



Testimony of Pono Shim of Oahu Economic Development Board

Senate Committee on Commerce and Consumer Protection Hearing

Tuesday, February 22, 2022 at 10 a.m.

Testimony in Support of SB3160 SD1 Re: RELATING TO PSILOCYBIN

Aloha Chair Baker, Vice Chair Chang and Members of the Committee,

My name is Pono Shim and I live in Manoa on Oahu, and I am writing **in strong support of SB3160 SD1**, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

To borrow a term from football strategies, on July 30, 2021 an "audible" was called on my life and I was diagnosed with bladder cancer. It was very promising and hopeful as I waded through the horror, fear, and denial of having a condition not prevalent in my family history with the exception of the tobacco smokers. People who know me know that I passionately cared for my health as a living kidney donor and I did not want to burden my kidney recipient, families and friends with regret of the decision I made 10 years ago. It was truly a shock to learn I had cancer.

As I moved through consultations, scans, surgeries, needles, biopsies, drug side effects, pain, painkillers, nausea, anti nausea medicines, constipation from the anti nausea medication (which is prescribed to people who are depressed and suicidal), sadness, loss, etc., I can fully say that I wish my condition on NO one and yet I know that cancer has and will affect everyone listening to, testifying for, and testifying against this legislation. People in the community recognize that I'm a fairly calm and thoughtful voice as a leader. Learning I have cancer, having surgery and being told that the surgery was successful and was found in stage 1 but with a high risk grade was hopeful until the tumor board was assembled to review my case and the pathologist explained to the Board that my urothelial cancer is one of the rarest and most aggressive cancers in the world with only 16 human studies and no cure.

When I'm scheduled to have a debrief with my urologist at 8:30am and she calls me at 7:45am, it isn't good news. Because of the prognosis, I was immediately referred to Oncology with directions to have an MRI (to make sure it didn't get to my brain) and to have a PET scan (by the time my specific cancer is found it has usually already metastasized) and begin chemo immediately. The PET scan revealed that I had over 10 tumors in each lung and that my cancer was stage 4 terminal. In a month and a half I went from no identifiable nodules to a lighted "Christmas tree" in my lungs. To think that anyone going through any stage of what I've experienced as mentally stable and strong is idiotic. I'm too often a mental wreck.

I have sought trusted friends and found new friends who could educate me on supplemental treatments and alternative treatments for me to consider as I waded through the prevalent models of modern medicine based on cut, burn, and poison. I needed help and I sought it from friends who are journeying or have journeyed through cancer and the treatment. I'm blessed with privilege as an executive with one of the largest networks of respect in Hawaii and I did seek alternatives to help me heal and overcome the opinion given to my wife by one of my physicians "there is no cure". Bullshit!

Many gifts have been shared with me to combat my prognosis and the gift of love and aloha in action have been some of the best salves for the past 6 months. I'm tired of not eating the foods I love that are killing me, I'm tired of being stoned in my body and feeling unbalanced and weak, I'm tired of the physical pain of feeling the pressure of the nodules that I can specifically point out their locations in my back to remind me and daily steal my hope, I'm tired of not sleeping for more than a couple of hours at a time. I hate the side effects of chemotherapy and am afraid of the next treatment I'm being prescribed to follow the upcoming 4 rounds of chemo. People told me to take one day at a time and too often it's been a moment to moment crisis, not day to day.

It was 2am in the morning after my second round of chemo and I was in the worst physical pain of my 58 years (my bladder). I was so sick and needing relief from the smell of the medicines leaving my body. I didn't sleep more than 7 minutes at a time for over 2 weeks because of pain of feeling like I must urinate 10 times an hour and being at a toilet or with a urinal because the pain of needing to urinate doesn't go away. What's the modern prescribed medicine? I'm prescribed a very expensive suppository medication with opium. Driving to appointments with a urinal and a towel positioned on my lap so I don't have accidents (which do happen and is not a mentally friendly condition) and I don't offend or embarrass myself with cars passing by.

All of this culminating at 2am needing relief from the smell of the medicines. Friends had gifted me a device (prior to starting chemotherapy) to release lavender as aromatherapy so I turned it on (science has proven evidence of the positive impacts of aroma, sound, breathing, light, meditation, and water therapies amongst others) and I got more sick. Am I the reason it's not working or is our detachment to empathy and connection? I needed relief and reached for a jar to see if it might help, I opened the jar of Vick's Vapor Rub and took one whiff and instantly felt like I was a child again being rubbed down by my mom and wrapped with my dad's

undershirt around my neck, instant relief. Isn't that the point of aromatherapy? You all can connect with my story, it's real and yes it's way more than physical. It's also significantly cheaper and has long term scaffolding for those ailing. There has been no greater pain than watching my wife be imprisoned by my condition and there has been no greater gift of cancer than the gift of being present because I have no promise of time.

Please start this process of allowing people who are ailing to have a legal, inviting, loving, nurturing and caring alternative table they can sit at. Many are led to believe the formidable table of modern medicine with intimidation, pain, and fear is the only table for them, if you can afford it. I sit at both and have accepted both tables as the CEO of my body. I am able to sit at both tables and embrace those who have nurtured others with the gifts of healing plant medicines like Psilocybin. I have means for me and you have means for those in our Hawaii home who don't.

This is as significant as the Oncology nurses who have loved me through 8 rounds of chemotherapy. They are so kind and nurturing and that has also been my experience with those who malama me with plant medicines and the sacred gift they are. When asked by my dear friend and cancer survivor pal, Ashley Lukens, what my experience was with the plant medicines she opened me to - and those who in reverence share the gifts of these healing plants - I said, "They are so kind and so loving!"

I welcome any inquiries or future discussions if you so desire.

Please support SB3160 SD1.

Mahalo nui,



Pono Shim
President and CEO
Oahu Economic Development Board

SB-3160-SD-1

Submitted on: 2/19/2022 10:56:29 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Jacob b white	Testifying for JW's mushrooms inc.	Support	No

Comments:

Testimony in Support of [SB3160](#)

Senate CPN Committee [Hearing](#) | Tuesday, February 22, 2022 @ 10am

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Jacob White, I live in Kaneohe, Oahu, and I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Back in 2019, I had a mental breakdown that left me without my sanity. This insanity was perpetuated by these horrid anti-psychotics that were making me more psychotic, as well as being chemically addictive. Even after I weened off of them I was still off, not completely myself. The self stolen from me by corporate greed and medical malpractice. It wasn't until I (allegedly) ingested 5g of dried psilocybin cubensis that I returned to normal. The fact that me healing from one of the most sacred medicines on earth is a felony just kills me inside whenever I think about it. For all the healing these specific basidiocaps have given humanity, we are spitting in the face of the divine by classifying these ethenogens as a schedule 1 drug. It's criminal to keep it locked away like they are; we as a species are feeling the ill effects of such with raising mental illness like depression, and anxiety .

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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 SB3160.

Mahalo,

Jacob B. White

TESTIMONY ON BEHALF OF HAWAII PSYCHIATRIC MEDICAL ASSOCIATION

To: Senator Rosalyn H. Baker, Chair, and Senator Stanley Chang, Vice Chair, and Members of the Committee on Commerce and Consumer Protection

From: Dr. Denis Mee-Lee. Legislative Committee Co-Chair, Hawaii Psychiatric Medical Association

Time: Tuesday, February 22, 2022

Re: SB 3160 SD1, Relating to Psilocybin

Position: **OPPOSE**

Dear Chair Baker, Vice-Chair Chang and Members of the Committee on Commerce and Consumer Protection,

The Hawaii Psychiatric Medical Association (HPMA) appreciates this opportunity to testify in opposition to SB 3160 SD1 which establishes the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible and affordable for adult twenty-one years of age or older.

HPMA represents between 100 and 200 Physicians, who, after four years of medical school, receive additional years of Specialty training in Psychiatry.

The US Food and Drug Administration (FDA) is already working on this on a national level, and we recommend that the state defer to the results of their findings.

Science has not yet determined that psilocybin is a safe medical treatment for mental health conditions. While the FDA has granted psilocybin breakthrough therapy status, this establishes neither the safety nor the efficacy of this treatment; it merely establishes the process by which to further study the treatment.

There are strong concerns about the safety and efficacy of psilocybin, which is why the necessary studies and analysis should be conducted on a federal level. Johns Hopkins University has reported survey data that assessed each respondent's absolute worst bad experience **10.7 percent of the respondents said, they put themselves or others at risk for physical harm** during their bad experience. According to these reports, **some 2.6 percent said they acted aggressively or violently**, and 2.7 percent said they sought medical help. **Five of the participants with self-reported pre-existing anxiety, depression or suicidal thoughts attempted suicide** while on the drug during their worst bad experiences.¹

HPMA respectfully asks the Committee to protect the consumers of Hawaii by deferring SB 3160 SD1. Should the measure move forward for further discussion, please include Medical Doctors specializing in Psychiatry and Substance Abuse in the Psilocybin working group to protect the safety of Hawaii's consumers: our patients.

Thank you for the opportunity to submit testimony on this important measure.

1

https://www.hopkinsmedicine.org/news/media/releases/researchers_urge_caution_around_psilocybin_use, "Researchers Urge Caution around Psilocybin Use" December 30, 2016.



Testimony in Support of SB3160

Senate CPN Committee | Tuesday, February 22, 2022 at 10am

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Doorae Shin, and I am testifying on behalf of the Clarity Project in wholehearted support of SB3160. The Clarity Project is a citizen's initiative that aims to expand patient access to include psilocybin-assisted therapy modalities in Hawai'i. We represent thousands of community members who strongly support this measure.

Inspired by the decriminalization of psilocybin in Denver, the Clarity Project was founded in 2019, and our community includes medical professionals, 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 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. 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](#).
- 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 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 medical access to psilocybin. Below is a summary of initiatives at all levels of government.

FEDERAL:

1. **The Food and Drug Administration** has twice 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 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 for much needed mental health therapies. The passage of SB3160 would allow for our community members who are in need to have access to this therapeutic option and find relief. We all



know someone who stands to benefit from effective therapies to depression, addiction, PTSD, or anxiety. That's why we support this bill, and we ask that you pass this bill out of your committee so we can begin this important conversation in Hawai'i.

Mahalo for your consideration of our testimony **in support of SB3160**.

Doorae Shin
Clarity Project
Project Manager

SB-3160-SD-1

Submitted on: 2/18/2022 5:33:15 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Jennifer Lucien	Individual	Support	No

Comments:

Aloha Chair and Members of the Committee,

Please pass SB 3610 as a signal that Hawaii can be on the forefront of this valuable treatment modality. This is not an endorsement of recreational use, but simply an opportunity to better understand the costs and benefits this medicine will have on our community.

I urge you pass this measure unamended from your committee.

Mahalo Nui loa for your consideration.

Jennifer Lucien

Resident, Kuliouou Valley

SB-3160-SD-1

Submitted on: 2/18/2022 6:15:59 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Deborah Umiamaka	Individual	Support	No

Comments:

I strongly support SB3160.

Sincerely, Deborah Umiamaka.

SB-3160-SD-1

Submitted on: 2/18/2022 7:13:50 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Ruta Jordans	Individual	Support	No

Comments:

Research is showing that psilocybin is effective treating veterans with post traumatic stress disorder, as well as helping dying people relieve anxieties. It is time that Hawaii looks into how this substance and other similar drugs can be used to help our populace. I am writing in strong support of this bill.

SB-3160-SD-1

Submitted on: 2/18/2022 7:26:49 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Linda Sakamoto	Individual	Support	No

Comments:

Strongly support!

SB-3160-SD-1

Submitted on: 2/18/2022 7:26:36 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Lois Crozer	Individual	Support	No

Comments:

Therapeutic Psilocybin is being given to patients in miniscule amounts (microdosing) to help with mental health issues. The benefits of microdosing Psilocybin has been known for many years, and there have been numerous studies showing the effectiveness of treatments. Let's finally make this available to Hawaii residents as well.

SB-3160-SD-1

Submitted on: 2/19/2022 10:27:18 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
nick boomershine	Individual	Support	No

Comments:

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

My name is Nickalas Boomershine, I live in Hawaii Kai on the island of Oahu, and I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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 SB3160. Mahalo,

Nickalas Boomershine

SB-3160-SD-1

Submitted on: 2/19/2022 2:04:29 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Marya Grambs	Individual	Support	No

Comments:

Please pass SB3160. Many states are either legalizing psilocybin or actively considering it. Psilocybin helps many people with end of life issues, anxiety, depression, and PTSD. We in Hawaii should have this option. Creating this Task Force is a good first step.

SB-3160-SD-1

Submitted on: 2/19/2022 3:50:45 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Tabatha Aiko Knudson	Individual	Support	No

Comments:

Dear honorable committee members,

My name is Tabatha Knudson and I am from the east side of O'ahu. I apologize for the short, informal testimony, but I wanted to strongly urge you to support this bill! The potential this has for the wellbeing and mental health of our community is astounding, and psilocybin is much more trustworthy, effective and safer than many antidepressants and other drugs.

Thank you so much, and I hope to see your support!

Tabatha Knudson

SB-3160-SD-1

Submitted on: 2/20/2022 7:38:25 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Robert Patterson	Individual	Support	No

Comments:

My name is Robert Patterson, I live in Honolulu, Oahu, and I am writing **in strong support of SB3160**, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

These medicines have been used for 1000s of years in effective and wide arranging ways around the world. We should encourage their use in Hawaii in safe, accessible and affordable ways with supervision, support and proper engagement.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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 SB3160.

Mahalo,

Robert Patterson

Aloha,

Psilocybin has been a major factor in healing me from depression. I utilized micro doses following a structure recommended by an expert in the practice. I used it in small and safe doses and had wonderful benefits. I have not taken any Psilocybin in many months and still feel all the benefits, by nature it is not addictive (personal experience and Terence McKenna, *Food of the Gods: The Search for the Original Tree of Knowledge*). I have also used it in larger doses and had immediate mental and emotional breakthroughs. This medicine has helped so many people heal in a safe and peaceful way and I don't think any harm would come from more people having legal access to it. As someone who has employed psilocybin responsibly and intermittently for the last 7 years, I have a lot of personal experience in its healing abilities. The age of empowering people with plant medicine is upon us, meanwhile creating more local jobs in the sustainable production of mushrooms as medicine instead of endless medications from far away big pharma who does not have our people's well being as their goal but rather more capitalization on our pain. I would love to see Hawai'i embrace all of psilocybin's therapeutic potentials and heal its peoples.

Mahalo to all those in support of SB3160,

Hayley Hina Barcia

SB-3160-SD-1

Submitted on: 2/20/2022 8:09:17 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Ian	Individual	Support	No

Comments:

My name is Ian Mautner, I live in Southern California, and I am writing in strong support of SB3160.

Though I am not a local resident of Hawaii, I feel this issue to be of particular importance for the United States and possibly society as a whole.

Used in controlled settings, psilocybin mushrooms can be wonderfully uplifting and allow an individual to feel reconnected with their spirit.

It seems more and more people are aware of the mental health crisis that we face. Modern life is stressful and often confusing. Though psilocybin certainly does not address the myriad of issues in our world, it does offer some respite, and I believe it also offers a change in perspective that can open the door to new ideas.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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 SB3160.

Mahalo,

Ian Mautner

SB-3160-SD-1

Submitted on: 2/20/2022 9:49:36 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Becky Jacobs, DACM, DAc.	Individual	Support	No

Comments:

SUPPORT

Please place as testimony for: CCP - 02-22-22 10:00AM; Conference Room 229

Testimony in strong favor of SB3160, SD1

Aloha Chair Baker and members of CCP,

My name is Sean Lester and I am a 32 year resident of Maui.

I am asking you to see that the possibility of utilizing a naturally occurring substance to help change the paradigm of mental healthcare in Hawaii is worth supporting.

Under the auspices of qualified professionals, we have an opportunity to see real-world locally obtained data by people willing to give their time and talent to give you, the legislature, the information to help open a new way of helping our people.

This is about treatment, with the very real possibility of transformative cure in some instances. It's about helping people to be able to do so without a pharmaceutical regimen that has proven to be expensive and in many instances, of dubious effect.

Hawaii has an opportunity to find out if we can change the pain and suffering of many here on our islands.

As a six-year active military veteran, I have seen so many of my brothers and sisters commit suicide, hooked in deep depression, and treated with drugs that have dulled them from being contributing members of our local societies. Every time we cannot bring someone back from this – we lose a part of our ability to be whole as a society. If living in Hawaii has taught me anything, it's the wonder of a society when everyone is contributing.

If there is even the remotest possibility of this working, and worldwide data shows that it is very promising, don't we owe these professionals the chance at using tools to do a study that has so much potential?

I urge you to back this bill and do whatever you can to shepherd it through the process.

Mahalo,

Sean Lester

Maui, Hawaii

Testimony in Support of SB3160

Senate CPN Committee Hearing | Tuesday, February 22, 2022, 10AM

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Chaia Werger. I live in Kalaheo, Kaua'i, and I am writing **in strong support of SB3160**, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I work in the Sexual Violence Prevention and Treatment field, and I have witnessed the profound effect that a traumatic experience can have on a person's physical, psychological, and emotional well-being. Psilocybin can play an essential role in a survivor's healing process.

Many sexual violence survivors are diagnosed with PTSD, depression, or anxiety. The most common treatment is psychotherapy, which can help survivors identify their triggers, release feelings of self-blame, and improve self-worth. However, it can be difficult for survivors to fully access and heal their trauma through therapy alone, because trauma is stored in the body and the subconscious. Psilocybin allows the brain to access otherwise inaccessible states, providing a unique opportunity for survivors to process their trauma.

When a person experiences a traumatic event, their sympathetic nervous system is activated into a "fight, flight, or freeze" mode. Trauma can cause the system to become "stuck" in this alert state, leading to physical and emotional responses long after the traumatic event. Medications like SSRIs or benzodiazepines can treat a survivor's symptoms, but they do not treat the root cause of those symptoms—the trauma itself. Research has supported the hypothesis that psilocybin can help break this traumatic cycle, and help heal PTSD.

Personally, I have had many healing experiences through the use of psilocybin. I have discovered internal trauma triggers and released decades worth of pain. I have been able to move through mental blocks that I did not even previously know existed. I have witnessed first-hand the incredible benefits of psilocybin, and it has opened my eyes to the potential that this medicine has to alter the future of trauma services.

It is my sincere hope that this committee recognizes the healing that psilocybin could offer to our community, and supports SB3160.

Mahalo,
Chaia Werger

Testimony in Support of SB 3160 SD1
Senate CPN Committee | Tuesday February, 22, 2022

Dear Senator Baker and Members of the CPN Committee:

My name is Ashley Lukens. For the past 16 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 3160**, a bill which begins an important conversation around therapeutic access to psilocybin in Hawaii. I support this bill because plant medicines like psilocybin have played a transformative role in my life. Last year you passed a similar measure out of your committee and I'm hoping you do so again today.

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 40 year old single mother to a 13 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.

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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

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 seek access to 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 patient's 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. We know that Federal re-listing of psilocybin is coming and as a state we need to be prepared to create supportive frameworks for practitioners to be able to provide these medicines to patients like myself. This taskforce enables that to

happen. 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.

A handwritten signature in black ink, appearing to read 'Ashley' with a long, sweeping underline.

Ashley Lukens, PhD
Founder, Clarity Project
Principal Consultant, Ashley Lukens Consulting Inc
bossy@ashleylukens.com

SB-3160-SD-1

Submitted on: 2/20/2022 4:00:02 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Giselle Kananiokekai Guerrero	Individual	Support	No

Comments:

Psilocybin has been proven effective in helping with PTSD, anxiety and depression, this is supported by multiple scientific studies. it is a safer option to help people rather than other prescriptions as psilocybin is naturally occurring chemical that is already in your brain. Legalising will benefit many people in having a calmer and more secure conscious as well as helping eventually alleviate dependence on prescription medicine.

SB-3160-SD-1

Submitted on: 2/20/2022 9:52:00 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Thaddeus Pham	Individual	Support	No

Comments:

Aloha Chair Baker, Vice Chair Change, and Members of the CPN Committee,

As a public health professional and a concerned community member, I am writing **in strong support of SB3160 SD1**, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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.

Please support SB3160 SD1.

Mahalo,

Thaddeus Pham (he/him)

SB-3160-SD-1

Submitted on: 2/20/2022 10:16:26 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Samantha Highes	Individual	Support	No

Comments:

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Samantha Hughes, I live in Lihue on the island of Kaua'i, and I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

As someone who suffers from anxiety and depression, I would love to see psilocybin therapy as an option in the future. It is so important to give our community members the opportunity to combat depression using methods other than resorting to prescription pharmaceutical drugs. Access to psilocybin should be available for our community.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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** SB3160.

Mahalo,

Samantha Hughes

SB-3160-SD-1

Submitted on: 2/20/2022 7:26:00 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Sabra Della Lucia	Individual	Support	No

Comments:

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Sabra Della Lucia, I live in Kaimuki and I am a provider servicing all islands as a Licensed Marriage and Family Therapist. I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I have done my own research on the topic, have heard countless personal testimonies for efficacy, and follow trends out of Oregon where trials are progressing and having an overall positive impact on participants.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of

psilocybin—like the 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 SB3160.

Mahalo,

Sabra Della Lucia



HEROIC
HEARTS
PROJECT

Testimony in Support of [SB3160](#)

Senate CPN Committee [Hearing](#) | Tuesday, February 22, 2022 @ 10am

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Jesse Gould, and I represent many military veteran voices across the great state of Hawaii, and I am writing **in strong support of SB3160**, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I am an Army Ranger veteran with 3 combat deployments to Afghanistan. I am writing to you today as both a military veteran and a US citizen. As a veteran, I represent the voice of a community that is suffering through an unprecedented mental health crisis. As a civilian, I bring the simple request to reexamine certain laws that are now outdated and prevent the emergence of effective treatment options.

The prospect of decriminalization may seem daunting on the surface. Before entheogenic plants saved my life, I would have been skeptical as well, but I've come to discover that my prejudices were not supported by facts. Among the veteran population, rates of Post Traumatic Stress Disorder, depression, and suicide have soared. Since the start of the Global War on Terrorism, more veterans have died as a result of suicide than in combat by more than a factor of 20. Veterans are also four times more likely to have suffered from opioid addiction as a direct result of negligent pain management programs. Despite over \$80 billion dollars of funding, the Department of Veteran Affairs (VA) has not been able to find any real solutions to this epidemic.

As a result of my own life-saving experience with psychedelic substances, I founded the nonprofit organization Heroic Hearts Project (HHP). Each year we receive hundreds of requests from veterans who are seeking psychedelic-assisted psychotherapy. The majority of these veterans have tried everything the VA has to offer and come to HHP near hopeless. Controlled psychedelic experiences have been the only thing that has allowed them to regain their life and hope for a better future. Currently, these veterans have to travel outside the country for life-saving mental health care. We must change this embarrassing reality. Research is supporting the anecdotal evidence and now laws need to reflect this new understanding that psychedelics can have medical benefits.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that



HEROIC
HEARTS
PROJECT

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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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 SB3160.

Mahalo,
Jesse Gould
Executive Director
Heroic Hearts Project

SB-3160-SD-1

Submitted on: 2/21/2022 7:02:44 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Celeste Barcia	Individual	Support	No

Comments:

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Celeste Barcia, I live in Hawaiian Paradise Park on Big Island and I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Due to the strong evidence and implications for healing, it makes logical sense for this bill to go forward. There should be multiple legal options available for those who seek treatment for various disorders or conditions. This is a natural and safe alternative to the current pharmaceuticals and should be explored. Please consider support for the next step. I have known folks who have greatly benefited from using psilocybin for anxiety disorders.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

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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 SB3160.

Mahalo,

Celeste Barcia

SB-3160-SD-1

Submitted on: 2/21/2022 6:45:00 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Donald R. Armstrong	Individual	Support	No

Comments:

Testimony in Support of [SB3160](#)

As Senate CPN Committee [Hearing](#) | Tuesday, February 22, 2022 @ 10am

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Donald Armstrong and I reside in the Waikiki neighborhood. I am writing to express my firm support for SB3160, which will establish a therapeutic psilocybin working group to evaluate the medicinal and therapeutic benefits of psilocybin and to develop a strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

For the past three years I have been the coordinator of the Sacred Plants and Psychedelics Meetup, which is located in Honolulu and which studies plants traditionally used by indigenous communities for ritual and sacramental purposes as well as the historic and current uses of natural, plant-based medicines. While my personal interest in plants producing psilocybin stems from my teaching background in comparative religion and ethnobotany, I have had an opportunity to learn more about the scientific research currently being conducted in a number of countries—research exploring the medicinal uses of this alkaloid, especially in mental health settings. Studies have moved beyond the preliminary stage and the outcomes reported to date are quite encouraging.

Psilocybin appears to have significant value in the treatment of a variety of physical and psychological conditions, including anxiety, depression, PTSD and end-of-life anxiety. The U.S. Food & Drug Administration has granted psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

I believe that we, as residents of Hawai‘i, should have ready access to this promising new therapeutic, not only for treatment-resistant depression, but for other conditions as the FDA confers its approval.

I urge you to support SB3160.

Mahalo but loa,

Donald R. Armstrong, MPA

SB-3160-SD-1

Submitted on: 2/21/2022 8:27:51 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Benjamin Lillibridge	Individual	Support	No

Comments:

Aloha,

Mushrooms have been used for thousands of years by cultures around the globe. Fungi, in general, are a crucial part of our modern day pharmacopeia.

From anti-biotics, such as penicillin that revolutionized western medicine as we know it during WW2.

To heart statins that promote healthy cardiovascular health for 60% of our Kupuna older than 65.

To ancient health regimes in Chinese & Japanese medicine utilizing mushrooms to are still used today to bolster overall immunity, cognition, & beyond.

Simply put, without medicinal fungi & mushrooms to help us treat disorder & disease, our civilization would NOT have been able to progress to where it is today.

However, the U.S. government has singled out Psilocybin containing mushrooms as ones to not "currently have accepted medical use and a high potential for abuse."

Contradictingly, the U.S. government has also granted Psilocybin as a fast track to "emergency use authorization" to be used for severe depression, just one of the disorders it has been shown to treat.

Some of the other disorders include addiction, end-of-life anxiety like of that experienced by the terminally ill & elderly, & last not but least, post-traumatic-stress-disorder (PTSD) experienced by our veterans & other victims of trauma.

These findings, confirmed by esteemed institutions such as John Hopkins & Harvard University, are only the beginning of the benefits these natural tools from the 'āina provide.

As is the case with all prohibition, the banning of this substance does not actually prevent its use, but rather, gives people needing help no other option but to turn to clandestine & black market sources.

Thus, in short, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently supports the black market.

Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently also displays an inherent disregard for the Kupuna, the terminally ill, and others experiencing end-of-life anxiety.

Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently disregards those suffering from mental health disorders, including but not limited to veterans, police officers, & others in our community suffering from post-traumatic-stress-disorder from the sacrifice they made for us

Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound is to disagree with medical findings of Harvard University & Johns Hopkins University.

Mahalo

Ben



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SENATE COMMITTEE ON COMMERCE AND CONSUMER PROTECTION

Senator Rosalyn H. Baker, Chair

Senator Stanley Chang, Vice Chair

Date: February 22, 2022

From: Hawaii Medical Association

Elizabeth England MD, Vice Chair, HMA Legislative Committee

Elizabeth Ann Ignacio MD, Chair, HMA Legislative Committee

Re: SB 3160, RELATING TO PSILOCYBIN

Position: OPPOSE

The Hawaii Medical Association (HMA) appreciates the opportunity to testify in opposition to SB3160, Relating to Psilocybin. The research for psilocybin shows promise. However, the safety and efficacy of psilocybin treatment for mental health conditions has not been established. Further studies are needed. Hawaii physicians continue to support cautious and scholarly research on psychedelic therapeutics.

Thank you for allowing the Hawaii Medical Association to testify on this measure.

REFERENCES

"Researchers Urge Caution around Psilocybin Use". [Hopkinsmedicine.org](https://www.hopkinsmedicine.org) December 30, 2016.

Johnson, M.W., Griffiths, R.R. Potential Therapeutic Effects of Psilocybin. *Neurotherapeutics* 14, 734–740 (2017). <https://doi.org/10.1007/s13311-017-0542-y>

Carbonaro TM, Bradstreet MP, Barrett FS, et al. Survey study of challenging experiences after ingesting psilocybin mushrooms: Acute and enduring positive and negative consequences. *J of Psychopharmacology*. [2016;30\(12\):1268-1278](https://doi.org/10.1177/0271074916666666).

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SB-3160-SD-1

Submitted on: 2/21/2022 9:30:34 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Randy Gonce	Individual	Support	No

Comments:

Aloha Committee members,

Testifying in **STRONG SUPPORT**. This bill would create a body to study and impliment a long term plan for psilocybin based treatments which I think is a great first step. As the nation is grasping the medicinal benefits of this great plant it is incumbent upon the state to take steps to prepare for the eventuality that these healing modalities will bring. Thank you for your consideration on this measure and please move this forward.

Mahalo

SB-3160-SD-1

Submitted on: 2/21/2022 9:33:05 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Sam Tramonte	Individual	Support	No

Comments:

For me personally, and for many others whom I know, psilocybin has been and continues to be a positive source of self growth through self awareness. In my experience, utilizing psilocybin has consistently fostered more empathy, compassion, love of self and thus love of others, and has greatly helped me with depression, giving me the insight that repressing my emotions is not healthy for my overall well being, nor the well being of other citizens.

The advent, acceptance, and proliferation of this beneficial agent and ally, psilocybin, has been natural, as it one of the beautiful resources we have been given to help us advance as a species and therefore help our planet thrive through our more conscious decisions and actions. Psilocybin helps one to be more heart centered, connected, and caring, in contrast to our history, as homo sapiens, of being dominant, destructive, aggressive, and self centered.

The legalization for therapeutic purposes is obvious, as so many citizens have already experienced the positive benefits on their own. With the help of a professional, the learning curve and benefits can only improve.

Testimony in Support of [SB3160](#)

Senate CPN Committee [Hearing](#) | Tuesday, February 22, 2022 @ 10am

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is Kristina Rodriguez, I live in Maui Meadows on Maui and I am writing **in strong support of SB3160**, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Having experienced early childhood sexual trauma, my destiny was set on the path of spirituality. I have lived my life as a seeker- a seeker of healing, a seeker of understanding, a seeker of forgiveness, and a seeker of the deeper meaning behind existence, suffering, peace, and happiness. Over the years, my seeking led me to work with and study many different spiritual lineages the world over- lineages from India, Peru, Brazil, Mexico, Hawai'i, and indigenous tribal nations of North America. It was through these beautiful traditions that I discovered the healing power of sacred plant/fungi medicines, ceremony, prayer, and ritual. These lineages & traditions informed not only my personal healing, but also my life path as an individual called to help facilitate the healing processes of others. It is my deep prayer that access to these healing medicines be made available to the people of Hawai'i. If I can heal from sexual trauma, so can others, and that gives me hope for a brighter tomorrow.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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 SB3160.

Mahalo,

Kristina Rodriguez

IN SUPPORT OF SB3160

Aloha members of the committee,

My name is Amanda Lillibridge and I am writing **in strong support of SB3160**, which will effectively expand access to psilocybin in Hawaii.

To speak to psilocybin, 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 without a doubt 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, we need to evolve past this narrative. It is a tool, it is medicine, it is an opportunity for growth. and when 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 to explore better mental health solutions. Please move forward with this initiative and empower the citizens of Hawai'i by offering them a safe and equitable spaces to heal.

Thank you so much for your time and consideration - Please support **SB3160**.

With aloha,

Amanda Lillibridge

SB-3160-SD-1

Submitted on: 2/21/2022 9:58:39 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Annalyssah Camacho	Individual	Support	No

Comments:

Aloha Chair, Vice Chair and Committee,

I strongly urge you to support SB 3160 to establish a therapeutic psilocybin working group in order to develop a safe, accessible and affordable therapeutic psilocybin programs and products.

Studies show that psilocybin and other psychedelics are powerful tools for medical professionals working with mental health issues like anxiety, depression, and PTSD. Personally, psilocybin has helped me overcome alcohol addiction, anxiety, and bouts of depression.

With Hawaii ranked at the bottom of states for access to care among mentally ill adults, it is a public disservice to ignore the cutting edge research about breakthrough psychedelic therapy coming out of major research institutions like John Hopkins University, New York University, UCLA, and Imperial College of London.

This is our chance to do better. We must do better.

Mahalo for your service and work,

Anna Camacho

District 19: Kaimuki, Kalaha and Waialae Iki

LATE

SB-3160-SD-1

Submitted on: 2/21/2022 10:07:03 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Andrea Nandoskar	Individual	Support	No

Comments:

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

My name is Andrea Nandoskar, I live in Manoa, Oahu, and I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I've had several friends over the course of my life who struggled with recurring bouts of depression and anxiety including one who nearly died of an overdose. It is a heartbreaking thing to watch a loved one be devoured by an internal intruder and feel helpless to stop the source of their suffering. The continuing body of research is confirming the positive benefits of the therapeutic use of psilocybin and the establishment of a working group to review the growing body of research is a good next step.

Over the past two decades, researchers around the world have been establishing the benefits of psychedelic medicine on the brain and body with research from major institutions demonstrating psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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.

The citizens of Hawai'i would greatly benefit from the availability of this healing modality.

Please support SB3160 SD 1.

Mahalo for your consideration,,
Andrea Nandoskar

Manoa, Oahu

LATE

SB-3160-SD-1

Submitted on: 2/21/2022 5:02:24 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Campbell Lee	Individual	Support	No

Comments:

Senator Rosalyn H Baker, Chair

Senator Stanley Chang, Vice Chair

Committee on Commerce and Consumer Protection

Campbell Lee

cblee@hawaii.edu

Tuesday, February 22, 2022

Support of SB3160, SD1, Relating to Psilocybin

Aloha Chair Baker, Vice Chair Chang and members of the Senate Commerce and Consumer Protection committee. My name is Campbell Lee and I am writing in strong support of SB3160, which will establish a therapeutic psilocybin working group to study and ensure psilocybin/psilocybin-based products are safe, accessible and affordable to adults over 21 years of age.

In Ancient Hawai‘i, ‘awa (kava), a plant with psychoactive properties, was and is used in medicinal, cultural and social purposes throughout Hawaii and Polynesia. In other cultures, psilocybin and other psychedelics have been used for centuries by Indigenous peoples in religious ceremonies, as a way of connecting with kupuna, and as a part of traditional healing.

The growing case for legalization of Psilocybin has been seen in cities across the US, all with the same outcome: no reported cases of medical toxicity, no addiction to psilocybin or related products, as well as no proven negative effects on the health and well-being of a person struggling with depression, anxiety, grief, or addiction.

In the past, researchers have not been able to study psilocybin due to it being a Schedule 1 drug, making studies more difficult. There is also the controversial status that surrounds psilocybin and other psychedelics. Adverse side effects are never outside the realm of possible outcomes. These effects are best curtailed by responsible and managed use, which is why it's being proposed only in a medical and therapeutic setting.

We are in the midst of a public health crisis, and unfortunately, it is often not treated as such. Depression, anxiety and other related disorders are prevalent, often disabling and chronic. They are also treatable. As a social work student, these disorders are something that I know I will have to deal with in my career, so that is why I am familiarizing myself and advocating for the best treatment available. Science has proven and will continue to prove that psilocybin, as well as other psychedelic drugs, is less of a safety risk than other treatment options, such as pharmaceutical drugs.

I thank the Chair, Vice Chair and the committee for the opportunity to share and for considering my testimony.

Aloha,

Campbell Lee

LATE

SB-3160-SD-1

Submitted on: 2/21/2022 12:50:25 PM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
R Ballard	Individual	Support	No

Comments:

Testimony in Support of [SB3160](#)

Senate CPN Committee [Hearing](#) | Tuesday, February 22, 2022 @ 10am

Aloha Chair Baker, Vice Chair Chang, and Members of the CPN Committee,

My name is R. Ballaard, I live in Volcano on Hawaii Island, and I am writing in strong support of SB3160, which will establish the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I have personally experienced therapeutic results from psilocybin in relation to PTSD, depression and anxiety. It has also helped me to move away from caffeine, tobacco and alcohol which wreak havoc on the body and nerves. I have not experienced any negative effects from the daily use of extremely small doses of psilocybin, it has in fact been very beneficial to my mental and physical well being.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits 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, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These

impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the 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.

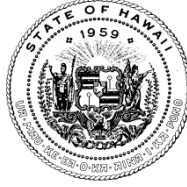
Please support SB3160.

Mahalo,

R Ballard

LATE

DAVID Y. IGE
GOVERNOR



TESTIMONY BY:

JADE T. BUTAY
DIRECTOR

Deputy Directors
ROSS M. HIGASHI
EDUARDO P. MANGLALLAN
PATRICK H. MCCAIN
EDWIN H. SNIFFEN

**STATE OF HAWAII
DEPARTMENT OF TRANSPORTATION**
869 PUNCHBOWL STREET
HONOLULU, HAWAII 96813-5097

February 22, 2022
10:00 A.M.
State Capitol, Teleconference

**S.B. 3160, S.D. 1
RELATING TO PSILOCYBIN**

Senate Committee on Commerce and Consumer Protection

The Department of Transportation (DOT) offers **comments** on S.B. 3160, S.D. 1, which establishes the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

In addition to examining the medicinal and therapeutic effects of psilocybin, the working group must also examine the societal and economic impacts and costs of ensuring public safety, including training to detect and adjudicate impaired driving; public education; and substance misuse prevention and treatment services.

Psilocybin has hallucinogenic properties that may impact driving abilities due to its effects (dizziness, blurry vision, impaired distance perception, objects appear to develop waves and wave-like patterns, etc.).

The current list of working group members in the bill does not include any representatives from law enforcement, substance misuse or other treatment services and should be expanded to include experts from these fields.

DOT's top priority is keeping Hawaii's roadway users safe and reducing the number of serious injuries and fatalities on our roads. Legalizing psilocybin for therapeutic use may result in increases in impaired driving-related injuries and fatalities on our roadways, and we request that any working group consider mitigating these impacts into account.

Thank you for the opportunity to provide testimony.

LATE

SB-3160-SD-1

Submitted on: 2/22/2022 9:56:57 AM

Testimony for CPN on 2/22/2022 10:00:00 AM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Bristol Dunlap	Individual	Support	No

Comments:

I support safe, equitable access to Psilocybin for Hawaii. I have had first hand experiences of taking psilocybin in low, moderate doses and noticing a decrease in my anxiety levels and increase in my sense of clarity and ease in the day. I felt less depressed and it helped me stop smoking weed to deal with my anxiety. I was coherent and productive and able to participate in life. I think Hawaii needs access to such healing medicine to address mental health issues and support or communities to stear away from heavier drug use, such as methamphetamine or heroin. Thank you for considering my thoughts.

-Bristol