

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

**Testimony COMMENTING on SCR208**  
**REQUESTING THE DEPARTMENT OF HEALTH TO CONVENE A MEDICINAL**  
**PSILOCYBIN AND PSILOCIN WORKING GROUP TO EXAMINE THE**  
**MEDICINAL AND THERAPEUTIC EFFECTS OF PSILOCYBIN AND PSILOCIN**  
**AND DEVELOP A LONG-TERM STRATEGIC PLAN TO ENSURE THE**  
**AVAILABILITY OF MEDICINAL PSILOCYBIN AND PSILOCIN OR PSILOCYBIN-**  
**BASED AND PSILOCIN-BASED PRODUCTS THAT ARE SAFE, ACCESSIBLE, AND**  
**AFFORDABLE FOR ELIGIBLE ADULT PATIENTS.**

SENATOR JARRETT KEOHOKALOLE, CHAIR  
SENATE COMMITTEE ON HEALTH

Hearing Date: March 29, 2021                      Room Number: N/A

- 1    **Department Testimony:** The Department of Health (DOH) notes that the goals of the  
2    concurrent resolution are to assure long-term access to psilocybin and psilocin irrespective of the  
3    findings from the review of medicinal and therapeutic effects. Because SCR176 appears to make  
4    conclusions on the findings of the working group, DOH recommends the title and purpose of the  
5    concurrent resolution are amended to either reflect a study on efficacy \*or\* develop a plan for  
6    long-term access. The working group must also examine legal aspects, since unlike medical  
7    cannabis there are no obvious artifacts of federal tolerance such as the Cole Memorandum.
- 8    Nevertheless, as currently drafted, DOH recommends reducing the number of participants from a  
9    minimum of 15 to promote manageability and offers the following specific amendments.
- 10   Page 3, Subsection (3): Replace “Dean of the John A. Burns School of Medicine” with “Faculty  
11   members from the University of Hawaii System with relevant scientific expertise.” This may or  
12   may not be graduate medical education, which is the purview of JABSOM, and may include  
13   microbiology, biochemistry, pharmacology, neurophysiology, etc.
- 14   Page 3, Subsections (5) and (6): Combine due to overlapping qualifications to “a clinical  
15   practitioner licensed to prescribe psychotropic medication in the State of Hawaii.”

1 Page 3, Subsection (1): Delete Hawaii Psychological Association due to lack of prescriptive  
2 authority for this clinical profession.

3 Page 4, Subsection (12): Delete medical cannabis dispensary representative and Hawaii  
4 Education Association for Licensed Therapeutic Healthcare because cannabis is out of scope.  
5 This subsection creates an appearance of industry influence that should be rejected, as opposed  
6 to an open public policy discussion administered by public employees and civil servants. From a  
7 practical perspective, the Department of Health possesses the expertise and history as the  
8 regulatory agency for medical cannabis if the working group's recommendation eventually  
9 includes a similar business model. Other delivery models exist for highly regulated substances  
10 such as methadone and buprenorphine and the working group should not be limited nor should  
11 one industry be overly represented.

12 Thank you for the opportunity to testify.

13 **Offered Amendments:** N/A.

14



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

March 28th, 2021

I am writing to provide testimony on bill SCR 208, a new measure to allow a psilocybin working group to study psilocybin mushrooms.

At my private practice in Honolulu, I have patients who have reported that traditional antidepressants have failed them, while psilocybin has saved their lives.

I of course do not, and cannot, recommend or encourage the use of psilocybin, but I collect and keep these clinical anecdotes. I haven't seen or heard any reported medical toxicity from, nor any addiction to, psilocybin mushrooms. My findings in Hawai'i are consistent with the scientific literature, which attests to their low toxicity and low abuse potential.

I have seen traditional pharmaceutical antidepressants cause fetal heart defects, strokes, low platelets, flattening of personality, and sexual dysfunction.

The idea that existing prescription medications are safe, as long as monitored by a physician, is a notion that is spurious at best, and at worst, seriously misleading. Ambien, for instance, can cause sleep walking and strange amnesia and nocturnal behavior. People have driven cars at night while on Ambien. People drive in Honolulu while taking oxycodone, Klonopin, and other sedatives, yet we hear the opinion that psilocybin is especially dangerous to public safety. My own clinical impression is that psilocybin is less a safety concern than many prescription medications. Many prescription drugs cause **psychosis** as a side effect... for example, albuterol, wellbutrin, prednisone, amantadine, even Benadryl, can all cause delirium or psychosis. A vast number of other meds can cause psychosis. The idea that hallucinogenic mushrooms are unique in their propensity to cause psychosis is not a well informed opinion.

Finally, please consider the results of a 2015 paper by Peter Hendricks and Roland Griffiths. It looked at past year suicidal thinking, past year suicidal attempts, and past month psychological

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distress in the general population. They compared those that have ever used psilocybin with those that have never used it. They interviewed 7,000 people in the psilocybin group, and over 160,000 in the group that has never used psilocybin. The odds were that the people who have **never** used psilocybin were almost twice (1.72 times) as likely to have had suicidal thinking in the past year.

Thank you for your time.

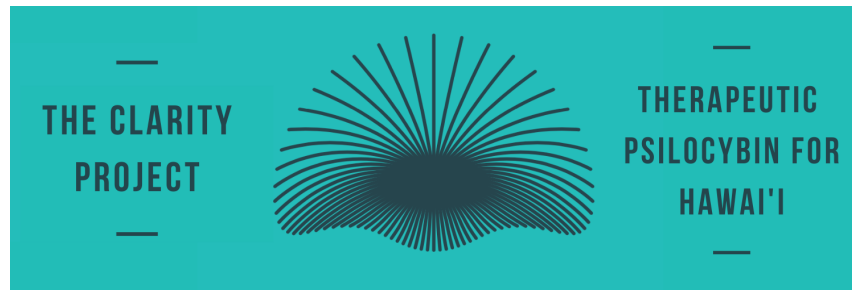
I am a licensed physician, in state of HI, MD license# 16978, expiration date 1-31-2022. You may call my business line with any questions.

Cordially,

Thomas Cook, M.D.

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**Testimony in Support of [SCR208](#) / [SR172](#)**  
Senate HTH Committee | Monday, March 29, 2021 at 1:20pm

Aloha Chair Keohokalole, Vice Chair Baker, and Members of the HTH Committee,

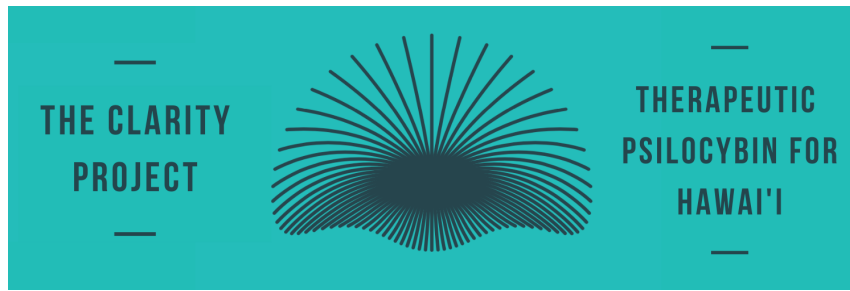
My name is Doorae Shin, and I am testifying on behalf of the Clarity Project in wholehearted support of SCR208/SR172. The Clarity Project is an organization that aims to expand access to therapeutic psilocybin in Hawaii. We represent thousands of community members who strongly support SCR208/SR172.

Inspired by the decriminalization of psilocybin in Denver, the Clarity Project was founded in 2019, and our community includes medical professionals, kupuna, advocates, researchers, veterans, and more. We are part of a growing national and global movement to advocate for legalizing access to therapeutic psilocybin.

Given the safety of psilocybin, along with its efficacy in treating society's greatest mental health issues (depression, anxiety, PTSD, etc.), creating a legal pathway to access therapeutic psilocybin has the potential to ease a great deal of suffering in our community. Below is an overview of the facts, science, and research around psilocybin to outline our support of this bill.

### **Fundamental Psilocybin Facts**

- 1. Natural Fungi** - Psilocybin is a naturally occurring compound found in more than 200 species of mushrooms which collectively can be [found on all continents](#) in varying potencies. In clinical studies and psychedelic-assisted therapies, the synthetic version of pure psilocybin is administered to control dosing standards, not the mushroom in its natural or dried form.
- 2. Not Addictive** - [Psilocybin does not lead to physical dependence](#), and studies have found that adolescent use of hallucinogenic drugs, including psilocybin, [does not increase the risk of drug dependence](#) in adulthood (unlike cannabis, cocaine, inhalants, stimulants - all of which were associated with "an excess risk of developing clinical features associated with drug dependence.")
- 3. Safe** - [The toxicity of psilocybin is very low](#). A person would have to eat nearly one-third of his/her weight in psilocybin mushrooms to reach a lethal dose. This amount is approximately 1.5 times that of caffeine. Therapeutic 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](#).
- 4. Set & Setting** - Research on psilocybin has shown that the [context of the experience plays a critical role in determining positive outcomes for patients](#). The physical environment (the setting) and the mental space (the mindset) have a fundamental influence in the treatment and outcome



of the experience. [In clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants.](#)

## The Science of Psilocybin

Below are key findings from landmark research studies that demonstrate the potential of psilocybin treatment. More information on these studies and others can be found at the end of this document.

### Psilocybin Decreases Existential Distress (Depression/Anxiety of Life Threatening Cancer)

Griffiths, Roland R et al. "Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial." *Journal of psychopharmacology* (Oxford, England) vol. 30,12 (2016): 1181-1197. doi:10.1177/0269881116675513

- *The effects of psilocybin were studied in 51 cancer patients with life-threatening diagnoses and symptoms of depression and/or anxiety. The study found that when administered under psychologically supportive, double-blind conditions, a single dose of psilocybin produced substantial and enduring decreases in depressed mood and anxiety along with increases in quality of life and decreases in death anxiety in patients with a life-threatening cancer diagnosis. The overall rate of clinical response at 6 months on clinician-rated depression and anxiety was 78% and 83%, respectively.*

Johnson, Matthew W, and Roland R Griffiths. "Potential Therapeutic Effects of Psilocybin." *Neurotherapeutics : the Journal of the American Society for Experimental NeuroTherapeutics* vol. 14,3 (2017): 734-740. doi:10.1007/s13311-017-0542-y

- *The current state of modern research suggests considerable therapeutic promise for psilocybin. This research is most advanced regarding the treatment of cancer-related psychiatric distress, with three randomized, placebo-controlled trials showing promising results for psilocybin. Two of these trials involved a moderate number of participants and administered relatively large doses of psilocybin. These two studies, in particular, provide strong evidence showing substantial decreases in depressive and anxious symptoms that appear to persist for at least 6 months after a single active treatment.*

### Psilocybin Decreases Obsessive-Compulsive Disorder Symptoms

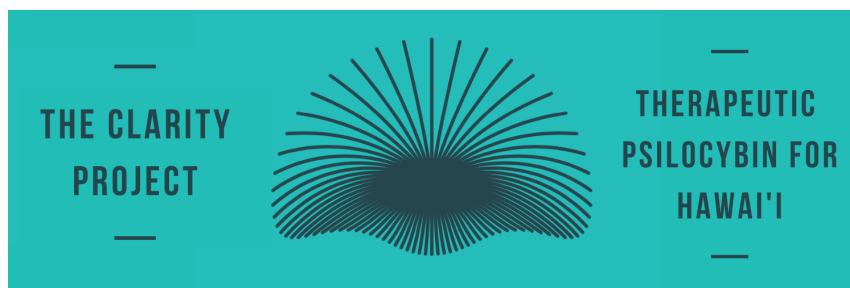
Moreno FA, Wiegand CB, Taitano EK, Delgado PL. Safety, tolerability, and efficacy of psilocybin in 9 patients with obsessive-compulsive disorder. *J Clin Psychiatry*. 2006; 67 11: 1735- 40. PubMed PMID: 17196053

- *In a controlled clinical environment and modified double-blind study, psilocybin was safely used in subjects with OCD and was associated with acute reductions in core OCD symptoms. Nine subjects with OCD were administered a total of 29 psilocybin doses. Marked decreases in OCD symptoms of variable degrees were observed in all subjects during 1 or more testing sessions.*

### Psilocybin Helps Treat Major Depressive Disorder

Carhart-Harris, R L et al. "Psilocybin with psychological support for treatment-resistant depression: six-month follow-up." *Psychopharmacology* vol. 235,2 (2018): 399-408. doi:10.1007/s00213-017-4771-x

- *In this study, Twenty patients (six females) with (mostly) severe, unipolar, treatment-resistant major depression received two oral doses of psilocybin (10 and 25 mg, 7 days apart) in a supportive setting. Treatment was generally well tolerated. Overall results suggest that psilocybin represents a*



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*promising paradigm for unresponsive depression that warrants further research in double-blind randomised control trials.*

## Groundbreaking US & International Initiatives

Cities and states across the nation are increasing therapeutic access to psilocybin. Below is a summary of initiatives at all levels of government.

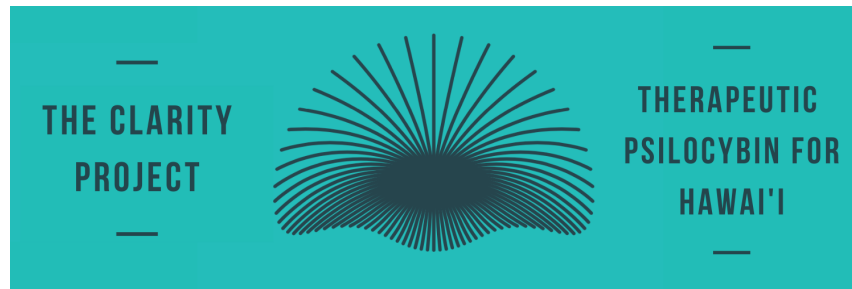
### FEDERAL:

1. **The Food and Drug Administration** has granted [Breakthrough Therapy designation](#) for psilocybin therapy. According to the FDA, Breakthrough Therapy designation is a process designed to expedite the development and review of drugs that are intended to treat a serious condition and preliminary clinical evidence indicates that the drug may demonstrate substantial improvement over available therapy on a clinically significant endpoint(s).
  - a. 2018 - [Clinical trials run by Compass Pathways to research severe treatment-resistant depression: the study will be complete in 2021](#)
  - b. 2019 - [Breakthrough Therapy designation was granted a second time in 2019 to Usona Institute for phase 2 clinical trials testing psilocybin's efficacy in treating major depressive disorder](#)
2. In October 2019, **the Department of Defense** acknowledged the potential of psychedelic therapy and announced that the Defense Advanced Research Projects Administration ([DARPA](#)) [has created a dedicated program to develop psychedelic drugs for the military](#).
3. The psychedelic renaissance includes private as well as public actors. In October, 2020, the British mental healthcare company **Compass Pathways** became the first psychedelic medicine company to make an **initial public offering** on the Nasdaq. With offices in London and New York, COMPASS has [raised more than \\$115 million in its efforts to bring to market a psilocybin treatment](#) for depression. In early 2021, Compass announced the [creation of a laboratory and treatment center at The Sheppard Pratt Institute for Advanced Diagnostics and Therapeutics in Baltimore, Maryland](#). The institute is among the largest private, not-for-profit mental healthcare facilities in the U.S.
4. In December, 2020, the Canadian Federal Health Minister [approved more than a dozen healthcare professionals working at a nonprofit patient rights group to possess and use psilocybin](#) for professional training in psilocybin therapy. Among the approved healthcare workers were psychologists, psychiatrists, clinical counselors, social workers, general practitioners, and nurses.

### STATES:

#### **Oregon**

In November, 2020, Oregon passed a measure to decriminalize psilocybin for use in therapeutic settings. With a clear focus on healthcare, Measure 109 gives the Oregon Health Authority (OHA) two years to



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create a program for administering psilocybin to individuals aged 21 years or older at designated care centers. An Oregon Psilocybin Advisory Board (OPAB) will advise the OHA, which is authorized to set regulations and guidelines including on licensing, training requirements, dosing and packaging rules.

#### **Florida**

In January 2021, a Florida Democrat, Rep. Michael Grieco, [filed a bill that](#) if passed would require the Sunshine State's Department of Health to implement regulations to allow people 21 and older to access psilocybin at licensed facilities during therapeutic sessions in a clinical setting. The measure establishes an advisory board to guide the regulatory process, similar to the successful 2020 ballot initiative in Oregon.

#### **Connecticut**

Five Democrats in this Atlantic seaboard state have formally requested the state create a task force to study the health benefits of psilocybin. The [measure](#) was introduced in January 2021.

#### **California**

The COVID-19 pandemic stymied citizens' [efforts in California](#) to collect enough signatures to put a psilocybin decriminalization measure on the ballot in November 2020. But several groups are now working in concert and [plan to file again in the next election cycle](#).

#### **Washington**

As in California, the pandemic thwarted efforts to gather the signatures necessary to place a psilocybin decriminalization measure on the ballot in 2020. In late November, 2020, a palliative care doctor in Washington submitted an application to the state's Pharmacy Quality Assurance Commission requesting to manufacture psilocybin and administer it to patients, citing the 2017 Federal Right To Try Act.

#### **New York**

In 2020, Democratic Representative Linda Rosenthal introduced [a bill to decriminalize](#) psilocybin.

#### **Vermont**

In January 2020, progressive Representative Brian Cina [introduced a bill to decriminalize](#) naturally occurring plant-based medicines used "for medicinal, spiritual, religious, or entheogenic purposes." The measure included psilocybin and had three co-sponsors.

#### **Iowa**

GOP lawmaker Rep. Jeff Shipley [proposed two bills](#) in May 2019 to allow state regulators to approve the reclassification of psilocybin to be used in treatment and to remove it from the state's list of banned substances.

#### **MUNICIPALITIES:**

In May 2019, [Denver, CO was the first city to decriminalize](#) the personal use, possession, storage, and cultivation of psychedelic mushrooms.





**Oakland, CA** subsequently became the second city a month later, [decriminalizing all entheogenic plants](#) including psychedelic mushrooms.

**Chicago, IL** city council members introduced a bill in October 2019 expressing support for the decriminalization entheogen plants and calling on its Department of Public Health to explore the use of alternative treatment options.

**Memphis, TN** – Advocacy organization [Psilo](#) was founded in October 2019 to increase literacy on the benefits of medicinal mushrooms and push for “common sense psilocybin laws”.

**Santa Cruz, CA**, became the third city in the United States to direct its law enforcement professionals to give lowest priority to criminal enforcement of adult possession of entheogens. The City Council [unanimously approved a request](#) to decriminalize the adult possession, use and cultivation of plant-based medicines such as mushrooms containing psilocybin in February of 2020.

In September, 2020, the city council in **Ann Arbor, MI**, unanimously voted to decriminalize psychedelic plants and fungi. In its resolution, the city council designated as the city’s lowest law enforcement priority the investigation or arrest of anyone planting, cultivating, purchasing, transporting, distributing or consuming psychedelic medicines including psilocybin.

In November, 2020, voters in **Washington, D.C.** overwhelmingly elected to decriminalize entheogens, or psychedelic plants and fungi that contain ibogaine, dimethyltryptamine, mescaline, psilocybin, or psilocyn. The measure passed with 76% approval.

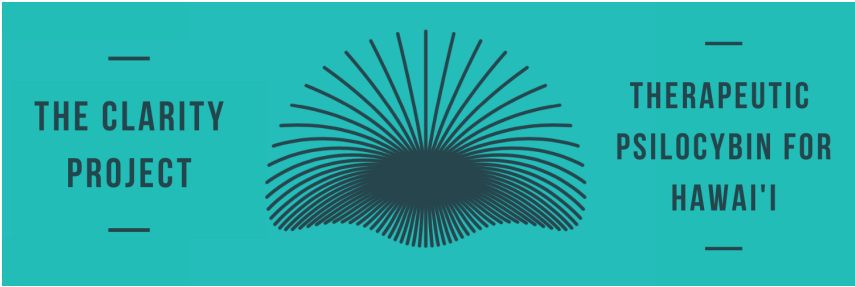
In January, 2021, the city of **Somerville, MA**, became the first in the Bay State to [decriminalize possession](#) of entheogens, or plant-based medicines. Psilocybin is among entheogens. Somerville’s City Council approved the proposal unanimously.

In **Port Townsend, WA**, a local woman requested the town’s [city council decriminalize](#) possession of all entheogens; the request was met with initial support from the Port Townsend City Council Committee for Public Safety and Law Enforcement. It was referred in January 2021 to a future meeting of full city council.

## Conclusion

As you can see, the movement to legalize and create safe, therapeutic access to psilocybin is one that is growing across cities, states and at a federal level, with even the FDA signaling a positive inclination towards psilocybin research for much needed mental health therapies. The passage of SB738 would allow for our community members in need to access this important therapeutic option for some of the most common mental health ailments. We all know someone who stands to benefit from effective therapies to depression, addiction, PTSD, or end-of-life anxiety.

Mahalo for your consideration of our testimony **in support of SCR208 / SR172.**



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Doorae Shin  
Clarity Project  
Project Manager

**SCR-208**

Submitted on: 3/28/2021 12:59:22 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Nikos Leverenz	Testifying for Drug Policy Forum of Hawaii	Support	No

Comments:

Drug Policy Forum of Hawaii strongly supports SCR 210, which would establish a working group to explore the medical and therapeutic uses of psilocybin and psilocin.

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. A body of emerging clinical in the 1950s and 1960s pointed to promising therapeutic uses of psilocybin for a range of ailments. 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.

This bill will help create a climate that is conducive to allowing the use psilocybin and psilocin as a therapeutic tool for those who could benefit from its supervised use, including those with post-traumatic stress disorder and depression.

The Legislature should not be deterred by the erroneous classification under the CSA. Psilocybin has very low abuse potential as it does not give rise to physiological dependency. Current scheduling needlessly inhibits scientific research that could provide a range of pharmacological and economic benefits.

The Legislature should instead move forward with coordinated efforts to make Hawaii a repository for scientific knowledge that advances human health and well-being.

Thank you for the opportunity to provide testimony.



**Akamai Cannabis Clinic**  
3615 Harding Ave, Suite 304  
Honolulu, HI 96816

TESTIMONY ON SENATE CONCURRENT RESOLUTION 208  
REQUESTING A PSILOCYBIN WORKING GROUP

By  
Clifton Otto, MD

Senate Committee on Health  
Senator Jarrett Keohokalole, Chair  
Senator Rosalyn H. Baker, Vice Chair

Monday, March 29, 2021; 1:20 PM  
State Capitol, Videoconference

Thank you for the opportunity to provide testimony in **SUPPORT** of this measure.

I fully support the state authorized use of psilocybin and psilocin for medical purposes in Hawaii.

However, I would hate for this working group to make the same mistake that the Hawaii Dispensary Task Force made, which was to ignore the conflict that our Medical Use of Cannabis Act created with the federal regulation of marijuana.

Therefore, I respectfully suggest the following amendment to this measure, to encourage examination of this important issue:

BE IT FURTHER RESOLVED that the Medicinal Psilocybin and Psilocin Working Group is requested to examine:

(1) Federal, state, and local laws, regulations, administrative rules, and procedures regarding the medicinal use of psilocybin and psilocin, to include the impact of the state authorized use of controlled substances within the state upon federal regulation;

Thank you for considering this small but important amendment.

Aloha.



## IN SUPPORT OF SCR208

Dear Senator Rhoads, Senator Keohokalole, and Members of the Committee:

My name is Amanda Lillibridge and I am writing **in strong support of SCR208**, which will effectively expand access to psilocybin in Hawaii.

Outside of the scientifically proven, transformative impact psilocybin has had on pressing mental health issues such as clinical depression, addiction, OCD, and beyond, Psilocybin has played a monumental role in my own personal health journey and trauma.

I can say indubiously that I would not have found the hope, perspective shift, or healing from debilitating adolescent trauma without having encountered this medicine. Psilocybin has offered me a second chance. It is not a drug, it is a tool. It is an opportunity for growth. If offered safely and in therapeutic contexts, it can serve as an incredible catalyst for change in what has been proven to be a broken mental health system.

I believe everyone deserves the opportunity to take back their narrative and transform their pain. Let us empower the citizens of Hawai'i by offering them a safe and equitable opportunity to heal.

Please support SCR208.

With aloha,

Amanda Lillibridge



**SCR-208**

Submitted on: 3/28/2021 11:34:11 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Ray Aivazian III	Individual	Support	No

Comments:

Aloha,

My name is Ray and I am a United States Marine Corps, Combat Veteran. I served eight years active duty as a Combat Engineer from 2009-2017. During that time, I was deployed to Afghanistan where my units' primary mission was mounted and dismounted route clearance and security. Our job as Combat Engineers was to locate IED's, UXO's and other bombs/boobytraps that were laid by enemy insurgents to allow safe passage for us and other units. The physical, mental, and emotional things that myself and my family at arms has had to endure is beyond comprehension for most people. Treatment is difficult as it is challenging for some of us to come to terms and acceptance of what we have done, seen, and gone through.

Psilocybin has the power to heal a lot of these mental health ailments. The FDA has granted this plant medicine as a breakthrough in mental health therapy twice in recent years. Creating safe access to this therapy for those who cannot find relief using traditional methods is imperative to show compassion to our local communities and gratitude to those who served.

In a recently [published](#) Psychiatric report it stated that more than 78,000 veterans died by suicide between 2005 and 2017. Comparitively the United States has lost 6,636 since it began its [war on terror](#) in 2001. These figures are daunting, and it is blatantly apparent that we have a mental health crisis that needs to be addressed. You can address it.

I have lost more of my brothers to suicide than combat and tired of seeing my family in pain and struggling. We want help and we need help! You have the power to give us this help. By granting access to this plant medicine, you will be allowing individuals to seek treatment that will help them come to terms and acceptance with our mental struggles.

Thank you for considering my testimony and I urge you to please, pass SCR208.

Semper Fidelis

-Ray Aivazian III



**SCR-208**

Submitted on: 3/25/2021 5:31:57 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Ruta Jordans	Individual	Support	No

Comments:

Research is showing that psychedelics used in therapeutic conditions help dying people lose their fear of death and help veterans with PTSD cope better than any other current treatment. Please support this resolution to investigate providing such help to the people of Hawaii.



**SCR-208**

Submitted on: 3/26/2021 10:54:44 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Kate Dolbier	Individual	Support	No

Comments:

I support bill SCR208.

Dear Chair Keohokalole, Vice Chair Baker, and committee members:

I strongly support SCR 208 and urge the committee to pass this resolution and help people heal.

The use of psilocybin has been a key component to my healing journey from child sex abuse. When I didn't have the courage to disclose what happened to me and I was feeling depressed and disconnected, a psilocybin experience in college helped me realize that I wasn't alone and connect better with other people. The experience eased my depression and had helped me see that I was capable of doing anything I put my mind to.

I lead a men's peer support group for male survivors of child sex abuse and believe that psilocybin in a therapeutic setting could be very helpful to some members of the group. Please review the current studies and see that it is effective for PTSD survivors, and let residents decide with their therapist if psilocybin can be a tool in their recovery. Thank you very much.

Andre Bisquera

**SCR-208**

Submitted on: 3/27/2021 10:01:40 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Michael Coe	Individual	Support	No

Comments:

To whom it may concern,

I offer my full support for SRC208. Research has long demonstrated the therapeutic potential of the medicinal and responsible use of Psilocybin and other psychoactive medicines. Further, it should be the sovereign right for all human beings to safely and responsibly alter their state of consciousness. If we do not have this right, are we truly free?

All the best,

Michael Coe

**SCR-208**

Submitted on: 3/27/2021 11:53:14 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Deborah Umiamaka	Individual	Support	No

Comments:

Please support SCR 208! We need better advanced natural medicines such as

Psilocybin: /3-(2-Dimethylaminoethyl)-1H-indol-4-yl/ dihydrogen phosphate

C12H17N2O4P, which has proven helpful for individuals with anxiety issues. I have been suffering with a PTSD condition for mny yrs. and the current medicines that my medical doctor is able to perscribe doesn't help plus it's very toxic to over-all health. People in Hawaii deserve the option of legally accessing natural alternative medicines to address personal health concerns without having to go to the medical doctors .The mushroom is already available in certain states as a supplement.

Microdosing is the act of consuming sub-perceptual (unnoticeable) amounts of a psychedelic substance. Many individuals who have integrated microdosing psilocybin mushrooms into their weekly routine report higher levels of creativity, more energy, increased focus, and improved relational skills, as well as reduced anxiety, stress, and even depression.

Psychedelic researchers have also discovered that psilocybin can have [positive effects on mood disorders and anxiety](#). In fact, [The Beckley Foundation](#) is spearheading the push for the legalization of psilocybin mushrooms, backed by their research showing that psilocybin has [long-term positive effects](#) for treatment-resistant depression patients. Recently, Oakland, California [decriminalized all plant medicines including psilocybin mushrooms](#), a move that followed Denver, Colorado's, successful referendum to decriminalize psilocybin mushrooms.

Psilocybin is also proving effective at treating addiction. Researchers from Johns Hopkins found that [80% of smokers](#) who took psilocybin as part of cognitive behavioral therapy were able to quit tobacco completely.

Mushrooms (and LSD) have also been found to have comparable or better results in [treating cluster headaches](#) than most conventional medications—many people have experienced [extended periods of remission](#) after treating their headaches with psychedelic substances.

With all these encouraging results on full doses of psilocybin, there's reason to believe that microdosing could bring about similarly positive life changes.

Sincerely,

Deborah Umiamaka

**SCR-208**

Submitted on: 3/27/2021 12:10:14 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Dylan Ramos	Individual	Support	No

Comments:

Aloha,

The potential medical benefits of psilocybin and psilocin are too great to ignore. The least the state can do is give them a chance by forming the proposed working group.

Thank you,

Dylan Ramos

96816

**SCR-208**

Submitted on: 3/27/2021 12:26:34 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Robert Poore	Individual	Support	No

Comments:

Hello,

I am a resident of the state of Oregon, but I wanted to relate my own very positive experience with psilocybin because I feel that this would be a beneficial medicine for your constituents in Hawaii. Last year, I was diagnosed with cancer and I had successful surgery to treat it. My follow-up check was clear, but in the back of my mind I had an enormous amount of anxiety and worry that it would come back. Every morning, that thought was there and it gnawed at me - I had an upset stomach, I had difficulty sleeping, I was irritable and unhappy as a result.

With a single dose of psilocybin, the anxiety and worry have lifted. I feel like an enormous weight has been removed from my chest and I can breathe freely again. Psilocybin gave me a lasting inner peace and serenity with a single dose. At no time during the experience did I feel afraid or in any kind of danger. This is a safe and extremely effective medicine and I implore you to implement a plan for testing the safety and efficacy of psilocybin and psilocin.

Thank you for your kind attention.

**SCR-208**

Submitted on: 3/27/2021 3:45:13 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
REBEKAH IDE	Individual	Support	No

Comments:

To Whom It May Concern:

I support psilocybin use for medical/therapeutic purposes. I, like so many others, have experienced benefits from microdosing. It helped me manage stress and anxiety while increasing my ability to focus--all of which benefitted my professional and personal life and relationships. There exists a growing amount of clinical and scientific research and evidence supporting the benefits of using psilocybin, and more and more states are moving toward or have already established legalization. People should be able to access psilocybin in Hawaii as easily as one can access antidepressants and other legal substances to support their mental health and well-being. The benefits of using psilocybin far outweigh the risks, while not the same could be said of alcohol or cigarettes. Psilocybin is considered non-addictive, and in many cases can even help people battle dangerous, life-threatening addictions to alcohol and other harmful substances.

Sincerely,

Rebekah Ide



**SCR-208**

Submitted on: 3/27/2021 9:16:19 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Tiffany Rivera	Individual	Support	No

Comments:

Dear Members of the Committee,

I am terrified.

When I open my mouth a quivering deep in my gut starts up and I begin to visibly shake. How can a hopelessly anxious, terribly depressed person hope to speak before a committee? Do I let you hear the waiver in my voice as I describe to you a blackness inside me so deep that it could swallow your hearing whole? Do I let you watch with probing eyes as I anxiously scratch the back of my neck as I describe to you days where, try as might, I could not pull myself out of bed? If I could, I would. But like most days, anxiety and depression win. But with your help it doesn't always have to be this way.

With your help, myself and others like me would be given another tool for the tool box. We would be given an opportunity to experience the real and documented therapeutic effects of psilocybin. Respected institutions like Johns Hopkins, and UCLA have shown that psilocybin can help people with not only treatment resistant depression, but also aid with other psychological disorders like anxiety, and drug addictions. Passing resolution SCR208 would be giving many people in Hawaii a second chance at life. Right here in our beautiful state depression, and substance abuse are on the rise due to the COVID-19 pandemic shuttering businesses, jobs being furloughed or people losing their jobs entirely. Do not let us suffer in vain.

I urge you to look at the science. I urge to look into your heart. You could get out of bed today. Help the person who could not.

Please pass resolution SCR208.

**SCR-208**

Submitted on: 3/27/2021 10:34:11 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Georgina Mckinley	Individual	Support	No

Comments:

I am in support of SCR208

**SCR-208**

Submitted on: 3/28/2021 7:33:34 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Tane Datta	Individual	Support	No

Comments:

Please help the people of Hawaii and their mental health providers with this valuable tool. It may not be right for every situation but has been shown to help in many. Research and trials are needed to make itsafe effective tool.

**SCR-208**

Submitted on: 3/28/2021 9:13:55 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Thaddeus Pham	Individual	Support	No

Comments:

Aloha HTH Committee,

As a public health professional and concerned citizen, I support SCR208, which would establish a working group to expand research and thereapeutic options for the people of Hawai'i.

Mahalo,

Thaddeus Pham (he/him)

**Testimony in Support of SCR 208 / SR 172**  
Senate HTH Committee | Monday, March 29 2021 at 1:20pm

Dear Senator Jarrett Keohokalole, and Members of the HTH 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 SB 208, a resolution 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 39 year old single mother to a 12 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. In March, 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.

As a trained political scientist, I can also confirm that Hawaii is a part of a national movement for expanding safe legal access to psilocybin. Let's be the leaders and support our communities and their mental health. Everyone know's someone who stands to benefit from this transformative medical break-through. I co-founded Clarity Project because we believe Hawaii can be a safe, healing refuge for cancer patients like myself.

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.



Ashley Lukens, PhD  
Founder, Clarity Project

**SCR-208**

Submitted on: 3/28/2021 9:49:17 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Alexandra Butterbaugh	Individual	Support	No

Comments:

I support bill SCR208. Psilocybin and psilocin are vital healing modalities for different therapies and I support the research.

**SCR-208**

Submitted on: 3/28/2021 10:50:06 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Tyler Crook	Individual	Support	No

Comments:

Aloha Senators and Reps of Hawaii,

Please SUPPORT this bill. Psilocybin has been shown to help many ailments. We need to give patients access. Psilocybin can help with: Treating Depression, Aids with Addiction, Relieves Anxiety, Alleviates Obsessive Compulsive Disorder, Stimulates Brain Cells.

Mahalo for your consideration and for SUPPORTING this bill,

Tyler Crook

**SCR-208**

Submitted on: 3/28/2021 11:17:23 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Chrissie Brown	Individual	Support	No

Comments:

Aloha Committee Members,

I submit testimony in STRONG SUPPORT of SCR 208.

This resolution is well written and would establish a working group of professionals that would be best suited to consider a program such as this.

Post Traumatic Stress Disorder is a devastating condition that affects millions of Americans and is especially prevalent in our Veterans and Military members. Any treatment that could improve mental health disorders such as this one should not be blocked by government but instead researched and considered at the discretion of medical experts.

Especially in this post COVID-19 era where we have seen exponential growth of mental health issues among people all over the world, we should cast aside our prejudices and be open minded towards any treatments that may improve quality of life.

Thank you for your consideration,

Chrissie Brown



**SCR-208**

Submitted on: 3/28/2021 11:51:34 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Richard Ries	Individual	Support	No

Comments:

I am a licensed Clinical Psychologist with an independent practice in downtown Honolulu and several community leadership roles. I have long been following psilocybin research in connection with psychological healing and medical recovery and can attest to the evidence that it offers an approach to supporting recovery that is distinct from current medicinal options. What I have found most compelling is that the medicine may be anticipated to generate possibilities for insight with one or two dosage sessions separated across several months (with appropriate supports before and after, therapeutically) that can be said to result in lifelong changes. There is much hope for its application in addiction, depression, phase-of-life concerns, posttraumatic stress disorder and cancer recovery among other difficulties. There is a bit of a paradigm change in that administration of the medicine would not involve daily or monthly intake as most psychiatric medicines do. This approach places ownership on the individual in recovery to make life changes as a result of healthier perspectives.

Please support, and know that I support, the working group for this important progression in mental health and medicine.

**SCR-208**

Submitted on: 3/28/2021 11:56:49 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Ashley Ostendorf	Individual	Support	No

Comments:

Psilocybin cubensis have been used for centuries by indigenous groups around the world as treatment for mental and physical health issues. A plant with such a longstanding beneficial history of use would be of much benefit to today's society, especially in light of the recent suicide uptick and hard drug usage amongst the American public. The corona virus epidemic and the resulting isolation that most people are being subjected to has only exacerbated this issue as recent studies and statistics have shown. As someone who struggled with severe depression for many years, I can attest that personally this medicine helped me tremendously and is a large part of what ultimately saved my life. This plant is incredibly healing and beneficial for people of all walks of life and when administered in the right set and setting, can provide profoundly transformational experiences, leaving individuals with a renewed sense of self and purpose in this all too confusing world. We owe it to our people, to ourselves, and to the future of mankind to allow this medicine to be used by those who need it, those who are terminally ill, facing challenging life circumstances, and dealing with any number of mental and emotional health issues. It is with my sincerest sentiments and personal experience, that I request this bill be passed, that we may save as many lives as possible in the coming years.

Best wishes and aloha always,

Ashley Ostendorf

**SCR-208**

Submitted on: 3/28/2021 11:57:02 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Marya Grambs	Individual	Support	No

Comments:

Please pass this important reso. Psilocybin can help many, many people and should be made available. This is already happening in several cities around the country. We can and should take leadership on this

**SCR-208**

Submitted on: 3/28/2021 12:00:17 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Janet Montgomery	Individual	Support	No

Comments:

Please pass this reso. There is research documenting that diseases caused by inflammation, like mine, could be improved by the use of pscilocybin.

Aloha,

I am Christopher Bell and I have been serving in the United States Military since 2004. I have deployed multiple times and have come home to witness the struggles of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), depression, homelessness, alcoholism, addiction, and suicide from friends, family, brothers and sisters who also have served. The treatment options for Service Members and Veterans have always been a constant struggle. This leaves many service members with very few resources to treatment and a lot of them struggle with alcoholism to help them, but it does not treat the core issue.

I am writing in support of SCR208 as a veteran who understands the importance of access to these therapies. I have seen firsthand mental health impacts from my service in the military. The active-duty military suicide rate has increased 35% in the past 20 years. In 2019, 498 service members took their lives. The leading causes to this are caused by PTSD and treatment-resistant depression which took place during our time at conflict with Iraq, Afghanistan, Kuwait, and other worldwide locations. In 2018 there were 541 military veterans that lost their lives to suicide.

There are all kinds of traditional and holistic treatments available for PTSD and TBI with years of underwhelming results and there are still struggles. These treatments are designed to help cure the individual, but they fall short. There has however been progress in plant medicine treatment. Psilocybin and other plant medicine have had the ability to go deeper into that individual and allows the traumas to become exposed and released.

Psilocybin has had the power to heal many of these mental health ailments, including PTSD and treatment-resistant depression, which is why the FDA has granted this plant medicine the Breakthrough Therapy Designation twice in recent years. Creating safe access to this therapy for those who cannot find relief using traditional methods is imperative to show compassion to our local community and gratitude to those who have raised up to the call of duty and have served this beloved country.

Thank you for considering my testimony and I respectfully urge you to pass SCR208.

Mahalo,  
Chris Bell

**SCR-208**

Submitted on: 3/28/2021 1:03:48 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Geneva Diaz	Individual	Support	No

Comments:

*My name is Geneva Diaz and I am writing **in strong support of SCR208**, which will effectively expand access to psilocybin in Hawaii.*

*Over the past two decades, researchers around the world have built scientific understanding of the effects of psychedelic medicine on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring plant-based medicines like psilocybin above ground for therapeutic uses.*

*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. As a result, psilocybin is increasingly considered one of the most effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings.*

*Individual state- and city-level lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin across the U.S., Canada, and Europe. Citing this research, groundbreaking initiatives in favor of psilocybin – like passage of Measure 109 in Oregon and Initiative 81 in Washington, D.C. – are occurring at all levels of government, private and public research institutions, and throughout mainstream society.*

*We do not want the citizens of Hawai'i to miss out on this healing modality. With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to psilocybin.*

*Please support SCR208*

*Sincerely,*

Geneva Diaz

**SCR-208**

Submitted on: 3/28/2021 1:07:27 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Travis Usinger	Individual	Support	No

Comments:

Psilocybin has been shown to be efficacious in the treatment of major depressive disorder among other mental illnesses. John Hopkins and the Beckley Foundation, among other universities and institutions have been given FDA authorization to research these substances and have shown significant benefits to psilocybin for treating these mental disorders. Oregon, Oakland, Denver and others have decriminalized psilocybin and Oregon has created a medical psilocybin model for treatment for patients so that patients have safe, legal access to psilocybin as medicine. I strongly support Hawaii creating a working group so that we can regulate and give access to patients this medicine, similar to how Ketamine (Spravato) has been administered legally through medical care. The current covid pandemic has increased our need for more mental health treatment options with greater isolation and stress from quarantine.



**LATE**

**SCR-208**

Submitted on: 3/28/2021 1:28:48 PM  
Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
christina braddock	Individual	Support	No

Comments:

As a US Army Veteran and Emergency Trauma Nurse I am in SUPPORT OF SCR208 for mental health and radical healing purposes in addition to overall daily wellness and firmly believe it will lead to improved community/world health especially after this last year with mental illness and suicides rising. The time is now to regulate in order to properly prescribe and educate the public to use these powerful natural plant medicines to heal millions. THANK YOU!

**LATE**

**SCR-208**

Submitted on: 3/28/2021 1:57:54 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Sarah Davenport	Individual	Support	No

Comments:

Dear Senator Keohokalole, Senator Rhoads and Members of the Committee:

Aloha and mahalo for providing me and many other advocates with the opportunity to share our personal testimonies in strong support of SCR208, which will gratefully and effectively expand the much-needed access to the medicinal support that psilocybin, psilocin and their responsible practitioners provide.

As a substance-free survivor of 10 out of 10 Adverse Childhood Experiences (ACEs) resulting in Complex PTSD—along with a debilitating chronic illness that left me bedridden for over five years—I first approached plant medicine in 2018 with the utmost respect—and admittedly some incredulity—only to discover its amazing healing potential.

This came following decades of numerous traditional (and often traumatic, invasive and expensive) allopathic treatments along with alternative / complementary modalities and extensive psychotherapy to little or no avail.

After exhausting all of my perceived options and resources, I decided to venture far outside my comfort zone to experiment with plant medicine during a month-long retreat in Central America in 2018.

The trip there was grueling; in constant intractable pain and extremely atrophied, I required a wheelchair to and from each plane, yet was determined to discover for myself the truth of plant medicine's promise to heal even the deepest of wounds—or at the very least aid in one's understanding and acceptance of them.

During this time, I worked with renowned physicians, practitioners, scientists and ethnobotanists to create a safe and effective space for unraveling years of visceral traumatic layers that my body and mind had subconsciously been holding and hiding since birth in an effort to survive horrors no human should ever have to face.

To my amazement, by the end of the plant medicine program, I was hiking, swimming and dancing on my own—and *without* pain—ready to live my life to its fullest potential! This was by far the greatest empirical evidence of effective treatment I had experienced to date, and very unlikely to be simply a placebo as I had put my heart and soul into all the other treatments I had tried before it.

Much of this time revealed events which I had no conscious memory of, making it incredibly difficult or even impossible to heal and integrate in years cognitive behavioral therapy, EMDR sessions, various psychiatric pharmaceuticals and many other methods used to treat PTSD.

And although I felt strong enough to overcome the past enough in order to function in society—often feeling empowered to utilize my traumatic experiences to help others face theirs—the residual and often devastating sensations from childhood continued to linger.

Festering deep inside my psyche, they eventually manifested into incredibly intense and debilitating physical, mental and emotional symptoms, all of which I my best efforts could not relieve for any effective length of time.

At 35, my entire existence essentially collapsed; I went from owning and operating a successful business, volunteering in my community and taking care of family members to facing homelessness from the mounting medical bills due to a serious and mysterious nervous system disease that left doctors stumped and me in a wheelchair, frequently unable to walk, speak nor even feed myself.

I had searched high and low for remedies and relief for over 25 of my 40 years as the illness exponentially progressed, diligently researching scientific journals and desperately doing whatever the doctors suggested I could do to help myself, often using my body as a scientific experiment.

Surprisingly, plant medicine became the key to the lock I had been seeking for a lifetime. I was even able to regain my health and wellness to the point of being able to make my dream move to Kaua'i to continue my healing journey and help support others in their healing journeys as well.

This process of responsibility using plant medicine and continuing to work with my practitioners to integrate the experience has even made it possible for me to successfully work with Veterans suffering from PTSD, along with other survivors of traumatic experiences including childhood sexual abuse, domestic violence, addiction as well as chronic and terminal illness.

As psychiatrist, researcher and educator Dr. Bessel van der Kolk of Boston University School of Medicine teaches in his book, *The Body Keeps the Score*, trauma literally damages the brain—not unlike encephalopathy—much to the point where current medications and treatments become ineffective, often creating more damage themselves.

And yet plant medicine—psilocybin in particular—has been a proven method of effective and lasting healing—all without without harmful nor undesirable side effects, especially when done with capability, care and compassion in safe and structured environments.

As you well know, dozens of research studies show these data repeatedly, including those at the Johns Hopkins Center for Psychedelic and Consciousness Research, University of Berkley's Center for the Science of Psychedelics, as well as the Psychedelic Research Programs at New York University's Langone Health and Grossman School of Medicine, respectively.

It truly is remarkable what returning to our 'Ä• ina for our health and happiness can help us achieve!

Integrating all I have learned from the experience of using plant medicine to heal has taught me many important lessons in life—one of which means opening up the possibilities of plants and Nature's gift of the Psilocybe species to help us heal—all while making them readily available for use and research in a responsible and respectful way.

Mahalo again for holding space for all of us to share our testimonies; please continue to support SCR208 in passing swiftly so that others suffering may receive the option to receive this healing support from the responsible and respectful use of Psilocybin and its practitioners. Aloha.

**LATE**

**SCR-208**

Submitted on: 3/28/2021 5:08:43 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Yvonne Geesey	Individual	Support	No

Comments:

support, mahalo!

**LATE**

**SCR-208**

Submitted on: 3/28/2021 8:42:55 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Lexi Everton	Individual	Support	No

Comments:

Mushrooms are way less dangerous than legal substances such as alcohol and tobacco.

**LATE**

**SCR-208**

Submitted on: 3/28/2021 9:19:42 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

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

Comments:

I'm writing to support Bill SCR208.

Bill SCR208 provides a small step in a hope for a future legalized, regulated model for therapeutic modalities which could benefit the State of Hawaii.

Aside from a fundamental right to cognitive liberty enshrined by the First Amendment exploration of Medical Psilocybin and Psilocin could provide the State

1. Additional Mental Health and Psychological Modalities.
2. Link and expand Western Medical Models to Ingenous World Traditions
3. Expand and ease end of life transitions, hospice care, and provide a envelope for incorporation of care. See research on end of life anxiety relief through usage of Psilocybin...
4. Provide Medical High Value new sustainable industries with production, research, and treatment options - all which could be maintained and managed locally.
5. Diversify the economy with pppportunity for added added productions, services , specialities, etc.
6. Lesson the impact of the racist and unsuccessful drug war with new harm reduction and heality model.
7. Provide new frameworks for psychotherapy to deal with intergenerational and personal trauma in a safe envelope.

+ Other benefits to detailed by a working group...

A working group could bring together diverse departments to explore the future for the State and understand realistics benefits, costs, and suggest frameworks for advancement.,



There is significant research across the world at leading medical and research institutes showing the potential of these ancient modalities.

Similar to scheduled Ketamine usage in off label psychiatric care, a working model from European and Central American Nations demonstrates a regulatory framework can be established to use these healing modalities in a safe and productive manner.

**LATE**

**SCR-208**

Submitted on: 3/29/2021 11:20:59 AM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
William Portman	Testifying for Portman Psych Services	Support	No

Comments:

Aloha,

Please consider SCR208 as the burden of mental illness continues to weight heavily on our state.

We are seeing promise in the research of psilocybin to help advance our tools to fight mental illness.

Specifically, consider the results of a 2015 paper by Peter Hendricks and Roland Griffiths. It looked at past year suicidal thinking, past year suicidal attempts, and past month psychological distress in the general population. They compared those that have ever used psilocybin with those that have never used it. They interviewed 7,000 people in the psilocybin group, and over 160,000 in the group that has never used psilocybin. The odds were that the people who have never used psilocybin were almost twice (1.72 times) as likely to have had suicidal thinking in the past year.

Thank you,

William Portman, MD

**LATE**

**SCR-208**

Submitted on: 3/29/2021 1:48:07 PM

Testimony for HTH on 3/29/2021 1:20:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Jennifer Lucien	Individual	Support	No

Comments:

Dear Chair and Members of the Senate Committee on Health,

Aloha and Mahalo for the opportunity to testify in SUPPORT of SCR208.

I believe this is progressive pathway towards community mental health.

Let us also consider the economic contribution that legalized plant medicine offers Hawai'i.

Respectfully submitted,

Jenn Lucien  
Realtor, Mother and Surfer

[Jenn@jenniferlucien.com](mailto:Jenn@jenniferlucien.com)