brain mechanisms. *Sci Rep*. 2017;7(1):13187. DOI:10.1038/s41598-017-13282-7 Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5640601/>
- [11] Kunzmann K. FDA Approves Landmark Psilocybin Trial for Treatment-Resistant Depression. (2018 Aug 24) Retrieved from <https://www.mdmag.com/medical-news/fda-approves-landmark-psilocybin-trial-for-treatment-resistant-depression>
- [12] Nielson E, May D, Forcehimes A, Bogenschutz M. The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions. *Front Pharmacol*. 2018; 9:132. DOI:10.3389/fphar.2018.00132 Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5826346/>
- [13] Johnson M, Garcia-Romeu A, Cosimano M, Griffiths R. Pilot study of the 5-HT_{2A}R agonist psilocybin in the treatment of tobacco addiction. *J Psychopharmacol*. 2014; 28(11):983–992. DOI:10.1177/0269881114548296 Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4286320/>
- [14] Sprunt B. Psilocybin Paves Path For Addiction Research At Johns Hopkins. (2019 Oct 15). Retrieved from <https://wamu.org/story/19/10/15/psilocybin-therapy-at-john-hopkins-finds-success-in-addiction-research/>
- [15] Jaeger K. Movement To Decriminalize Psychedelics Spreads Nationally. (2019, Jun 18) Retrieved from <https://www.marijuanamoment.net/movement-to-decriminalize-psychedelics-spreads-nationally/>

HB-2567

Submitted on: 1/29/2020 10:08:33 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Monica Delgado	Hawaii Norml	Support	No

Comments:

A study published in Science Direct found that psilocybin is very effective at [reducing symptoms](#) in people with treatment-resistant depression. It also shows that psilocybin can help people become [more optimistic](#) and its effective way to treat addiction to tobacco and alcohol.

People who used psychedelics have lower rates of psychological distress and suicidality than those who used no psychedelics, but an equivalent amount of drugs.

If not for the drug war, our understanding of the power of psychedelic drugs such as psilocybin would probably be far more advanced than it is currently. But it's beginning to look like psilocybin may be decriminalized in a similar way that marijuana has over the past two decades.

HB-2567

Submitted on: 1/28/2020 2:04:33 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Joseph Kohn MD	We Are One, Inc. - www.WeAreOne.cc - WAO	Support	No

Comments:

Support Science and Health.

www.WeAreOne.cc



Tom Cook, M.D.

BEYOND MENTAL HEALTH

*Psychiatry, Mental Health & Wellness
1401 S. Beretania St. Suite 450
Honolulu, HI, 96814*

Date: 1-28-20

To Whom It May Concern:

Please excuse my absence from the hearing- I am seeing patients in my clinic.

As a board certified psychiatrist, I want to provide the legislature with an expert opinion on the effects of psilocybin mushrooms.

I cannot recommend, much less prescribe them to a patient, however, over the years I have seen patients who have been driven (by unresolved depression) to try them illegally. Usually, these are the sort of people who never experimented with illegal drugs. Most of them do so after reading research articles from Johns Hopkins all on their own.

It is unfortunate, and ironic, that well meaning sick people have to break a law to find a more effective treatment than Prozac.

These sorts of patients report their findings to me, and over time, I notice a pattern.

The overwhelming response that is that hallucinogenic mushrooms have relieved depression symptoms in a more profound way than any medication, or any treatment ever has. They not only relieve the depression, but they heal OCD symptoms which are typically barely responsive to all known treatment. Psychiatry has failed to treat patients with OCD (and autism) effectively, offering them antidepressants that relieve symptoms only mildly, or offering them sedatives, tranquilizers, seizure medicines, etc.

Patients also report that a hallucinogenic mushroom totally eliminated their suicidal thinking. And re-introduced them to the world, allowing them to find meaning, hope, and to re-experience the simple joys of life with fresh eyes. In no instance did I hear about any lasting side effects such as psychosis. In (almost) every case, the hallucinations and disorientation were reported as temporary (~4 hrs), tolerable, and were at the very worst, mildly unpleasant, accompanied by nausea.

*ph (808) 457-1082
fax (808) 356-1649*

www.drcook.org

As to possible toxic damage from mushrooms, of note, in the scientific literature, there is almost no evidence of cardio-toxicity or brain-toxicity from psilocybin mushrooms.

They are safer than many prescription drugs.

It is important to remember that many current prescription drugs can result in temporary psychosis. Amantadine, bromocriptine, albuterol, wellbutrin, amphetamines, even Benadryl can cause a delirium or a psychosis. A huge number of other medications can cause psychosis, the list is very extensive. Thus, hallucinogenic mushrooms should not be ruled out from research solely due to their capacity to promote psychosis.

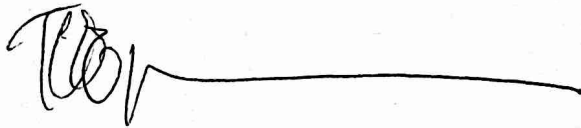
Additionally, sometimes, a controlled psychosis can heal depression. This is what we aim for in my own clinic, where we provide ketamine to severely depressed patients. The ketamine causes dissociation and some other psychosis-like symptoms, which are now (from ketamine research) known to relieve depression rapidly and effectively.

Of course, psilocybin research must proceed with caution... However, to not proceed would be worse. To not proceed would be neglectful and oblivious to its healing properties, and would ultimately fail these patients.

I am a licensed physician, in state of HI, MD license# 16978, expiration date 1-31-2022.

You may call my business line with any questions.

Cordially,

A handwritten signature in black ink, appearing to read 'TC', followed by a long horizontal line extending to the right.

Thomas Cook, M.D.

*ph (808) 457-1082
fax (808) 356-1649*

www.drcook.org

HB-2567

Submitted on: 1/27/2020 9:33:11 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
jennifer karaca	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 12:32:31 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
J Riverstone	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Please pass HB2567. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii's most pressing issues. Hawaii's medical professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and on psilocybin is clear, psilocybin

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)

[By passing this bill, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations.](#)

Physicians need new and innovative tools in their toolkit as they are tackling Hawaii's growing mental health crisis and clinical access to these innovative tools is key to their success. In fact, medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses.](#) Research on psilocybin has shown that the [context of the experience plays a critical role in determining positive outcomes for patients. In this clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants.](#)

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this bill as the best next step in helping to move this important conversation forward.

Thank you for hearing and passing this measure out of your committee.

Jerry Riverstone

HB-2567

Submitted on: 1/28/2020 8:57:16 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Amy Brinker	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 9:29:06 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Me	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Please pass HB2567. I am a Family Nurse Practitioner with almost two decades of experience here in our beautiful state. I have been reading the available research from MAPS and NIH as well as Johns Hopkins <https://maps.org/news/media/2619-hopkins-researchers-study-therapeutic-use-of-psilocybin-in-magic-mushr>. The research is compelling and something we should seriously consider as an option for our state.

Thank you,

Me Fuimaono-Poe FNP-BC

HB-2567

Submitted on: 1/28/2020 8:41:48 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Victor K. Ramos	Individual	Oppose	No

Comments:

Strongl oppose.

It seems that we are always legislating laws to deal with symptoms of anxieties and not identifying and addressing the core issues. First, medical marijuana, now medical magic mushrooms.

HB-2567

Submitted on: 1/28/2020 9:52:00 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Keith Bennett	Individual	Support	No

Comments:

I would like to express my unconditional support for HB2567.

I have first hand personal experience with "magic mushrooms" improving my life and making me a healthier and more productive member of society. Moreover, they are extremely safe and not harmful and the benefits of taking them far outweigh any drawbacks.

My own testimony it that I drank at a minimum a six pack of beer four to seven days a week. Some might call that "alcoholic" - others wouldn't. Whatever the case may be, over the years I lived in might be called a state of high functioning mild depression. I went to work and functioned "normally" in society. I went to work and held a career and in the evening I would try to "unwind" with beer and either TV or computer games. Nothing was "wrong" with this, but on the other hand in the long term it is not healthy and I saw my health deteriorating and in the long term it was an unhelathy lifestyle.

Since September I've been using "magic mushrooms" in moderation including and haven't even had an urge to drink. You've heard of a "twelve step" program? Well, this was a "one step" program. I just ate mushrooms and stopped drinking. Easy peasy.

Easy, except for the fact that I committed a felony and could be imprisoned for growing, possessing and consuming a natural product that causes no harm and a tremendous amount of good. HPD could possibly run across them and charge me with a crime. So I am at risk of criminal prosecutions merely for taking a substance that causes no harm to society, improves my life and health, and in the long term actually reduces costs to society because I am healthier and less likely to require medical care due to obesity, diabetes, etc.

As a side note magic mushrooms are illegal mostly because Nixon hated hippies and wanted another reason to harass them and destroy their lifestyle.

Now that I have taken several types of psychedelics of varying doses over the past six months, I have to say the effects are definitely less harmful than alcohol. The "hangover" is that you just feel good for a few days afterwards and are able to function at a higher than a normal level on many types tasks.

They don't make people suddenly "wig out" and become an irresponsible person - at work I am more productive and financially I am better off because I have less desire to consume "junk". For the first time in my life I am actually looking at having a "nest egg" or financial buffer rather than living paycheck to paycheck.

Yes, there is a counterargument that people with certain types of mental illness can have problems with magic mushrooms - which is precisely why this bill should be passed and allow these people to take them under the care of a mental health professional. In other words, the only reason for these not to be completely legal is for them to be limited to medical use.

HB-2567

Submitted on: 1/28/2020 10:25:36 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Marya Grambs	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Committee members:

Psilocybin can help treat numerous disorders -- obsessive compulsive disorder, anxiety, major depressive disorder, substance use disorder (particularly alcoholism), end of life anxiety, and PTSD. More and more locales have already, or are exploring, making psilocybin legal.

There is a growing body of research showing its effectiveness and outlining the best way to administer it, and more and more medical professionals, researchers, clinicians, and potential patients are exploring optimal ways for its administration and are working to increase access to it.

Please pass this measure out of your committee. Please enable our state to offer its residents this effective and cutting-edge treatment.

Sincerely yours,

Marya Grambs

Board member, Drug Policy Forum of Hawaii

HB-2567

Submitted on: 1/28/2020 10:28:54 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
pat gegen	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 1:32:27 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lucas McSweeney	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 1:54:45 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
autumn ness	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 2:00:21 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Ruta Jordans	Individual	Support	No

Comments:

The research on what can be achieved with this drug in a therapeutic environment shows it can be effective where other modalities do not work. It is effective for depression and addiction - two problems we have not been successful in treating. It is important to give Psilocybin a chance to be critically looked at for possible uses in Hawaii. Please support this bill!

HB-2567

Submitted on: 1/28/2020 1:37:30 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
sienna	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 2:11:27 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Rod Easterly	Individual	Support	No

Comments:

Aloha,

I strongly support the the use of medical psilocybin in treating mental health issues. It's been used by many indiginous cultures throughout the world for the same purpose and has recently received scientific backing as to its efficacy.

Thank you,

Rod Easterly on Kauai

HB-2567

Submitted on: 1/28/2020 2:23:10 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Randy Gonce	Individual	Support	No

Comments:

Aloha Committee members,

I am writing testimony in STRONG SUPPORT of this measure to create a working group in regard to medical psilocybin. There are many documented studies of psilocybin having significant positive effects on ailments such as PTSD, depression, and anxiety (1)(2)(3). During a time where we have extremely high levels of deaths from rx'd pharmaceuticals to include SSRI's, opiods, and the like, returning to naturally occurring medicines that have existed in the natural world for decades has been shown to be most effective and safe. Key findings from a Global Drug Survey (4) show that psilocybin is the safest "drug" currently in the controlled substance act. Coupled with the studies that prove its medical potential a working group to explore what it means for Hawaii, which is suffering an emergency mental health crisis, seems to be common sense. Please support this measure. Mahalo nui.

-Randy Gonce

(1) <https://www.ncbi.nlm.nih.gov/pubmed/23727882>

(2) <https://www.usonainstitute.org/research/#usona>

(3) <https://maps.org/5286-psilocybin-and-mdma-therapy-explained-by-dr->

(4) https://www.globaldrugsurvey.com/wp-content/themes/globaldrugsurvey/results/GDS2017_key-findings-report_final.pdf

HB-2567

Submitted on: 1/28/2020 2:25:04 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
John Gelert	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 2:25:49 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Rodney Evans	Individual	Support	No

Comments:

Aloha,

My Daughter suffers from autism. She often has allergic reactions to pharmaceuticals and our family and traditions favor ancient tried and true homeopathic medicines. I feel that this medicine would be helpful to alleviate her panic and depressive episodes in a way that does not impair her functioning. It has been approved by the FDA for such uses and should be approved locally as the local should outway the Federal when it comes to traditional medicines and our health. Thank you. Concerned parent of 23 year old autistic child struggling to become self-reliant.

HB-2567

Submitted on: 1/28/2020 2:38:22 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Bryce Healy	Dr. Bryce Healy	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

I ask for your strong support of HB2567. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii’s most pressing issues. Hawaii’s medical professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and NYU on psilocybin is clear, psilocybin:

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)

[By passing this bill, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations.](#)

Physicians need new and innovative tools in their toolkit as they are tackling Hawaii’s growing mental health crisis and clinical access to these innovative tools is key to their success. In fact, medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide](#)

the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses. Research on psilocybin has shown that the context of the experience plays a critical role in determining positive outcomes for

patients. In this clinical research, patients given psilocybin are

provided a safe, comfortable space with trained experts to offer support to

participants.

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this bill as the best next step in helping to move this important conversation forward.

Thank you,

HB-2567

Submitted on: 1/28/2020 2:41:10 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Aria Juliet Castillo	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 2:54:32 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Richard Janik	Individual	Support	No

Comments:

Dear legislators,

I am a retired physician in Hawaii. After watching the documentaries regarding psilocybin use for depression and the anxiety of death due to cancer, I fully support this legislation.\Thank you

Richard J Janik, MD

4548 Eklou St

Lihue, HI 96766

HB-2567

Submitted on: 1/28/2020 3:02:14 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Gary Hooser	Individual	Support	No

Comments:

This testimony is in support of HB2567

Research that has been conducted by reputable universities and medical facilities demonstrates clearly that psilocybin-assisted therapy modalities add significant value to the "tools" physicians now utilize to treat severe depression and other related medical conditions.

According to Civil Beat, "CNN [reported Tuesday](#) that a single dose of psilocybin, a compound found in "magic mushrooms," provides "long-term relief of anxiety and depression in cancer patients," according to a new study."

Hawaii's health and wellness community deserve the opportunity to further explore the benefits associated with psilocybin-assisted therapy modalities, and the passage of HB2567 will help move forward that valuable conversation.

HB-2567

Submitted on: 1/28/2020 3:04:29 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
David Dinner	Individual	Support	No

Comments:

I hesitate to say that this is a no brainer, but really. Just pass it and put in strict controls to make sure that large companies cannot control it, that a good amount of the income goes to the state, that there is solid consequences for driving while under the influence and that it can be a viable business source for entrepreneurs.

HB-2567

Submitted on: 1/28/2020 3:20:22 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Malachy Grange	Individual	Support	No

Comments:

Please support this bill to legalize this plant-based medicine that can help so many people. It will be prescribed only after careful screening and in a controlled setting. It can help many people.

HB-2567

Submitted on: 1/28/2020 3:32:03 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Jacob Willams	Individual	Support	No

Comments:

The Clarity Project is a citizen-driven initiative in Hawai'i that aims to expand patient access to include psilocybin-assisted therapy modalities.

Cutting edge research coming out of major research institutions like Johns Hopkins University, New York University, UCLA, and Imperial College of London is showing psilocybin to be a powerful tool for medical professionals working with mental health issues like anxiety, depression, and PTSD. Such research is now mainstream, popularized by NYTimes best selling authors like Michael Pollan (How to Change your Mind) and Johann Hart (Lost Connections).

Through community education, advocacy, and legislative action, the Clarity Project aims to create the necessary legal frameworks, regulatory bodies, and associated governmental mechanisms to help expand therapeutic access to psilocybin in Hawai'i.

HB-2567

Submitted on: 1/28/2020 4:22:28 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Krisztina Samu	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Please accept this testimony regarding bill HB2567. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii's most pressing issues. Hawaii's medical professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and on psilocybin is clear, psilocybin

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)

Moreover, I have personal relationships with individuals who were personally helped by psilocybin and these individuals reported that they were able to alleviate deep chronic depression and also come to peace with the natural process of dying, something we will all face.

[By passing this bill, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations.](#)

Physicians need new and innovative tools in their toolkit as they are tackling Hawaii's growing mental health crisis and clinical access to these innovative tools is key to their

success. In fact, medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses](#). Research on psilocybin has shown that the [context of the experience plays a critical role in determining positive outcomes for patients](#). [In this clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants](#).

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this bill as the best next step in helping to move this important conversation forward.

Thank you for hearing and passing this measure out of your committee.

Krisztina Samu

HB-2567

Submitted on: 1/28/2020 4:57:03 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Michele Jones	Individual	Support	No

Comments:

This plant medicine has proven affective in treating depression, anxiety and drug/alcohol addiction. Please consdier this proposal to allow research and medicinal use to progress.

Mahalo,

Michele Jones, L.Ac.

HB-2567

Submitted on: 1/28/2020 5:48:50 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Karin medigovich	Individual	Support	No

Comments:

As can be found in dr. Rosenburgs new book Bedlam. New research in mental health treatments is needed. Applying new ideas to healing therapies and especially non damaging plant based substances such as scillicibin under the supervision of therapists and drs is a great idea. Our efforts to bring new compassionate therapies to mental health treatment has fallen way behind. It is time to pose new solutions through diverse therapies. Mental health requires multiple approaches. Our treatments are few and often ineffective with undesirable side effects. Please vote yes on this research. Thank you!

HB-2567

Submitted on: 1/28/2020 6:35:18 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Janet Montgomery	Individual	Support	No

Comments:

I have a chronic illness and I believe - based on the substantial research that has been conducted - that psilocybin could be enormously helpful for me. I urge you to pass this bill out of committee.

HB-2567

Submitted on: 1/28/2020 7:26:37 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Sam Small	Individual	Support	No

Comments:

HB-2567

Submitted on: 1/28/2020 5:45:39 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Linda Pizzitola	Individual	Support	No

Comments:

I have read Michael Pollan's book, *How to Change Your Mind* and other research on the benefits of psilocybin to treat mental disorders, particularly where the patient is *stuck*, such as in depression, chronic anxiety, OCD, and addiction. This is a very large percentage of the population. For them, psilocybin could provide a "re-boot" and a fresh perspective on life. I know firsthand that psychedelic experiences can be very transformative.

I believe psilocybin can also be extremely beneficial to ease the passage at the end of life, when existential distress is present: fears of death, transcendence, and leaving life-as-we-know-it behind.

Psilocybin can be a valuable addition to the current protocols for treating mental disorders. Please support this progressive legislation. And read the book!

HB-2567

Submitted on: 1/28/2020 8:32:49 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Harvey Arkin	Individual	Support	No

Comments:

Aloha,

PSILOCYBIN has been used safely for thousands of years, that long history of use show it is a positive healing and safe food.

Thank you,

HB-2567

Submitted on: 1/28/2020 8:03:38 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lorraine Newman	Individual	Support	No

Comments:

Please support this bill. Studies are showing positive results. We should always encourage the investigation and development of therapies that show promise, especially when it comes to the treatment and healing of deeply rooted psycho-emotional issues that are not easily healed... and especially since psilocybin is a natural gift from the earth.

Mahalo

Dear Chair Mizuno and Members of the Committee,

My name is Ashley Lukens. For the past 12 years, I have worked as a community organizer and advocate in Hawaii. I received my PhD in Political Science from UH Manoa in 2013. Today, I am writing in strong support of HB 2567, a bill which begins an important conversation around clinical access to psilocybin in Hawaii. I support this bill because plant medicines like psilocybin have played a transformative role in my life.

In 2017, I was diagnosed with brain cancer. Because brain cancer is treatable but not curable, I was faced very immediately with the prospect of my own early death. As a 38 year old single mother to an 11 year old little girl, you can imagine the amount of stress a diagnosis like this caused. Luckily, having read many of the popular books like Michael Pollan's *How to Change your Mind*, I was familiar with the research on psilocybin assisted treatment for end of life anxiety and chose to experience first hand the power of this plant medicine in reducing the negative effects of the stress related to a cancer diagnosis. I am not alone in this experience. Just this week, CNN reported a study out of NYU that "A single dose of psilocybin, a compound found in "magic mushrooms," provides long-term relief of anxiety and depression in cancer patients."

The relationship between stress and cancer is clear; we know that stress in the body prevents it from healing. So, as someone who needs to heal, reducing my stress around my diagnosis has been instrumental in my maintaining my health and healing. Not all patients have the means to access legal psilocybin. Regulations in place in the United States require that if you want to see access it you either participate in a limited clinical trial or you travel abroad to places where you can access this medicine legally. Traveling abroad can complicate the patients experience because not all legal access is in a clinical setting, something the research shows us is critical for impact.

This bill is a logical first step for exploring how patients can more easily and legally access this important healing modality.

Thank you for taking the time to hear this important bill. I hope that you will pass this measure out of committee to continue this conversation.

A handwritten signature in black ink, appearing to read 'Ashley Lukens', written in a cursive style.

Ashley Lukens, PhD

HB-2567

Submitted on: 1/28/2020 8:34:21 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Maria Maitino	Individual	Support	No

Comments:

I fully support HB2567. There is more and more scientific evidence that psilocybin can be extremely helpful in the treatment of various mental health issues such as depression, anxiety and many more, as well as for hospice patients. Please support the passage of this important bill.

Thank you,

Maria Maitino

HB-2567

Submitted on: 1/28/2020 10:03:57 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Geoffrey Kern	Individual	Support	No

Comments:

Aloha, I have lived in Hawai`i for 25 years and have followed the progress of best-practices therapeutic use of psychedelics from three decades of prohibition into the renaissance of the last decade. It is undeniably clear to me that tools such as psychedelic medicines, when used with proper set and setting and with properly trained therapeutic staff, can catalyze tremendous healing for consenting persons who have exhausted all other treatments for their trauma. The scientific literature is exhaustive, and can be accessed through portals such as maps.org which sponsors a psychedelic science conference every three years. This bill's authors and sponsors are proposing a sensible course through establishing this working group. Were the working group to recommend legislation to make psylocybin therapy legal in Hawai`i, it would be of tremendous benefit to Hawai`i's survivors of abuse, trauma, and injury. Hawai`i would also become a chosen destination for trauma victims seeking legal options for deep and lasting healing. Please support this bill.

HB-2567

Submitted on: 1/28/2020 10:16:15 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Dr Kimberly Turnbull, DC	Individual	Support	No

Comments:

I encourage committee members to educate themselves as to broad the therapeutic potential and the remarkable safety of hallucinogenic substances. In this time when so many suffer from psychological afflictions, the research is indicating that hallucinogens are both more effective and far safer than current pharmaceutical treatment options. Please support this bill and may I recommend the book How to Change Your Mind, by Michael Pollan for a well researched discussion of the issue.

HB-2567

Submitted on: 1/29/2020 4:39:19 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Nanea Lo	Individual	Support	No

Comments:

Hello,

My name is Nanea Lo and I'm a lifelong resident of Hawai'i on the island of O'ahu. I am also a masters student at the university of Hawai'i at MÄ• noa in the Department of Urban and Regional Planning. I fully support this bill.

me ke aloha 'Ä• ina,

Nanea Lo

HB-2567

Submitted on: 1/29/2020 7:50:48 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Susan Stayton	Individual	Support	No

Comments:

Aloha Representatives,

I am writing in support of this bill. I feel we should use all means at our disposal to assist individuals with depression, addiction and other mental health conditions. Psilocybin is definitely work more study.

Mahalo,

Susan

HB-2567

Submitted on: 1/29/2020 8:34:38 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Boyce Brown	Individual	Support	Yes

Comments:

There was very substantial medical and scientific research into psychedelic drugs in the 1950s and 1960s. Psychoactive compounds were a mainstream and widely used part of the overall pharmacopeia of psychiatry. However, there was a major media-driven anti-psychedelic backlash in the late 1960s. Nixon called Timothy Leary “the most dangerous man in America.” As part of the establishment reaction against the counterculture, psilocybin and LSD were classified as schedule one drugs by the 1970 Controlled Substances Act, a category for drugs said to have “no medical value” and “a high risk of abuse.”

After a thirty-year hiatus, medical research began again in earnest again in 2000. This is not only with psilocybin and LSD but with a wide array of other psychoactives as well. MDMA research and therapeutic use is proliferating and emerging into the mainstream as quickly as psilocybin and LSD. Ibogaine, ayahuasca, ketamine, and other substances are not far behind. Rather than Leary’s revolutionary call for a global chemical utopia to transform society, the emphasis has instead been on taking an objective, evidence-based, and scientific view of the potential benefits of psilocybin and other psychoactive medicines for treating, depression, PTSD, substance abuse, and numerous other ailments.

Each year since 2000 we have seen an ever increasing swell in the progress of psychedelic science. This can be broadly attributed to the confluence of three factors: advances within science, increased public interest, and regulatory changes, each compounding the other, year after year after year. Formal research centers have been established at Johns Hopkins University in the US, Imperial College in the UK, and numerous other places throughout the world. Breakthrough findings continue to be published in world-renowned journals. A massive ongoing underground use of psychoactives under the supervision of credentialed psychiatrists, doctors, and therapists in therapeutic settings exists in the US and is growing rapidly. Psilocybin has been decriminalized in Denver and Oakland. If phase III clinical trials with psilocybin are successful, researchers anticipate that psilocybin will be recategorized as a schedule IV drug next year.

The transformation in just two decades has been striking. 2020 may come to be seen a defining year for psychedelic science and remembered as a turning point for the field.

Psilocybin is poised to become a major part of the treatment options available to address some of the most recalcitrant problems faced by medicine and society today.

The long-term outlook is noticeably different at the beginning of 2020 than it was even at the conclusion of 2018. Within ten years we are likely to have multiple psychedelic-assisted therapies approved in the US, Europe, and many countries around the world for the treatment of various mental health conditions. As new success stories from treatment with psychedelic therapy continue to emerge and new scientific evidence continues to be collected from ongoing clinical trials and neuropsychopharmacology research, many more patients will be asking for these treatments. We will see multiple forms of treatment centers emerge, including psychiatric hospitals as well as privately owned clinics and independent practitioners. Psychedelic therapy is on track to be the next major breakthrough in mental health care.

HB-2567

Submitted on: 1/29/2020 8:43:28 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Jennifer Bojanowski	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

I am in SUPPORT of HB2567 as a licensed mental health care provider in Hawaii. This legislation helps our state take the responsible first step by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin has shown to be effective for a wide range of mental and psychological disorders. The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and on psilocybin indicates psilocybin helps treat major depressive disorder, decreases obsessive-compulsive symptoms, and decreases distress caused by existential crises such as end of life.

HB2567 provides a responsible way forward to understand and realize the potential of medical psilocybin as a treatment modality when appropriate. Thank you for considering giving your support to HB2567.

Respectfully,

Jennifer D. Bojanowski, LCSW

HB-2567

Submitted on: 1/29/2020 9:36:34 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Beth Rasmussen	Individual	Support	No

Comments:

Please support HB2576. As a LIFE LONG sufferer of chronic and debilitating migraines I STRONGLY support this bill. Plant based treatments of a wide range of mental and psychological disorders would be a GOD SEND in my LIFE LONG search for a cure of my migraine condition. My Migraine condition limits every aspect of my life--work, social activities, travel to the mainland, what foods I can and cannot eat, etc.,etc. To be free of this condition would be to give me life back!

SUPPORT, SUPPORT, SUPPORT this effort to create a legal and medical framework for Psilocybin, perhaps the miracle cure for my migraine condition and for others with mental and psychological disorders!

Thank you,

Beth Rasmussen

Kailua

HB-2567

Submitted on: 1/28/2020 8:48:46 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Dylan Ramos	Individual	Support	No

Comments:

Aloha Chair Mizuno, Vice Chair Kobayashi, and respected Committee Members,

Whether or not you support medical psilocybin, the right vote on HB2567 is clear: vote yes to establish this Working Group so that the State can decide for itself whether or not to support this effort. As of June 2019, 55 cities across 30 states were already considering legal reforms to permit psilocybin use and/or research, and as you know, the entire state of Colorado has already legalized psilocybin after plenty of research and vetting. All that said, for Hawai'i to establish a psilocybin Working Group should be a no-brainer decision. Please support HB2567.

Mahalo,

Dylan Ramos

Honolulu, HI 96816

HB-2567

Submitted on: 1/29/2020 11:12:58 AM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Zachary Mermel	Individual	Support	No

Comments:

To whom it may concern,

I strongly support this measure to establish a working group for the use of psilocybin by healthcare professionals in Hawaii. As someone who has family members struggling with mental health challenges on an ongoing basis, this research would help determine whether psilocybin can possibly be an effective treatment for persons suffering from certain mental health maladies.

Respectfully,

Zach Mermel

HB-2567

Submitted on: 1/29/2020 2:32:00 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Adria Marin	Individual	Support	No

Comments:

Aloha,

As an advocate for natural healing & knowing the profound potential psilocybin has, we must pass this. Studies have shown the transformations possible in regards to mental illness, in our culture. Please take into account by decriminalizing nature we allow the practitioners to truly heal their patients. Also we need to acknowledge the state in which we have been functioning is an outdated model. If there is knowledge to be had with our connection to this earth & our fellow man, a law that condemns us by fear should be reevaluated for the betterment of humanity.

Mahalo ʻōʻā™• ʻōʻā• ½,

Adria Marin

HB-2567

Submitted on: 1/29/2020 2:35:45 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Robert Schwager	Individual	Support	No

Comments:

Aloha, I am writing because I am strongly in favor of this bill. I have been suffering for years with issues this treatment may address and would very much like to be a study subject.

I have a psychologist who believes this may help me. I've also done extensive research on my own. Please give it a chance and allow those of us in the community the possible benefits.

Denying us the chance to at least try this when conventional methods have had only limited success would be cruel.

I would very much appreciate it.

Mahalo, Bob Schwager

LATE

HB-2567

Submitted on: 1/29/2020 3:18:18 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Tanya Aynessazian	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Thank you for considering this powerful expansion in our therapy toolkit for navigating the challenges of mental health disorders and beyond. I appreciate your time and the opportunity to have my voice heard.

Since my early 20's, I have struggled with severe depression, anxiety, and trauma. At one juncture, it had become so debilitating that I could not leave my house. Having never processed some of the traumatic events that employed my crippling depression and anxiety, I was reliving pieces of these experiences in my day to day, allowing them to define me through destructively horrifying narratives that lived in my head. These stories wired into my neural pathways inhibited me from doing everything I used to love; my existence was the complete inverse of the care-free, happy girl I had been pre-trauma.

My first experience with Psilocybin medicine was an incredibly healing journey. I was able to view my traumatic experiences from a third-party perspective, serving as an emotionally-detached witness. I felt sadness and the utmost compassion for the little girl who went through these hardships, I cried and grieved for her, but for the first time, I did not identify with the pain. I was able to process the events from an emotionally-neutral heartspace and realize that these happenings were not my fault. They did not define me, nor damage me - I no longer needed to carry the shame that had haunted me for so long. The way the messages arrived came to me as almost a remembering; an intuitive knowing that I had simply lost in the chaos. I then felt an incredibly overwhelming outpouring of love and acceptance, like I was being held by my creator or a mother-like figure. A wise-being that made me with intention and knew that I had it in me to move past this.

After simply one experience, I saw monumental improvement. I was able to leave the house. I made new friends. I slowly started to put myself back out there romantically. I started dancing again - something I couldn't bring myself to do since the event but had done for all of my life with the utmost passion and devotion pre-trauma.

I felt lighter, free-er. I felt reconnected with my purpose and the notion that I was here on-purpose and had every right to life's joys and novelties. I had a newfound sense of peace and self-love; a resurgence of connection to my body, to the earth, and to those around me.

Needless to say, this experience was pivotal in my life. It brought me back to life. It made life worth living again. If I had to define my life into chapters, there would be three; pre-trauma, post-trauma, and post-psilocybin. The third is by far the richest. I can honestly say I'm not sure if I would still be here if I had not had the fortune of coming across this medicine.

I'd like to close by thanking you again for your time and for reading my testimony. I urge you to please consider the colossal impact this medicine can have on others who are battling mental health disorders, PTSD, anxiety, addiction, depression, and beyond.

Sincerely,
Amanda Lillibridge

LATE

HB-2567

Submitted on: 1/29/2020 3:26:25 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Daniel Levy	Individual	Support	No

Comments:

18 years ago, at the age of 19. I had suicidal depression, due to mental health issues, alcoholism and my ongoing struggle with, life long disability, Tourette's Syndrome. After 2 suicide attempts, I unexpectedly found a shift in consciousness when I experimented with Psilocybin mushrooms. Though, not done with a therapist or with any training, I found myself in a deep state of introspection and analysis, able to change my priorities in life. I came out of the experience with a completely different personality, that stayed. I soon stopped drinking alcohol and have never experienced suicidal thoughts, ever again. One short experience cured alcoholism and chronic suicidal depression, forever. Imagine how beneficial this could be with a therapist.

When I Use psilocybin in low doses, I do not have any symptoms of Tourette Syndrome during the experience, offering me a rare relief, as no other treatments have ever been effective. I owe my life to this natural miracle drug with incredible potential.

LATE

HB-2567

Submitted on: 1/29/2020 5:05:53 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Wendy Gibson	Individual	Support	No

Comments:

Aloha Chair, Vice Chair and Committee Members,

Please support HB2567, creating a task force to evaluate the potential medicinal uses of psilocybin. Effective treatment options are lacking for severe depression, addiction, anxiety, obsessive-compulsive disorder and PTSD. Psilocybin could possibly be useful for treating these conditions. Older studies suggest hallucinogens may have therapeutic potential for addressing a variety of problem behaviors related to the externalizing spectrum of psychopathology, such as substance misuse and criminality. This study of prisoners suggested that hallucinogen use predicted reduced arrest for Intimate partner violence-IPV

independently: <https://journals.sagepub.com/doi/10.1177/0269881116642538>

Thank you for your attention to this important matter,

Wendy Gibson R.N./BSN

LATE

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Please pass HB2567. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin IS EFFECTIVE for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii's most pressing issues. Hawaii's medical professionals need access to effective tools to help heal Hawaii and world.

The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and on psilocybin is clear, psilocybin

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)

[By passing this bill, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations.](#)

Physicians need new innovative tools as they are tackling Hawaii's growing mental health crisis and clinical access to these innovative tools is key to their success.

medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses](#). Research on psilocybin has shown that the [context of the experience plays a critical role in determining positive outcomes for patients. In this clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants.](#)

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this bill as the best next step in helping to move this important conversation forward.

Sincerely,

Amber Berg, PhD, LAc.

Founder of Ho'olowai healing center for alternative medicine

LATE

HB-2567

Submitted on: 1/29/2020 6:26:47 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lynn Robinson-Onderko	Individual	Support	No

Comments:

LATE

HB-2567

Submitted on: 1/29/2020 7:16:06 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Bruce Chirieleison	Individual	Support	No

Comments:

Aloha,

I am a twenty seven year veteran of the military and am being treated for PTSD and bipolar depression by both the VA and Tripler Hospital. The medicines I have been perscribed have caused me to gain 50 lbs in the past and develope diabetes. After reading about and watching many documentaries on how psilocybin mushrooms have helped people with depression after 1-3 treatments, I am very interested in trying this treatment. With the recent tragic incident at Diamond Head there has to be new and better ways to help people deal with PTSD and depression than taking a medication for the rest of your life that causes you to gain weight and live as a medicated zombie. Please heed my plea for help and sponsor this bill.

LATE

HB-2567

Submitted on: 1/29/2020 7:58:25 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Nicole Brown	Individual	Support	No

Comments:

I support legislation to expand patient access to psilocybin-assisted therapy. There have been some very successful studies done to support the positive impact psilocybin has on the suffering of patients. Please make psilocybin available to the people for healing. Thank you.

LATE

HB-2567

Submitted on: 1/29/2020 8:33:21 PM
Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Robert Patterson	Individual	Support	No

Comments:

Please pass HB2567. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii's most pressing issues. Hawaii's medical professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and on psilocybin is clear, psilocybin

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)

[By passing this bill, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations.](#)

Physicians need new and innovative tools in their toolkit as they are tackling Hawaii's growing mental health crisis and clinical access to these innovative tools is key to their success. In fact, medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses](#). Research on psilocybin has shown that the [context of the experience plays a critical role in determining positive outcomes for patients. In this clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants.](#)

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this bill as the best next step in helping to move this important conversation forward.

Thank you for hearing and passing this measure out of your committee.

Robert Patterson

Honolulu

HB-2567

Submitted on: 1/29/2020 8:35:30 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

LATE

Submitted By	Organization	Testifier Position	Present at Hearing
Richard Onderko	Individual	Support	No

Comments:

LATE

HB-2567

Submitted on: 1/29/2020 8:49:25 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Martin Berger	Individual	Support	No

Comments:

Aloha:

In overturning decades of resistance, the federal government has officially recognized the potential for psilocybin to aid in the treatment of some of our most debilitating, and often drug resistant, psychological diseases.

This bill allows the State to take incremental and measured steps that could, if proven to be worthwhile, lead to the alleviation of these crippling problems which not only destroy the lives of the suffering and their family, but also place a huge burden on the state's resources from having to provide specialized medical and social services, often at great cost.

As legislators for one of the most progressive and sympathetic citizenship in the country, I urge you to enact this legislation.

I am available to speak with anyone if you so wish.

Thank you for your time,

Martin Berger

Attorney at Law

900 Fort Street Mall, Suite 910

Honolulu, Hawaii 96813

Phone: (808) 528-4274 ext. 107

Fax: (808) 536-1008

marty.goodmanoffice@gmail.com

www.debtfreehawaii.com

HB-2567

Submitted on: 1/29/2020 8:56:08 PM

Testimony for HLT on 1/30/2020 9:00:00 AM



Submitted By	Organization	Testifier Position	Present at Hearing
Aashish Hemrajani	Individual	Support	No

Comments:

I write to you today in support of the passage of HB2567 into law. This bill, which establishes a temporary working group for the development and regulation of medicinal psilocybin therapies, is an important first step in addressing three interconnected crises in our state of (1) criminalization of drugs for personal use; (2) chronic substance use of narcotics and stimulants; and (3) access to appropriate mental health care.

For marginalized and impoverished populations disproportionately affected by mental health and substance use issues, the structural violence that dominates everyday life leads to a very natural and understandable urge to alter one's consciousness. Recognizing this less than pleasant fact of our society, we are better able to develop realistic treatments and policies that support our most vulnerable populations, rather than pushing them further to the margins. As we have already seen with the legalization of medical use cannabis, the de-felonization of drug paraphernalia, and the funding of innovative diversion programs like LEAD, the move to treat substance use as a public health issue, rather than a criminal one, leads to significant cost savings for the state and more importantly greatly improved outcomes for affected populations. This bill would take the first step towards ensuring that people suffering from mental illness and/or substance use disorder are able to access a diverse set of clinically proven treatments without fear of criminal repercussion.

In Hawaii, the 4000+ participants of the statewide needle exchange are primarily using opioids like heroin and stimulants like methamphetamine, often to obliterate the pain and struggle of a marginalized and stigmatized existence. For some of those participants, overcoming substance use disorder happens only through inpatient rehabilitation programs and complete sobriety. However, the data on outcomes of 12-step based programs show that only 5-10% of people able to maintain sobriety over the long term¹. In a rehab industry dominated by coercion and a binary all-or-nothing approach to sobriety, retentions rates in 12-step programs drop off sharply. "On average, 81 percent of newcomers stopped attending [AA] meetings within the first month. After 90 days, only 10 percent remained. That figure was halved after a full year."² The fact is, the road to recovery may look very different than the standard 12-step model for most people. By strategically planning for medical professionals to treat patients with this FDA-recognized "breakthrough therapy", policymakers will take a major step in ensuring that patients are able to access a diverse set of evidence-based practices that will actually work to get them sober.

The most significant improvement that would be enabled by the passage of this bill is the expansion of sorely needed mental health treatments available to the people of Hawaii. Recent tragedies have shown us too clearly the paucity of available resources and the need for more mental health care. At this crossroads, however, we have a crucial choice of continuing down a dangerously unconstitutional path of coercive and forced treatments, or of opening the way for the use of actual data and evidence of efficacy to develop treatment programs that simultaneously preserve basic civil liberties, empower individuals and providers to determine effective treatment tools, and diversify the set of possible treatments available. I strongly urge you to choose the latter path, one grounded in the compassionate delivery of personalized medical care and the preservation of an individuals inalienable right to bodily sovereignty.

1 Lance Dodes MD and Zachary Dodes. 2014. *The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry*. Boston, MA: Beacon Press.

2 <https://www.theatlantic.com/health/archive/2014/03/the-surprising-failures-of-12-steps/284616/>

Dedicated to safe, responsible, humane and effective drug policies since 1993

TESTIMONY IN SUPPORT OF HB 2567

TO: Chair Mizuno, Vice Chair Kobayashi & Members
House Committee on Health

FROM: Nikos Leverenz
DPFH Board President

DATE: January 30, 2020 (9:00 AM)

Drug Policy Forum of Hawai'i (DPFH) **supports** HB 2567, which would establish a medicinal psilocybin working group tasked with developing a long-term strategic plan to ensure that psilocybin services will become and remain safe, accessible, and affordable therapeutic options for Hawai'i residents who may benefit from such.

[Psilocybin is the main ingredient found in several types of psychoactive mushrooms, which have been used for medicinal and ceremonial purposes in many parts of the world, including Europe and the Americas, for thousands of years.](#) There was a not insignificant body of emerging clinical research that pointed to promising therapeutic uses of psilocybin for a range of ailments in the 1950s and 1960s. Intensive clinical research was needlessly stymied when psilocybin was listed as a Schedule I substance under the federal Controlled Substances Act in 1970. Since then, the [Multidisciplinary Association for Psychedelic Studies](#), the [Beckley Foundation](#), and other non-profits have engaged in research that shows further therapeutic potentialities.

Last year the Global Commission on Drug Policy (GCDP) issued a report noting the shortcomings of the current international drug scheduling system, which largely takes direction from the federal government of the United States and its Controlled Substances Act:

“The current system, governed by the 1961 Single Convention and the 1971 Convention on Psychotropic Substances, has gradually brought more and more psychoactive substances under international control.... These international drug control conventions only recognize medical use, including relief from pain, as benefits from the use of psychoactive substances; other cultural, recreational or ceremonial uses are not taken into account, or rather are excluded....

This de facto prohibition is arbitrary. The current distinction between legal and illegal substances is not unequivocally based on pharmacological research but in large part on historical and cultural precedents. It is also distorted by and feeds into morally charged perceptions about a presumed “good and evil” distinction between legal and illegal drugs.” (Global Commission on Drug Policy, [“Classification of Psychoactive Substances: When Science was Left Behind”](#) (2019) at p. 4.)

GCDP recommends an evidence-based scheduling system that “strikes a better balance between ensuring availability [for] legitimate uses and preventing problematic use.” (*Id.*, at p. 5.) The Commission provides a compelling short list of the benefits of an evidence-based system:

“An evidence-based international scheduling system would allow reform-oriented countries more flexibility to design domestic schedules according to their needs, while improving control over potential illegal exports. It would also be far more effective at gradually steering the drugs market in a direction that causes far less harm. Finally, an evidence-based scheduling system would remove much of the stigma associated with drug use, thus helping people to make more responsible and less harmful choices.” (*Id.*)

The current scheduling and de facto prohibition of psilocybin has not resulted in the level of systemic and individual harms related to the scheduling of other substances, including cannabis. Yet the Legislature should endeavor to work more proactively in creating a climate that is conducive to allowing qualified medical professionals to use psilocybin as a therapeutic tool for those who could benefit from its supervised use.

Thank you for the opportunity to testify on this measure.

LATE

HB-2567

Submitted on: 1/29/2020 9:05:43 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Benjamin Lillibridge	Individual	Support	No

Comments:

Good afternoon good people of this hearing,

I'm taking this opportunity to offer my testimony on behalf of psilocybin-therapy for the state of Hawaii. Look, I get why most people hear about these "magic" mushrooms and laugh or skeptically shake their head. It sounds silly that these tiny fruits that were associated with cow pastures and misbehaved kids in High School would have any use in everyday society, let alone therapeutic benefit. But this isn't a new thing: The people of Oxaca in Mexico have long been using this a sacrament for centuries and our modern science of psychotherapy has been confirming and proving its effectiveness as a therapeutic means to healing PTSD, and anxiety/depression. Mushrooms as therapy is a forgotten means of mental health therapy and mode of connection with the religious/non-secular GodHeads that is being resurrected with prestigious institutions in Health & Science such as UCLA & John Hokins.

Some reasonable fears you may have on pushing this forward: perhaps safety information on addiction & overdose, etc.

Let me start with overdose as it is an easy calculation: a lethal dose of mushrooms for a person of roughly 120 lbs is about 35 lbs of mushrooms...this is an ABSURD amount of ANYTHING to ingest. The body's digestive system would shut down eating half of this of poi, let alone mushrooms.

Second, addiction: Psilocybin is not an addictive drug like meth, heroin, nicotine, or alcohol (Note: latter of these are legal and utterly destructive in our community) Bluntly put, It isn't even really a fun experience like popular drugs can be. It gives a unfiltered look at your life, choices, relationships, emotional baggage, truths, & lies with and makes you confront them from a utterly vulnerable, yet supported state. By the end of it, users may have laughed, cried, and felt literally every emotion known on the human spectrum, and if all done in a safe, controlled setting, they will have been able to

have new perspective on their life & emotional traumas that have been long plaguing us all. Sound like something you'd want to do at friday night party?? Nah...

Look, this is one of the most archaic, medieval style regulations coming out of policy. These mushroom don't deserve to be counted in with the War on Drugs and our people, our local troops suffering from PTSD, and local people suffering from depression/anxiety. deserve non-pharmaceutical means of treatment.

Mahalo for reading

Sincerely with Aloha,

Ben

LATE

HB-2567

Submitted on: 1/29/2020 9:30:25 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Gillian	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Please pass HB2567. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii's most pressing issues. Hawaii's medical professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

The science and medical research coming out of respected institutions like Johns Hopkins, UCLA, and NYU on psilocybin is clear, psilocybin

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)

[By passing this bill, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations.](#)

Physicians need new and innovative tools in their toolkit as they are tackling Hawaii's growing mental health crisis and clinical access to these innovative tools is key to their success. In fact, medical psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug](#)

interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses.

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this bill as the best next step in helping to move this important conversation forward.

Thank you for hearing and passing this measure out of your committee.

V. Drost

LATE

HB-2567

Submitted on: 1/29/2020 9:41:31 PM
Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Fern Anuenue Holland	Individual	Support	No

Comments:

LATE

HB-2567

Submitted on: 1/29/2020 11:38:29 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Donald R. Armstrong	Individual	Support	No

Comments:

Dear Chair Mizuno, Vice-Chair Kobayashi and Members of the Committee:

I am writing to urge your support for HB2567, which is a small, preliminary step toward providing psychiatrists and therapists with a potentially important tool to help individuals with treatment-resistant depression (TRD). I am a resident of Honolulu and a recent retiree from a career in human services. I spent much of my career working with people who had various mental illnesses, including persistent depressive disorder and TRD. Cognitive therapy and the medications typically prescribed for depression offered them--and their family members, who struggled to support them--little or no relief.

This is not a small problem. Approximately 350 million people across the world--including nearly 7% of American adults--live with depression. Up to fifty percent of these individuals fail to respond well to existing treatments. So, along with many other professionals in the field, I was excited to learn that a study funded by the Beckley Foundation, and conducted by the Beckley/Imperial Research Programme in the United Kingdom, had provided the first clinical evidence for the efficacy of psilocybin-assisted psychotherapy in the treatment of depression ... and, more specifically, TRD.

The Beckley study involved patients who had suffered from depression for up to 18 years. They received two separate doses of psilocybin orally (10 mg and 25 mg), seven days apart. One week later, 67% of the participants were in remission (depression-free), and 42% continued to be in remission three months later. The patients remained under the immediate care and supervision of the researchers and medical staff while under the influence of the drug--a period typically lasting about six hours. They experienced only minor adverse effects (transient anxiety, nausea, confusion and headache).

Since the publication of the Beckley Foundation results, other studies have confirmed that psilocybin may be an effective treatment for TRD. The drug is currently on the federal List of Controlled Substances under Schedule I (*drugs with a high potential for abuse or drugs with no recognized medical uses*). Given current research outcomes, this classification is clearly no longer appropriate.

Psilocybin is an alkaloid in certain mushroom species, and it is true that it can be abused--as can, in fact, most pharmaceuticals. However, unlike opioids, psilocybin is rarely lethal. If this medication is effective as it appears to be, it would be a grave

injustice to deny it to island residents who suffer from TRD or persistent depressive disorder. HB 2567 sets forth a path to study psilocybin and to make an informed, objective decision about its use. I strongly urge you to do the compassionate thing and approve this bill.

Thank you for your consideration,

Donald R. Armstrong, MPA

HB-2567

Submitted on: 1/29/2020 7:20:47 PM

Testimony for HLT on 1/30/2020 9:00:00 AM

LATE

Submitted By	Organization	Testifier Position	Present at Hearing
Gwyn Griffiths	Individual	Support	No

Comments:

I firmly believe in the positive impact that psychedelic assisted psychotherapy can have on individuals. In my own personal life, small amounts of these substances have helped me develop more compassion towards other beings, feel more comfortable in my own skin, and disolve deeply rooted phobias. The work done by researches across the country and by Rick Doblin at MAPS attest to the potential of psilocybin to help humans with serious ailments such as PTSD and depression. I urge the Hawaii State Legislature to consider HB2567 so that psilocybin can be used in safe and effective environments.