



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

**Testimony COMMENTING on SB3160**  
**RELATING TO PSILOCYBIN**

SENATOR JARRETT KEOHOKALOLE, CHAIR  
SENATE COMMITTEE ON HEALTH

Hearing Date: February 9, 2022

Room Number: Videoconference

1 **Fiscal Implications:** N/A.

2 **Department Testimony:** DOH is the inappropriate agency for a psilocybin task force because:

- 3 1. There is no population-based public health benefit,
- 4 2. The major barrier is legal in nature, and
- 5 3. The proposed treatment takes place in a private clinical setting, over which DOH has no
- 6 jurisdiction, including scope of practice issues.

7 Furthermore, The US Food and Drug Administration in 2019 granted the request from a private  
8 pharmaceutical company to fast-track research on psilocybin. That accelerated research should  
9 be allowed to be completed and peer-reviewed prior to any recommendations by a working  
10 group. Moving forward with the knowledge that important federal guidance is forthcoming is  
11 premature.

12 In lieu of a public health agency, a more appropriate entity to lead this working group will have  
13 experience in graduate medical education or human subject research, including clinical trials.

14 DOH is a provider (of last resort) for psychiatric treatment that is based on strict eligibility  
15 criteria, including multiple co-existing physical and mental disorders which is a population not  
16 representative of the overall patient population.

17 Thank you for the opportunity to provide testimony.

18



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

2-8-22

I am writing to provide testimony on bill SB3160, a 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

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

*[www.beyondmentalhealth.com](http://www.beyondmentalhealth.com)*

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 1-31-2024. You may call my business line with any questions.

Cordially,

Thomas Cook, M.D.

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

*[www.beyondmentalhealth.com](http://www.beyondmentalhealth.com)*

## TESTIMONY ON BEHALF OF HAWAII PSYCHIATRIC MEDICAL ASSOCIATION

To: Chair Jarrett Keohokalole, Vice-Chair Rosalyn Baker, & Members of the Committee  
From: Dr. Marva Lawson, Legislative Committee Co-Chair  
Hawaii Psychiatric Medical Association  
Time: 1:35 p.m., February 9, 2022  
Re: SB 3160, RELATING TO PSILOCYBIN  
Position: **OPPOSE**

On behalf of the Hawaii Psychiatric Medical Association (HPMA) we are writing in opposition to SB 3160, Relating to Psilocybin. This bill 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.

We believe that this bill is based on the faulty premise of patient safety. The bill's preamble refers to studies that indicate psilocybin is "safe, tolerable and effective." Science does not yet indicate that psilocybin is a safe medical treatment for mental health conditions. While the FDA has granted psilocybin breakthrough therapy status, this does not establish the safety and efficacy of this treatment, it merely establishes the process by which to further study the treatment. Therefore, we respectfully request that legislators defer this bill at this time.

We note reports that, based on the 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 experience, which the researchers say is indicative of requiring a supportive and safe environment during use, like those conditions used in ongoing research studies.<sup>1</sup>

HPMA is a professional, non-profit corporation serving psychiatrists in Hawai'i. It is organized for the purpose of supporting professionalism in the practice of psychiatry and promoting safe mental health care. HPMA fulfills a dual role, serving as a state association which focuses on local issues and as a district branch of the American Psychiatric Association (APA) linking HPMA members with developments in mental health care taking place regionally and nationally.

We thank the Committee for considering our testimony, we are available to provide additional information or answer any questions the committee may have.

---

1

[https://www.hopkinsmedicine.org/news/media/releases/researchers\\_urge\\_caution\\_around\\_psilocybin\\_use](https://www.hopkinsmedicine.org/news/media/releases/researchers_urge_caution_around_psilocybin_use), "Researchers Urge Caution around Psilocybin Use" December 30, 2016.



## **Testimony of Pono Shim of Oahu Economic Development Board**

**Senate HTH Committee Hearing | Wednesday, February 9, 2022 at 1:35pm**

### **Testimony in Support of SB3160 Re: RELATING TO PSILOCYBIN**

Aloha Chair Keohokalole, Vice Chair Baker, 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**, 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.

Mahalo nui,



Pono Shim  
President and CEO  
Oahu Economic Development Board



## **SB3160 Psilocybin Work Group to Study Medicinal Value**

### **COMMITTEE ON HEALTH**

Senator Jarrett Keohokalole, Chair

Senator Rosalyn H. Baker, Vice Chair

Thursday, Feb 9 2022: 1:35 pm : Videoconference

COMMITTEE ON

Senator Jarrett

Senator Rosalyn

## **Hawaii Substance Abuse Coalition opposes SB3160**

*ALOHA CHAIR, VICE CHAIR AND DISTINGUISHED COMMITTEE MEMBERS. My name is Alan Johnson. I am the current chair of the Hawaii Substance Abuse Coalition (HSAC), a statewide organization for substance use disorder and co-occurring mental health disorder treatment and prevention agencies.*

**While intriguing, HSAC opposed this bill because as a form of psychedelic therapy, it is too soon with research to be used in standard medical practices and is still illegal in most of the world.** Psilocybin, a classic hallucinogen, is the active agent in what has been called: magic mushrooms. It's a chemical produced by more than 100 species of mushrooms worldwide.

- **Research is underway and has shown some significant findings, but more research is needed for safety concerns in its application.**
  - Currently, more rigorous trials are underway to determine the efficacy of treatment for mental health conditions with abnormalities in sensory perception, such as depressive disorders and anxiety or anxiety-related disorders, including obsessive compulsive disorders, and possibly for treating tobacco addiction and alcohol use disorders.
  - There is also some evidence that psilocybin may be effective in treating depression and anxiety.<sup>1</sup> The FDA has granted “Breakthrough Therapy” designation for two formulations of psilocybin being studied for safety and efficacy as a medical treatment for depression. It's important to note that during such studies, psilocybin is always taken under medical supervision.
  - In 2021, Johns Hopkins Medicine in collaboration with University of Alabama at Birmingham and New York University was awarded a 3-year grant from the National Institutes of Health (NIH) to explore the potential impacts of psilocybin on tobacco addiction.<sup>2</sup>

---

<sup>1</sup> National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. Goldberg SB, Pace BT, Nicholas CR, Raison CL, Hutson PR. The experimental effects of psilocybin on symptoms of anxiety and depression: A meta-analysis. *Psychiatry Research*. 2020;284:112749. doi:10.1016/j.psychres.2020.112749 <https://nida.nih.gov/publications/drugfacts/hallucinogens>

<sup>2</sup> Johns Hopkins Medicine Receives First Federal Grant for Psychedelic Treatment Research in 50 Years, 10/18/2021. <https://www.hopkinsmedicine.org/news/newsroom/news-releases/johns-hopkins-medicine-receives-first-federal-grant-for-psychedelic-treatment-research-in-50-years>



- Following a large study of psilocybin, Compass Pathways revealed that their new medication helped 29% of patients with decreasing depressive symptoms meaning that the psychedelic drug was efficacious as therapy for treatment-resistant depression. However, before widespread distribution, there are safety concerns needing to be addressed.<sup>3</sup>
  - These studies are promising because they show clinical efficacy without significant adverse effects for certain situations;
  - However, there have been fatalities during the clinical trials, which is alarming. Studies indicate that more safety concerns must be addressed first. Further studies are underway starting in 2020 and going on into the next few years with improved study designs and larger sample sizes.<sup>4</sup> These studies are most promising that they can work out the serious safety concerns.
- **No one recommends that the public try to self-medicate because without supervision, there can be potential harmful effects including psychosis and hallucinations.** More studies are needed to determine the potential acute side effects such as anxiety, fear states, and increases in heart rate and blood pressure. The administration of psilocybin in various studies avoided these acute side effects; however, they followed strict protocols and therefore its application lacks external validity for the general population's use.

While there is a growing amount of literature behind psilocybin that indicates the potential for psilocybin as a treatment for select mental health conditions, there are still safety concerns in its proper use.<sup>5</sup> In Germany, some study volunteers died; however, that may be linked to their use of methamphetamine or heroin. Apparently, smaller doses that does not exceed its threshold for intoxication are much safer. More research is needed.

- **Medical science maintains that psilocybin therapies are still under development.** Education, training, and how to use these therapies have yet to be fully developed. **At this time, psilocybin is still classified as having no accepted medical use in the United States although that is expected to change soon.** However, several countries, including the United States, see the potential here and are performing clinical trials to determine its efficacy in treatments. There have been exemptions in some countries and U.S. as wells as some states, but is not yet nationally accepted as therapy by medical science.

---

<sup>3</sup> HEALTH: Largest psilocybin trial finds the psychedelic is effective in treating serious depression Nov. 9, 2021 <https://www.statnews.com/2021/11/09/largest-psilocybin-trial-finds-psychedelic-effective-treating-serious-depression/>

<sup>4</sup> Nichols, David E. (2020). "Psilocybin: from ancient magic to modern medicine". *The Journal of Antibiotics*. **73**: 679–686. doi:10.1038/s41429-020-0311-8. PMID 32398764.

<sup>5</sup> Clinical potential of psilocybin as a treatment for mental health conditions Jeremy Daniel, Margaret Haberman Mental Health Clinic. 2017 Jan; 7(1): 24–28. Published online 2018 Mar 23. doi: 10.9740/mhc.2017.01.024 PMID: PMC6007659 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6007659/>

- **Let's wait because in just a couple of year, psilocybin will be approved for use.**

We can expect to learn more about this in the near future, especially when science has more evidence on its proper use following the results of the much larger clinical trials that are underway. At this time, we seem to be premature for any passing legislation.

We appreciate the opportunity to provide testimony and are available for questions.

**SB-3160**

Submitted on: 2/7/2022 7:06:09 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Me Fuimaono- Poe FNP-BC	Individual	Support	Yes

Comments:

Malie Cannabis Clinic

1314 South King street

Suite: 1663

Honolulu, Hi 96814

Aloha Chair Keohokalole, Vice Chair Baker, and Members of the Committee, my name is Me Fuimaono-Poe I am a Family Nurse Practitioner I am located in district 25.

Thank you for hearing testimony on SB 3160, I support the intent of this bill to create a working group to review the benefits of psilocybin use.

The benefits of psilocybin have been well known by indigenous communities for millennia, they have been used in religious ceremonies and as part of traditional healing. (Fotiou, 2020) .

Taking cue's from traditional medicine several studies have been done specifically on psilocybin and Depression and anxiety. Several trials have shown a decrease in symptoms, even when at end of life (Vargas, 2020) .

There's currently a study being done on health care workers and using psilocybin to help with symptoms of PTSD from the COVID pandemic (Newsroom, 2021). As many of you know, we

recently reached a grim milestone of 900 million American deaths (NBC,2022). Our health care heroes have witnessed this and have experienced deep injuries from this experience.

Health care workers aren't the only people experiencing distress from the COVID 19 pandemic. Globally Depression and Anxiety have increased by 30% in some populations (Define, 2022). Trust me when I say as a health care system we are not prepared, we need to consider alternative options. To help address the mental health crisis we are beginning to see. I do not think that Psilocybin is going to save the mental health of people in Hawaii. But I do think it could be a potential tool.

I would recommend adding someone trained in psychedelic assisted therapy to serve on the board.

In conclusion, studying effective forms of treatment options are paramount to healing our communities.

Thank you,

Me Fuimaono-Poe

#### Reference

Fotiou, E. (2020, March 1). *The role of indigenous knowledges in psychedelic science*. AKJournals. Retrieved February 8, 2022, from <https://akjournals.com/view/journals/2054/4/1/article-p16.xml>

Vargas, A. S., Luís, Â., Barroso, M., Gallardo, E., & Pereira, L. (2020). Psilocybin as a New Approach to Treat Depression and Anxiety in the Context of Life-Threatening Diseases-A Systematic Review and Meta-Analysis of Clinical Trials. *Biomedicines*, 8(9), 331. <https://doi.org/10.3390/biomedicines8090331>

*Psilocybin study enrolls clinicians with Covid-linked blues*. Newsroom. (2021, December 21). Retrieved February 8, 2022, from <https://newsroom.uw.edu/news/psilocybin-study-enrolls-clinicians-covid-linked-blues>

NBCUniversal News Group. (2022, February 4). *900,000 dead: Covid deaths are surging in low-vaccination states*. NBCNews.com. Retrieved February 8, 2022, from <https://www.nbcnews.com/news/us-news/900-000-dead-covid-deaths-are-surging-low-vaccination-states-n1288586>

Define\_me. (n.d.). Retrieved February 8, 2022, from [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)02143-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)02143-7/fulltext)

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm  
Aloha Chair Keohokalole, Vice Chair Baker, and Members of the Committee,

My name is Raymond Kemp I live in Ainaloa, in Puna on the island 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.

As a Father and friend of many who have suffered the ravages of Depression, Anxiety, Grief, Addiction and other debilitating conditions. I have witnessed these emotional states, the trauma and frustration, fear and breakdowns of these loved but ravaged souls attempting to navigate therapy and pharmaceutical efforts to find the right combination of medication just to maintain a semblance of a normal life. Oft times, the efforts at balancing these people are futile. It is gut wrenching and heartbreaking to be a person trying to provide support for those, in need only to watch them struggle so profoundly. One step forward and two steps back. Absolutely heartbreaking. I am asking you to pass SB3160 and allow this treatment to be available and within reach of our loved ones.

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,  
Raymond Kemp

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Chloe, and I am a resident of Waikiki. 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.

Growing up surrounded by substance abuse, alcohol-dependency and drugs in the media and environment took a toll on my friend's group. Many people close to me have become addicted to harsh substances. I have seen these same people find windows of light towards sobriety using low doses of psilocybin over a few months of time. Personally, I study medicinal plants professionally and have extensively researched the indigenous uses of psilocybin, all of which are therapeutically (and family) oriented. When psilocybin is used in a peaceful environment with skilled professionals, I know this natural substance as a method to address and heal trauma, soothe anxiety, inspire a sense of acceptance in the terminally ill and also be a social tool for camaraderie without alcohol, methamphetamines and tobacco involved. This medicine should be held as a beacon of light in our society.

Research from major institutions around the world has shown psilocybin to be 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 and thank you!

Chloe



Dear Chair Keohokalole, Vice Chair Baker and committee members:

I strongly support SB 3160 and urge the committee to pass this bill 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 alone, a psilocybin experience in college helped me realize that I wasn't alone and connect better with other people. The experience left me less depressed 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 create this working group to study 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

## 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. This medicine has offered me a fresh start. It is not a drug, it is a tool and an opportunity for growth and evolution. 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

February 6, 2022

## **REGARDING SB3160, RELATING TO PSILOCYBIN**

### **URGING A YES VOTE ON THIS BILL**

Aloha Chair Keohokalole and members of the Senate Health Committee,

First of all, a sincere mahalo for bringing this to the forefront and to our legislative body.

My name is Sean Lester and I am a 32 year Maui, Hawaii resident, and a 3<sup>rd</sup> generation military - 6-year active duty Vietnam era veteran.

Our veterans have paid a great price for the freedom everyone enjoys today. The PTSD, depression, and suicides that are rampant in my brothers and sisters need to be addressed with new modalities beyond the toxic and questionably effective drugs that are used today. We have lost too many of them over the years, so any chance at saving even one of them is well worth it. Isn't it time for the legislature to allow the potential to decrease the rampant drug use – as the ineffective strategies being utilized today have a very high recidivism rate, and increase the ability for people to return to useful lives in our society?

Besides veterans, I am sure every legislator has had this touch someone in their families. So many of our local people as well have succumbed to the deadly and heartbreaking spiral of illegal drugs, homelessness, and broken families. As you know the homelessness population challenge has no widespread workable solution, as long as there isn't a way to bring people in from the one-way road they have been on. The costs have been too high, both in the pain and suffering and to our local society. If there is even a small part of our local population and veterans we can help through this therapy, isn't it worth allowing the professionals the chance to see what they can do?

Psilocybin in the offered modalities shows a potential promise and would allow the Aloha at the heart of our islands to once again show our compassion and forward thinking to help our people. When proven, this could be a game-changer for these and others in our state who share the extraordinarily debilitating effects of mental and physical challenges. If this has even a small chance to be another treatment - a safe, humane, and cost-effective additional tool-set that can be used by licensed professionals in a controlled environment – then I ask you to give it a chance.

Please support however you can and allow this bill to go forward. Please give the professionals a chance to show what they can do with this form of treatment.

Mahalo for your time,

Sean Lester

[Mausean2@gmail.com](mailto:Mausean2@gmail.com)

2124 Awihi Place, Apt 203, Maui, Hawaii 96753

**SB-3160**

Submitted on: 2/7/2022 9:35:07 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Tia-Amanda Carrasco	Individual	Support	Yes

Comments:

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

My name is Tia-Amanda Carrasco, I live in Kona town 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.

I was a professional Caregiver for the elderly for over a decade. I found myself called to be part of many many end of life care teams. I saw a look of stress from the fear of dying in everyones eyes who I took care of despite some being on medication to help releive anxiety. My own personal expericnce with psilocybin gave me the wonderful effect of coming to terms with my own passing with a great sence of peace and acceptance. I wish that anyone who is facing terminal illness or impending end of life could have access to psilocybin as another option the same as they have to other drugs for anxiety or depression if that means the possibility of having a similar experience to my own. People deserve anything to aid in the releif of fear of dying. People have the right to die with dignity and allowing access to psilocybin a plant sourced medicine is the most humanitarian thing we can do.

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,

Tia-Amanda Carrasco

**SB-3160**

Submitted on: 2/7/2022 10:10:05 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Alamanda	Individual	Support	Yes

Comments:

Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

**My name is Alamanda Hoku Bayly, I live in Kihei, 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.**

**I struggle with depression and anxiety. Life just seems to get more and more complicated the older I get. All the things I should have done better in the past plus all of the things that happen beyond my control can easily become overwhelming in my mind. I have childhood trauma that affects me to this day, and although I have been in therapy for years, although I exercise and do yoga, I eat healthy, I meditate sometimes, I have a supportive partner and my kids are healthy, I still struggle.**

**Despite the hard work I put in to heal myself, I'm now faced with another obstacle. I injured my back 6 months ago while working out, and what started out as mild back pain has cascaded into debilitating pain. At this point I am in constant pain, I cannot stand up straight, and can barely walk. I just turned 34 years old. I struggle in ways that affect my whole family, my two boys who are 10 and 7 years old, which is the part that hurts the most. The doctors have me on anti-inflammatories, muscle relaxers, and opioids, which I never wanted to take, but because the pain is so severe, I have no choice. I can't drive anymore. I can't cook dinner anymore. You can imagine that finding the motivation every day as I stare up at the ceiling fan, to do my at home physical therapy, is difficult at times. Despite these difficulties, I am not one to give up, but I have had to become someone who asks for help.**

**I am not an alcoholic, I hardly drink at all, and definitely not now with all the medication I'm on. I smoke medical marijuana on occasion and although it used to provide some relief, it doesn't anymore. I've never done hard drugs and have no desire to ever. Although I struggle, I don't want to do anything to make it worse. I love my family and want so badly to get better for them.**

**In regards to these psilocybin bills, I'm really excited and hopeful that they will pass! I've done research and listened to podcasts for years, the way these fungi can act as a catalyst for healing and good feeling is undeniable. When looking back at how various cultures used these medicines, it is even more apparent that there is much to be shared. Just like food from the earth feeds us all and provides nourishment, mushrooms are no different. To associate these practices with criminal intent when backed with such profound science and research seems contrary.**

**I have had a handful of experiences with microdosing and I have absolutely LOVED every minute of it. I've been around my family and friends during these experiences and have felt feelings of peace, connectedness and joy. What's more, I've felt excitement and motivation for life. I felt encouraged from the inside out and I'd like to think I felt more like myself. There was no hangover or "coming down" that I noticed, I just went about my business. There were no hallucinations or fear like the movies made me think.**

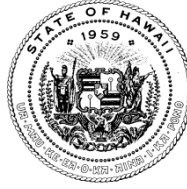
**Of course this was all done outside of medical care and before this injury. I would be so excited to get to go to the doctor and have a controlled experience or an actual prescription, just like the pills I'm on now. With my current prescriptions, I am afraid of the side effects, I worry that I'm damaging my internal organs, and I'm praying that I don't end up addicted. Although they seem to take the edge off my pain, we all know that they're just masking a symptom. I believe the root of this injury is much deeper than physical and I would welcome with open arms a treatment plan that would address my needs holistically instead of just treating the current spot that hurts.**

**Please pass SB3160 and help our communities heal from the inside out by providing access to new and different options.**

**Mahalo nui,**

**Alamanda Hoku Bayly**

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 9, 2022  
1:35 P.M.  
State Capitol, Teleconference

**S.B. 3160**  
**RELATING TO PSILOCYBIN**

Senate Committee on Health

---

The Department of Transportation (DOT) offers **comments** on S.B. 3160, 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.





CLARITY  
PROJECT

**LATE**

---

## Testimony in Support of SB3160

Senate HTH Committee | Friday, February 19, 2021 at 9:30am

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 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.

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

Doorae Shin  
Clarity Project  
Project Manager

**SB-3160**

Submitted on: 2/8/2022 3:18:55 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Benjamin Lillibridge	Testifying for Malama Mushrooms	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



**SB-3160**

Submitted on: 2/9/2022 6:22:49 AM  
Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Wyly Gray	Testifying for Veterans of War	Support	No

Comments:

My name is Wyly Gray. I'm a former Marine and the founding director of Veterans of War, a 501c3 nonprofit that connects teams of veterans to guided psychedelic group therapy designed to heal the invisible wounds of war. The veteran population that I represent, 18.6 million strong, is facing an unprecedented mental care crisis where we lose more veterans to a preventable outcome annually than we did in nearly 20 years of active combat operations abroad. After my 8 years active duty in the Marines, I returned home suffering from PTSD. At points, I was actively suicidal. It was only after undertaking multiple, intense "guerilla healthcare" work with plant medicines in South America reprogrammed my response to trauma, giving me a path towards meaningful recovery, that I found hope. Veterans shouldn't have to undertake dangerous missions abroad in order to meet their mental health care needs! These naturally occurring plants and fungi are not habit forming, and have critical medicinal value for the mental health care field.

Time and again studies have shown that these medicines are life-saving, yet every day we continue to lose 20 veterans to suicide supporting failed prohibition of proven solutions. In the veteran community, it's said that "We all may leave the war, but that doesn't mean the war leaves us." Veterans deserve a safe and effective way to leave the war and simply come home. My work has allowed me the opportunity to do exactly that. The fact that I'm presenting this testimony before you today is a direct result of the efficacy of these solutions. My community desperately needs this medicine. The clock is ticking to the tune of 20 lost veterans per day. Join me saving lives by supporting this common sense legislation that Veterans of War enthusiastically endorses. Thank you.



800 Maine Avenue, S.W.  
Suite 900  
Washington, D.C. 20024

February 8, 2022

**Board of Trustees  
2021-2022**

Vivian B. Pender, M.D.  
*President*  
Rebecca W. Brendel, M.D., J.D.  
*President-Elect*  
Sandra M. DeJong, M.D., M.Sc.  
*Secretary*  
Richard F. Summers, M.D.  
*Treasurer*

Chair Jarrett Keohokalole  
Vice-Chair Rosalyn Baker  
Senate District 24  
Hawaii State Capitol, Room 205

**RE: SB 3160 – Relating to psilocybin**

Jeffrey Geller, M.D., M.P.H.  
Bruce J. Schwartz, M.D.  
Altha J. Stewart, M.D.  
*Past Presidents*

Dear Chair Keohokalole and Vice Chair Baker,

Eric M. Plakun, M.D.  
Glenn A. Martin, M.D.  
Kenneth Certa, M.D.  
Cheryl D. Wills, M.D.  
Jenny L. Boyer, M.D., Ph.D., J.D.  
Melinda L. Young, M.D.  
Mary Hasbah Roessel, M.D.  
Elie G. Aoun, M.D., M.R.O.  
Felix Torres, M.D., M.B.A.  
Michele Reid, M.D.  
Sanya Virani, M.D., M.P.H.  
Urooj Yazdani, M.D.  
*Trustees*

On behalf of the American Psychiatric Association, a national medical specialty society representing more than 37,400 psychiatric physicians, as well as their patients and families, we write with concern about SB 3160. If passed, this bill would create a psilocybin work 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.

**Assembly  
2021-2022**

Mary Jo Fitz-Gerald, M.D., M.B.A.  
*Speaker*  
Adam Nelson, M.D.  
*Speaker-Elect*  
Vasilis K. Pozios, M.D.  
*Recorder*

As medical experts in psychiatric care, we are concerned that the creation of a psilocybin work group precedes the scientific evidence about psilocybin's safety and efficacy. In fact, the Food and Drug Administration (FDA)<sup>1</sup> has not yet approved psilocybin for any medical condition. While the FDA has granted psilocybin breakthrough therapy status, this does not establish the safety of this treatment; such status merely establishes the process by which to further study the treatment. In addition, the FDA's current designation for studying psilocybin is currently focused only on major depressive disorder.

**Administration**

Saul Levin, M.D., M.P.A.  
*CEO and Medical Director*

We are grateful for the bill's requirement that a licensed psychiatrist be part of the work group. However, we reiterate our concerns about the limited understanding of psilocybin's effects, particularly in how it may interact with other medications, dosing limitations, and side effects. We know that treating patients with mental health and substance use disorders is complex due to the fact that more than half of these patients also have an underlying physical illness. We urge the Legislature to defer this bill to ensure that the FDA and the broader medical community have the opportunity to study the evidence and develop adequate standards of care for psilocybin.

Before instituting any changes in practice and policy, we urge you to prioritize the safety of Hawai'ians and wait for conclusive scientific evidence on the effects of psilocybin on a patient's whole health. If you have any questions, please contact APA Director of State Government Relations, Erin Philp at [ephilp@psych.org](mailto:ephilp@psych.org).

Sincerely,

A handwritten signature in blue ink that reads "Saul Levin" with "M.D., M.P.A." written in smaller letters to the right. There is a horizontal line under the name "Levin".

Saul Levin, M.D., M.P.A., FRCP-E, FRCPsych  
CEO and Medical Director  
American Psychiatric Association

**SB-3160**

Submitted on: 2/7/2022 11:44:30 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Zak Barry	Testifying for Banan LLC	Support	No

Comments:

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

My name is xx, I live in [share neighborhood & island in case you are a constituent of a committee member], 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 seen the dramatic effects this medicine can have in a clinical setting through many relatives who have introduced it to fight anxiety, depression, and PTSD.

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,

Zak Barry (Banan)



**HAWAII MEDICAL ASSOCIATION**

1360 S. Beretania Street, Suite 200, Honolulu, Hawaii 96814  
Phone (808) 536-7702 Fax (808) 528-2376  
www.hawaiimedicalassociation.org

**SENATE COMMITTEE ON HEALTH**

Senator Jarrett Keohokalole, Chair  
Senator Rosalyn H. Baker, Vice Chair

Date: February 9, 2022

From: Hawaii Medical Association

Elizabeth Ann Ignacio MD, Chair, HMA Legislative Committee

**Re: SB 3160 Psilocybin; Department of Health; Working Group; Report  
Position: OPPOSE**

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/10.1177/0271074916678888).

**HMA OFFICERS**

President – Angela Pratt, MD President-Elect – Elizabeth Ann Ignacio, MD  
Immediate Past President – Michael Champion, MD Treasurer – Nadine Tenn Salle, MD  
Secretary – Thomas Kosasa, MD Executive Director – Marc Alexander

**SB-3160**

Submitted on: 2/8/2022 7:29:58 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Damien Young	Testifying for Kauhale Healing LLC	Support	No

Comments:

The therapeutic benefits and potentials of psilocybin are already well established. Several states are well underway in the process of decriminalizing and legalizing psilocybin for therapeutic use. As a psychotherapist who runs a clinic specializing in the treatment of trauma it is imperative that more cutting edge treatments are available to our patients as our field is ever-changing and developing. Hawaii has historically been 'behind the times' when it comes to passing more progressive laws. It's time for Hawaii to start leading the way.

**SB-3160**

Submitted on: 2/6/2022 11:42:02 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
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.



**SB-3160**

Submitted on: 2/6/2022 3:55:17 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

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

Comments:

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

As a public health professional and a concerned community member, 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.

Please support SB3160.

Mahalo,

Thaddeus Pham (he/him)

**SB-3160**

Submitted on: 2/6/2022 8:22:29 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Raphiell Nolin	Individual	Support	No

Comments:

I support SB3160. The therapeutic benefit of Psilocybin are widely known. Citizens should have the right to choose the kind of medicines they want to take for their mental health.

**SB-3160**

Submitted on: 2/6/2022 8:49:00 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
lilinoe wedemeyer	Individual	Support	No

Comments:

**Testimony in Support of [SB3160](#)**

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm  
Aloha Chair Keohokalole, Vice Chair Baker, and Members of the Committee,

My name is Lilinoe Wedemeyer, I live in kealakekua, Hawai'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.

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,  
Lilinoe

**SB-3160**

Submitted on: 2/6/2022 9:58:07 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
stacey garmshausen	Individual	Support	No

Comments:

**Testimony in Support of [SB3160](#)**

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm  
Aloha Chair Keohokalole, Vice Chair Baker, and Members of the Committee,

My name is Stacey, I live in Kailua, 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 have struggled with depression and anxiety since my early teens, for over 35 years. I have been on and off anti depressants since I was 13 years old. In the past 4 years I have struggled with post surgical trauma, which triggered my eating disorder, after 15 years of abstinence. About a year ago, I decided to try something new. I was afraid for my survival. While microdosing on psilocybin, I weaned off my antidepressants. I was assisted by a facilitator who recommended a number of activities to help integrate and do the internal work. I am ecstatic to say that I have not practiced my eating disorder once in the past 6 months and I am no longer emotionally numb from the pharmaceuticals. Life is not perfect, but I feel joy again. I am incredibly grateful for this medicine.

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,

**Stacey Garmshausen**

Testimony in Support of [SB3160](#)

**SB-3160**

Submitted on: 2/6/2022 11:47:23 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
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.

Mahalo for your consideration,,  
Andrea Nandoskar

Manoa, Oahu



**SB-3160**

Submitted on: 2/7/2022 12:11:12 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Leilani Laranio	Individual	Support	No

Comments:

Aloha!

I am testifying for myself and on behalf of MAJORITY of the community I KNOW will benefit tremendously from medicinal psilocybin therapeutic use. To understand my POV a little more, let me share a little about me. I am born and raised on Kaua‘i. I attended UH Hilo, graduating with my BS in Kinesiology & Exercise Science. Growing up very athletic I endured a lot of physical traumas. To briefly list most the major ones; dislocated wrist, fractured elbow, fractured 2 toes, countless bilateral ankle sprains, scoliosis, 7 shoulder dislocations before rotator surgery(week right after graduating high school in 2008), a couple knee dislocations over the years (finally did surgery this past September 2021). After graduating college in 2014 and moving back home. I was in a toxic relationship/position in life. I fell into heavy drugs which lead to even heavier drugs. I lived out of my car(by choice) and I have seen some dark places. Addicted to heroin, I started shooting up right before I went to jail in 2018. In jail I started getting dizzy spells, which I didn't realize at the time, but they were focal aware seizures. It would last anywhere between 20-60 seconds. I was awake and aware, but it's as if I went into slow-mo and I couldn't control my speech and movements. Even happened while driving. It gradually got more severe. The most I've had was 7 in a day. Eventually it lead to my major seizures. My first seizure I blacked out and hit my head on a desk, bruising my eye. My second seizure, I don't remember everything, but I dislocated my knee 4 times that day and bruised my tongue, February 2021. That is the day that also confirmed I have epilepsy. It's been a year since my last seizure. I have been on anti seizure medications twice a day. If you research "Keppra rage", you will find a lot of what I had to deal with the past year. Uncontrollable emotions and breakdowns, to where I am hyper ventilating on the verge of possibly having my next seizure. I am a regular marijuana medicinal daily smoker, with my card. Marijuana is a miracle drug and it has worked wonders for me along with CBD. Within the past year I have been introduced to the benefits of mushroom superfoods and psychedelics. The past month I have been micro dosing psilocybin to ween myself off of my anti seizure medications and create new neural pathways in order to heal my brain functionality. I have seen AMAZING results within myself mentally, physically, emotionally, and spiritually. I have been able to make menta breakthroughs in order to heal myself of my ailments holistically. My memory, focus, and clarity is strengthening. I am aware of myself and my mindset. I have struggled with depression, anxiety, co-dependency, etc most my life. Psilocybin has been thee ultimate key to allowing myself to heal myself, to be my own doctor. I am the most in tune with myself I have ever been in my life. I am progressing and healing in all aspects of my life. Fungi are amazing organisms that have NUMEROUS benefits. Psilocybin is another amazing God given medicine. It's time we utilize psilocybin to heal

ourselves and the world in a positive way that will raise our vibrations and mindsets. I 100% believe in the medicinal therapeutic properties of psilocybin, this I testify.

With mush love,

Leilani Kamawailualani Laranio

**SB-3160**

Submitted on: 2/7/2022 6:25:31 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
shantee brown	Individual	Support	No

Comments:

many natural and traditional medicines have proven themselves scientifically to be valuable for their healing qualities. please allow this medicine to be accessible. growing medicinal mushrooms in the privacy of your own home or being able to seek a professional for guidance can help break some of the barriers to mental health treatment, such as cost, privacy, and legality.

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Megan Miller. 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.

After 7 years of antidepressants, I decided to try a different method. The antidepressants left me feeling muted, numb, and closed off to the full spectrum of life. At first, taking psilocybin sounded irresponsible and reckless. However, after seeing the vast support and testimony from war veterans, it piqued my curiosity. Taking extremely small amounts of psilocybin - not enough to feel the psychoactive effects - has me feeling back to myself again. It has provided me with a newfound sense of peace and clarity that antidepressants muddled for many years. I wish so much that others struggling with depression and anxiety can experience the healing effects of this natural entity.

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,

Megan Miller

**SB-3160**

Submitted on: 2/7/2022 9:24:55 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Molly Mamaril	Individual	Support	No

Comments:

Testimony in Support of SB3160

Senate HTH Committee Hearing | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Molly Mamaril, I live in Makiki on 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 have friends and family members who have experienced cancer, depression, anxiety and PTSD and could greatly benefit from this bill passing because it could be a first step to help them step out of those mental health struggles and back into wellness. We all want to feel our best and to be contributing members of society, and this is one avenue that legislators can help Hawaii residents.

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 Hawaii 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 nui,

Molly Mamaril

**SB-3160**

Submitted on: 2/7/2022 9:50:48 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Christian R Grado	Individual	Support	No

Comments:

The unmitigated gall of any legislature to ban a naturally occurring plant, fungus, or other substance which has been used for generations in a therapeutic manner, and to throw people in jail for its mere possession, is absolutely mind-numbing. All psychedelics and natural plants (marijuana, etc.) should be decriminalized. This is a start, but must be continued. Strongly support any measure that moves towards decriminalization.



**SB-3160**

Submitted on: 2/7/2022 10:27:57 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Tabatha Aiko Knudson	Individual	Support	No

Comments:

Dear honorable committee members,

I strongly support this bill, psilocybin seems to have so much potential for effectively improving mental health! I apologize for this short testimony, but thank you for your time and I urge you to support this bill!

**SB-3160**

Submitted on: 2/7/2022 11:16:00 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Cassandra Brandt	Individual	Support	No

Comments:

I believe whole heartedly in plant medicine. I believe Psilocybin can and does help heal the neurogenesis in our brain, nerve function, expands our ability of seeing past what's right in front of us, helps heal and prevent Alzheimer's, dementia, and many other cognitive disabilities. I think passing this bill can save lives and help expand our consciousness as a collective human race. I believe it should be a choice made individually if wanting to partake in plant medicine and not inflict fear into people to not use it. Thank you for your time and consideration. Mahalo nui loa, Cassandra Brandt

**SB-3160**

Submitted on: 2/7/2022 11:31:40 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Katherine Kitchen	Individual	Support	No

Comments:

**Testimony in Support of [SB3160](#)**

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Katherine Kitchen , I live in Kaimuki on 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.

Years of personal use since the age of 14, I greatly believe that psilocybin has deeply affected my perspectives and emotional stability in a positive way. As I have seen it done for many others.

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,

Katherine Kitchen

**SB-3160**

Submitted on: 2/7/2022 12:55:39 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Sabra Della Lucia	Individual	Support	No

Comments:

As a Licenssed therapist in the State of Hawai‘i, it has become crystal clear that our residents are in need of improved and increased mental health care which includes access to resources other than prescription drugs which are habit forming and are likely to facilitate dependence. This working group would allow for exploration of alternative, non-invasive, medicines to enhance the care we are currently able to provide in the state. As we have seen in the research and in other states, the exploration of treatment only works to enhance possibilities for effective treatment.

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Christina Braddock, I live in Haleiwa, Hawaii, on 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 am an US Army Veteran and an Emergency Trauma Registered Nurse and Doctoral Student at Hawaii Pacific University studying the medicinal benefits of psychedelic use and psychotherapy, trauma healing, and genetics. As a spouse to someone with a severe Traumatic Brain Injury and a veteran with Post Traumatic Stress Disorder, I am begging you to pass this bill. These ancient medicines have been proven to help improve neuroplasticity and neurogenesis of the traumatized brain from acute injury to chronic stress and complex trauma. 1 in 3 is suffering from a mental health illness and those numbers are rising. Since 2019, emergency departments saw a 54% uptick of young girls coming in with suicide attempts, boys increased 4%. Health care works are burnt out and taking their lives, soldier suicides continue to sky rocket, and veterans are left without resources, the average civilian is crumbling and their family and worklife following. We anticipate these numbers to only get worse over the next 2-5 years from the pandemic health crisis. It is of absolute medical necessity to pass this bill for the entire well being of the honolulu community, the neighboring islands, and the rest of the United States. The US continues to hold the highest rates of mental illness. We all know someone who has taken their life who we did not anticipate or we did not think they were suffering. It is everywhere. We need this medicine. One life is too many. Please, no more.

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,

Christina Braddock, RN, BSN, CEN  
Certified Emergency Nurse  
Doctoral Nursing Student

**SB-3160**

Submitted on: 2/7/2022 1:40:33 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
daniel kier	Individual	Support	No

Comments:

Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Daniel Kier, I live in North Kohala on the island of Hawai'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.

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,

Daniel Kier

**SB-3160**

Submitted on: 2/7/2022 1:59:08 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Jean'ne Nicole Marie Robertson-Leong	Individual	Support	No

Comments:

**Testimony in Support of [SB3160](#)**

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Jean'ne Nicole Marie Robertson-Leong RN, BSN, I live in Aiea, Hawaii 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.

I am for this bill SB3160 for the medical necessity to provide trauma healing through the use of psilocybin for therapeutic and medicinal purposes and in order to help provide mental illness on the island of Oahu. I am a registered nurse and had first hand seen the impact of mental illness and am in full support for relief for my patients and loved ones. I have also death with a family member who suffered from a traumatic brain injury in which he no longer can work due to long term brain injury complications which could have been relieved or dissipated with the use of psilocybin as shown by ample evidence. This is necessary medicine that would benefits thousands upon thousands. Also, as a RN I have seen co-workers crumble during the pandemic and take their own lives as a result. Mental illness is a health crisis happening now that is not being properly addressed. This a global issue and especially in the United States. Please pass this bill NOW!

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,

Jean'ne Nicole Robertson-Leong, RN, BSN

**SB-3160**

Submitted on: 2/7/2022 2:03:12 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Linda Sakamoto	Individual	Support	No

Comments:

**Strongly support SB3160**

# RYAN KAWAILANI OZAWA

P.O. Box 892727

Mililani, HI 96789-8332

Main: (808) 707-3027

Fax: (808) 427-9227



@hawaii A row of social media icons including Instagram, Twitter, YouTube, LinkedIn, Facebook, and others.

Email: hawaii@hey.com

February 7, 2022

Aloha, Senator Jarrett Keohokalole, Chair; Senator Rosalyn H. Baker, Vice Chair; and members of the Committee on Health:

I am writing to express my **support** of SB3160 Relating to Psilocybin.

My wife died last year after a ten-year battle with cancer. I am grateful that she had access to medical care and the support of many healthcare professionals. And in the later stages of her disease, she found great relief in medical marijuana, supported by our state's evolving medical marijuana laws, for which I have previously testified.

Chronically and terminally ill patients should have the ability to research and choose to use additional drug and other therapies to reduce pain and other symptoms, including treatments not yet fully approved by regulators. SB3160 would start this careful process for psilocybin.

Research demonstrates that psilocybin provides immediate, substantial, and sustained relief from debilitating anxiety and depression in individuals with terminal illnesses. Hawaii residents suffering such illnesses should have access to this investigational drug should they decide to pursue such a course of treatment.

Last year, a bipartisan group of attorneys general from eight U.S. states and the District of Columbia sided with cancer patients in a lawsuit against the federal Drug Enforcement Administration (DEA) that seeks legal access to psilocybin.

It is my hope, as cited in the aforementioned filing, that in addition to passing SB3160, Hawaii joins 41 other state legislatures adopting "right to try" laws. Governor David Ige vetoed the Hawaii Right To Try Act, SB 2181, in 2016, even though it passed both the state House and Senate with unanimous bipartisan support.

Notably, the federal Right to Try Act was signed into law in 2018.

Thank you very much for the opportunity to testify on this matter.



Ryan Kawaiiani Ozawa

**SB-3160**

Submitted on: 2/7/2022 2:40:55 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Riand	Individual	Support	No

## Comments:

Aloha. Microdosing psilocybin over the past year has been a very helpful experience. Despite all of the stressful circumstances we have all gone through globally and individually, I have noticed drastic improvements in my emotional triggers related to C-PTSD and depression. I have a more stable relationship with my own self esteem, and am now accomplishing things that I have been trying to do for years, without success. These same things feels fun and easy for me now. I also noticed an increased ease in learning new skills for my job that were previously challenging for me to understand. I highly recommend this practice. Thank you for the opportunity to share my experience and support this cause.

**SB-3160**

Submitted on: 2/7/2022 2:53:26 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
nickalas boomershine	Individual	Support	No

Comments:

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,

[Insert personal testimonial here—share a personal story or connection you have to this issue to emphasize how important it is to expand access to psilocybin]

Nickalas Boomershine

**SB-3160**

Submitted on: 2/7/2022 4:28:41 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Nada McClellan	Individual	Support	No

Comments:

**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.**

**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,**

**Nada**



**SB-3160**

Submitted on: 2/7/2022 4:54:00 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
MAlia	Individual	Support	No

Comments:

The key to the future lies in the past. The deep roots of all our ancestral cultures evolved with the help of entheogenic plants. They remind us of what it means to be human. These are not drugs. They are medicines that should have the respect and free access they deserve.

I know for a FACT that if psychedelic therapy clinics were already legal, my dad who passed away from addiction would still be alive. There are some things the western medical world should not take precidice over, and when it comes to deep psychological and emotional battles such as addiction, psychedelics literally save lives. A pill is not the answer. But the humbling and grounded spiritual experice that psychedelics evoke can be. WE CAN SAVE LIVES with this bill. This will change everything. Return us to our roots. Remind us of what it means to truly be human

**SB-3160**

Submitted on: 2/7/2022 5:18:33 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Randy Gonce	Individual	Support	No

Comments:

Aloha Committee Members,

I am in strong support of this measure. Plant medicines such as Psilocybin is having another resurgence and the data is, once again, stunning in terms of efficacy for therapeutic treatments. There are peer reviewed study after study published and more will be continuously published that have conclusions highlight the benefits of access to this medicine.

Anecdotaly, I myself have had great success with access to this medicine under the guide of a trained professional. I am a military veteran that has service related disabilities to include PTSD. Through talk therapy and psilocybin theraputic treatments I have improved my quality of life drastically and wish the same for many others who continue to suffer.

Please pass this measure. Mahalo for the oppurtunity to testify.

-Randy Gonce

**SB-3160**

Submitted on: 2/7/2022 5:43:22 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Kealakai Hammond	Individual	Support	No

Comments:

Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Kealakai Hammond, 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.

As a mental health counselor, I am strongly in favor of increasing research efforts on psilocybin, and moving towards safe access to alternative therapeutic modalities that have the potential to help our community. I frequently hear positive anecdotes from my colleagues in states that are using psilocybin therapies that they are seeing promising, dramatically positive effects in their clients - particularly those whom have not found relief from traditional therapeutic methods. Hawaii has the potential now to be part of the emerging science and help usher in a total paradigm shift in the treatment of mental health 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.

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,

Kealakai Hammond, LMHC, CSAC, PMH-C

**SB-3160**

Submitted on: 2/7/2022 5:46:22 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Regina Bray	Individual	Support	No

Comments:

I am a registered nurse who retired from the U.S. Army after 22 years of service. During my tenure, I have seen, first hand, the positive effects of psilocybin on those who suffer from PTSD. Alternative medicine should absolutely be explored for its therapeutic effects on healing.

**SB-3160**

Submitted on: 2/7/2022 6:16:18 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Sarah Warr	Individual	Support	No

Comments:

My name is Sarah Warr and I am resident of Kailua Kona. I am writing in strong support of SB3160 to establish a therapeutic psilocybin working group. I believe there is an immense value in further examination of the medical and therapeutic effects of psilocybin, and that it is imperative we develop strategic plans for ensuring its accessibility to those who may benefit from said effects.

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.

**Testimony in Support of SB 3160**  
Senate HTH Committee | Wednesday, February 9, 2022

Dear Senator Jarrett Keohokalole and Members of the HTH 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. Let's be the leaders and support our communities and their mental health. Everyone knows someone who stands to benefit from this transformative medical breakthrough. 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 horizontal line extending to the right.

Ashley Lukens, PhD  
Founder, Clarity Project



**SB-3160**

Submitted on: 2/7/2022 6:39:11 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
KEVIN J WATSON	Individual	Support	No

Comments:

- I would not be alive if not for psilocybin and it's unoxygenated endogenously produced analog dimethyltryptamine. There is hard scientific research findings that include but are not limited to improvements with addiction, ptsd, depression, anxiety, cardiometabolic health, recovery from injury, stroke, organ transplant, neurogenesis, and more.
- It is imperative that these substances that have thousands of years of safe effective use in humans (from which no human has ever directly died from) be made legally available for the benefit of society and public health.
- When used therapeutically these substances can very safely save lives and facilitate a happier, healthier and more harmonius society for everyone.

**SB-3160**

Submitted on: 2/7/2022 7:22:44 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

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

Comments:

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

**My name is Andrea Bertoli, I live in Kaimuki, 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,**

Andrea Bertoli

**SB-3160**

Submitted on: 2/7/2022 7:52:52 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Elisabeth Bluml	Individual	Support	No

Comments:

I am in support of allowing qualified professionals to use psilocybin for therapeutic purposes.

Please back this bill.

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

My name is Gwyn Griffiths, I live in South Kona on Hawai'i 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 benefitted from the therapeutic properties of psilocybin. It has helped ease my depression and anxiety as well as made me a more compassionate and caring person.. I also have close friends who have had similar experiences and to see their ailments eased by psilocybin has been remarkable. I truly believe that any adult should have access to psilocybin as a therapy and expanding access to it via this proposition could help many people.

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,

Gwyn Griffiths

**SB-3160**

Submitted on: 2/7/2022 9:45:05 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Lois Crozer	Individual	Support	No

Comments:

There is a lot of positive reasearch regarding the healing effects of Psilocybin.

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Kristina Rodriguez, I live in Maui Meadows, 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, Hawaii, 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.



I 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. Truly this medicine can heal and save lives!

Please support SB3160.

Mahalo,

Kristina Rodriguez

**SB-3160**

Submitted on: 2/8/2022 12:38:59 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
rika suzuki	Individual	Oppose	No

Comments:

To: Chair Jarrett Keohokalole, Vice-Chair Rosalyn Baker, & Members of the Committee

Re: SB 3160, RELATING TO PSILOCYBIN

Position: **OPPOSE**

I am writing to urge your Honorable Chair and Committee members to please vote in opposition to a bill that would form a working group for medicinal and therapeutic use of psilocybin, not proven yet to be safe or tolerable.

Psilocybin is a controlled substance with high potential for abuse, misuse, and possible detrimental impacts on the brain, particularly in vulnerable individuals already suffering with mental health conditions including substance use disorders.

Without adequate study, the consideration of psilocybin use is premature and, at the very least, dangerous. Approval of a substance which can exacerbate psychosis, depression, and suicidality in some individuals creates unnecessary risks.

Our society is already overwhelmed with substance use issues, including opioid- and benzodiazepines- related respiratory failure and overdoses, as well as stimulant abuse, among other prescribed and illicit drug use.

We cannot afford to create more problems while trying to solve them.

Thank you so much for your time.

**SB-3160**

Submitted on: 2/8/2022 6:14:06 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Julienne Aulwes, M.D.	Individual	Oppose	No

Comments:

Oppose given that there is not enough scientific evidence yet, even on a federal level, to support the use of psilocybin in daily clinical practice at this time.

**SB-3160**

Submitted on: 2/8/2022 7:07:30 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Lauren Adler	Individual	Support	No

Comments:

**I am a board certified Family Nurse Practitioner in the great state of Hawai'i, and I cannot begin to express the dire need for better mental health solutions for our people. Mental health services that are limited to psychiatric medications with undesirable side effects without constant on-going support is not only unfair to our patients, but highly ineffective. The pandemic has only exacerbated this crisis. We need more tools in our tool box if we want to heal our people. I cannot sit idly or quietly within a system that is overburdened and under resourced. Science is a touchy word lately— but John Hopkins has had incredible results in psilocybin trials. I ask you to please consider this, but just as importantly (if not more importantly), the written and verbal testimony of those who have had life changing experiences with this medicine. Please let there be a silver lining from this pandemic, that the amplified need for mental and emotional healing no longer goes unheard or under addressed. Our people deserve better care, and I want the ability to use this medicine responsibly within my practice. Now quoting from Johns Hopkins findings (<https://www.hopkinsmedicine.org/news/newsroom/news-releases/psychedelic-treatment-with-psilocybin-relieves-major-depression-study-shows>) :**

“In a small study of adults with major depression, Johns Hopkins Medicine researchers report that two doses of the psychedelic substance psilocybin, given with supportive psychotherapy, produced rapid and large reductions in depressive symptoms, with most participants showing improvement and half of study participants achieving remission through the four-week follow-up.”

“In 2016, Johns Hopkins Medicine researchers first reported that treatment with psilocybin under psychologically supported conditions significantly relieved existential anxiety and depression in people [with a life-threatening cancer diagnosis](#).”

“The magnitude of the effect we saw was about four times larger than what clinical trials have shown for traditional antidepressants on the market,” says [Alan Davis, Ph.D.](#), adjunct assistant professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine. “Because most other depression treatments take weeks or months to work and may

have undesirable effects, this could be a game changer if these findings hold up in future ‘gold-standard’ placebo-controlled clinical trials.”

Mahalo nut loa for hearing the voices for our people.

**SB-3160**

Submitted on: 2/8/2022 8:19:59 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
becca nutsch	Individual	Support	No

Comments:

**SB-3160**

Submitted on: 2/8/2022 8:31:04 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Travis Smith	Individual	Support	No

Comments:

Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

**My name is Travis Smith, I live in Waimanalo, 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.**

**As someone who lives with mental health challenges, I believe that doing right by others means providing access to all resources available that help us work through these challenges. Psilocybin has been heavily researched over the last two decades and exciting new insights are coming to light all the time. I personally know a handful of people whose lives have been enhanced through therapeutic access to psilocybin. It is a medicine of the deep past in numerous cultures, and I believe it is a tool for a healthier present and future for the people of Hawaii.**

**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,**

**Travis Smith**



**SB-3160**

Submitted on: 2/8/2022 8:44:31 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Alison Brown	Individual	Support	No

Comments:

My name is Alison Brown and I live in Milwaukee, Wisconsin. As a Wisconsin based Licensed Professional Counselor In Training (LPC-IT) I fully support the research and application of psilocybin within the field of mental health. Medical freedom has become increasingly important to me as a provider because the science continues to prove positive results from therapeutic applications of etheogens like psilocybin. It is my hope that the field of mental health will move responsibly toward integrative care to decrease burdening costs and increase effective treatment. For this reality to happen,, we need the support of our elected officials. I humbly ask that you help citizens have eventual access to life saving substances like psilocybin by supporting SB3160.

**SB-3160**

Submitted on: 2/8/2022 9:10:52 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

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

Comments:

**Testimony in Support of [SB3160](#)**

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm  
Aloha Chair Keohokalole, Vice Chair Baker, and Members of the Committee,

My name is Erika I live in Kailua Kona on the 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.

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,  
Erika

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Amund Gismervik I live in Makiki on 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,

Amund Gismervik



**SB-3160**

Submitted on: 2/8/2022 11:26:49 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

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

Comments:

**I am writing in strong support of SB3160. I personally know of several people who have successfully treated their depression through micro-dosing of psilocybin.**

**Plant-based medicines like psilocybin are increasingly being seen as viable treatments for a variety of mental health conditions, including end-of-life anxiety and PTSD. The U.S. Food & Drug Administration has now granted psilocybin as a Breakthrough Therapy for treatment-resistant depression.**

**Hawaii has a chance to join groundbreaking initiatives in Oregon and Washington, D.C. , and Hawai'i's citizens deserve to have access to this treatment.**

**I urge you to pass this bill. Thank you for the opportunity to submit this testimony.**

**SB-3160**

Submitted on: 2/8/2022 11:28:00 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Kyra Robinson	Individual	Support	No

Comments:

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

My name is kyra Robinson, I live in Keaau on the island of Hawai'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.

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,

Kyra Robinson



**SB-3160**

Submitted on: 2/8/2022 11:37:55 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Dan Bissell	Individual	Support	No

Comments:

To whom it may concern:

My name is Dan Bissell. I am a home owner on the North Shore, Pūpūkea, O'ahu and have been a part of the community for 12 years. 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.

Please support SB3160. This could be used as a powerful healing tool to help heal some of the addiction and depression in our communities.

**SB-3160**

Submitted on: 2/8/2022 11:49:11 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Christina Comfort	Individual	Support	No

Comments:

Aloha,

My name is Christina Comfort and I live in the Pupukea neighborhood of Haleiwa, HI.

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 personally have many friends and family here in Hawaii who struggle with addiction, PTSD, and depression. Many of my friends have suffered side effects and ineffectiveness with conventional medications or methods to overcome these health struggles. I believe there is real promise for psilocybin therapy to help them recover with no negative side effects, no addictions to medications, and higher success rates. I believe the halt in research into psychedelic-assisted therapy in the 1970s was misguided and has caused decades of unnecessary suffering. We have an opportunity to restart this vital research for the mental and physical health of our communities here in Hawaii.

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. Mahalo,

Christina Comfort



**SB-3160**

Submitted on: 2/8/2022 12:08:16 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Anna Camacho	Individual	Support	No

Comments:

Hi my name is Anna and I live in the Kaimuki, Kahala, Waialae Iki district (19). Years ago, when I was still working my way through college as a bartender, I developed an unhealthy relationship to alcohol. I was still able to function at school and work so I never viewed my overconsumption as a problem. One night, some friends and I went camping at the beach, and set up our tents near the ocean and under a blanket of stars. We created a safe home base with a fire and ate some psilocybin mushrooms. I remember realizing that my alcohol use was actually alcohol abuse that negatively affected all areas on my life. It felt like truth and clarity. That night, I told my friends that I would stop drinking alcohol for the next 30 days. 30 days turned into months and years. I'm not saying I haven't had a drink since then, but seven years later, and my relationship to alcohol is much healthier. I rarely even drink and when I do, I am able to enjoy one drink without the urge to binge or over consume.

Psilocybin was an essential part in catalyzing my journey from alcohol addiction. It may have not been the fire the fire but it struck the match. I was able to take action from a place of clarity and curiosity rather than judgement and guilt.

Please support bill 3160 to establish a working group for therapeutic psilocybin. We need accessible, affordable, holistic, science-based solutions to the mental health and addiction issues so prevalent in our community.

**SB-3160**

Submitted on: 2/8/2022 12:14:10 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
Wendy Gibson-Viviani	Individual	Support	No

Comments:

TO: SENATE COMMITTEE ON HEALTH

FROM: Wendy Gibson-Viviani RN/BSN

RE: **SB3160** Psilocybin working group – **In Support**

Hearing: Wednesday, February 9, 2022 at 1:30PM

Dear Senators Jarrett Keohokalole, Chair, Rosalyn H. Baker, Vice-Chair,

and Members of the Committee:

My name is Wendy Gibson-Viviani and I am writing in **strong support of SB3160**, which will:

- Establish a therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin
- 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.
- Effectively and safely expand access to psilocybin and psilocyn for medicinal purposes in Hawai'i.

I have provided a link below to Clarity Project reports. they say that:

*. . . 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.*

While I have no experience with using these drugs, I have read and heard testimonies from patients who have benefitted from guided journeys to allay their depression, addictions, and cope with end-of-life issues. I believe that qualifying patients should have access to all available therapies, especially those for which we have limited treatment options.

Please support SB3160.

Mahalo,

Wendy Gibson-Viviani RN/BSN

Kailua

Psilocybin Facts from Clarity Project's "Therapeutic Psilocybin for Hawai'i".

<https://static1.squarespace.com/static/5feba738d1fb535fde253072/t/5fec15a6bd81891738961806/1609307559175/Clarity-Project-KeyFindingsV1.pdf>

## Testimony in Support of [SB3160](#)

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @  
1:35pm

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

My name is Tracy Lawrence, I live in Diamond Head on 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 have helped others process their own experiences with therapeutic psilocybin: veterans and leaders in particular. This medicine has allowed them to clear decades-level years of trauma and depression, so they can be better functioning friends, partners, parents, and citizens. These impacts have the power to help people function and heal, especially after the depression that this multi-year pandemic has brought on.

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,

Tracy Lawrence



**SB-3160**

Submitted on: 2/8/2022 12:46:34 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Kilihea Inaba	Individual	Support	No

Comments:

Aloha kākou,

This testimony is in support of SB3160 that would have substantial benefit to the physical, mental, and emotional well-beings of the people of Hawai‘i. Other states that have approved psilocybin use in a therapeutic setting have seen successful outcomes in patients and those receiving treatment. We know that our "healthcare" system is lacking in many aspects and that we must seek other sources of mālama that is not limited to the mechanisms of Western medicine that we have been trained with. Traditional and plant medicines have continued to prove themselves valuable and legitimate in treating an array of health issues specifically in regards to mental health, WITHOUT the addictive properties and dangerous side effects that some other medicines have shown. These are the first steps to healing our people.

PLEASE approve this bill.

Me ka ha‘aha‘a,

Kilihea Inaba

Kaloko, Kona, Hawai‘i

**SB-3160**

Submitted on: 2/8/2022 1:25:10 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
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 HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is **Tyler Hafer**, I live in **Holualoa, 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.

I'm a very close friend to an Afghanistan war veteran (USMC, MOS 0331/Infantry Machine Gunner) who, since leaving the corp, has struggled with extreme PTSD, depression, and anxiety regardless of the medicine or therapy prescribed. The effects of this medicine took a huge toll on his ability to enjoy life, hold relationships, and ultimately heal from his battle wounds- which he absolutely deserves at the BARE MINIMUM after putting his life on the line for this country on countless occasions. Aside from combat-related trauma, he has also suffered the loss of his eldest brother and biological mother in tragic ways. As a resident of the state of Oregon, he was given the opportunity to apply for a first-of-its-kind psilocybin treatment trial for combat veterans. Since his admission to the treatment program, he has experienced LIFE-CHANGING breakthroughs with his mental health, reconciliation with trauma, and departure from the usage of volatile pharmaceuticals that promised no long-term recovery. When I was informed of his long-awaited advancement in his healing journey, I was nothing short of elated. I personally know of the positive effects of psilocybin and its ability to heal in ways that no other medicine can. We not only owe our veterans this medicine, but the citizens of Hawai'i and the greater world as well.

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,

Tyler Hafer

**SB-3160**

Submitted on: 2/8/2022 1:36:49 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Caterina Desiato	Individual	Support	No

Comments:

Aloha and mahalo for the opportunity to testify,

I am a scholar and a working single mother, I see how my mental health affects my caregiving and my daughter's own cognitive and emotional development. Having mild Attention Deficit Disorder and Depression I invested immense time and resources in the attempt to not let these struggles negatively affect my daughter.

I have had once the opportunity to try a month of therapeutic microdose psilocybin and both ADD and depression basically dissipated, in a way no other therapy ever achieved and with invaluable benefits for both my daughter and I. When I interrupted the therapy, instead of withdrawal, which other pharmaceutical drugs cause, I actually had a sustained positive effect for another two months.

I urge you to support this bill to pave the way for what is potentially the safest and most efficace therapy for a wide array of mental issues deeply affecting our community.

Mahalo,

Caterina Desiato, PhD

Researcher

Interdisciplinary Doctorate in Communication and Information Sciences

Advanced Women Studies' Certificate

University of Hawai'i at Mānoa

**SB-3160**

Submitted on: 2/8/2022 1:50:51 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



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

Comments:

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

My name is Skylor Wickstrom. I live in Holualoa on the Big Island 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.

Freinds and family of mine (that meet the legal criteria for its legal use) from areas that recently legalized the therapeutic use psylocibin , have greatly benefited from it in micro doses. PTSD , anxiety , and more - all were alleviated with its use.

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,

Skylor Wicktrom

**SB-3160**

Submitted on: 2/8/2022 3:18:08 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Palani Greenwell	Individual	Support	No

Comments:

Aloha,

I would like to express my support for this bill. I am a civil engineer on the Big Island, born and raised here, and I own and operate a small design practice. I have also used psilocybin-containing mushrooms on multiple occasions and have found the experience to be extremely positive. I feel strongly that there is much to gain from the study of psilocybin as a therapeutic treatment for a wide range of mental health problems. There has long been overwhelming anecdotal evidence of the benefits of this substance and in recent years, clinical evidence as well. Given Hawaii's current homeless crisis (a crisis which is closely linked to our society's inability to effectively treat and rehabilitate those suffering from poor mental health) we need to start exploring new treatment options and rethink the stigma of Psilocybin as inherently dangerous or useless to the world of medicine.

Mahalo for reading!



**SB-3160**

Submitted on: 2/8/2022 3:22:19 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Alyssa Kratz	Individual	Support	No

Comments:

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

My name is Alyssa Kratz. I live in Kailua-Kona on the island of Hawaii and I am writing in strong support of SB3160.

I am a professional in the field of addictions and trauma recovery, where I have worked for nearly 18 years. I am currently obtaining a Master’s of Social Work from the University of Hawaii at Manoa and plan to continue to work in the field of mental health treatment, here in my community of Kona, HI. I have had life-changing experiences under the use of therapeutic psilocybin. Personally, psilocybin therapy assisted to lift my own depression. I feel that experiences with psilocybin can be immensely therapeutic. They can aid and assist in trauma and addictions recovery, as well as mental health treatment. Safe and equitable access to psilocybin will offer great benefit to health and healing in Hawaii.

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.

I am asking you, for the health and benefit of our communities accross all islands, please support SB3160.

Mahalo,

Alyssa Kratz

**SB-3160**

Submitted on: 2/8/2022 4:00:07 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Ryan Eykel	Individual	Support	No

Comments:

Hello my name is Ryan Eykel and I am a student at Hawaii Pacific University, I submit this testimony in regards to SB3160 (Relating to Psilocybin). I believe that this bill should be passed and continue the process of working towards the development of the proposed workgroups. I am an undergraduate in both the psychology department and social work department at HPU and have the ability to recognize that there is more benefit then harm in a bill such as this one. Mental health is something that only in the recent past has come to full light and understanding, but treatment regarding psychedelics such as psilocybin has been used in indigenous cultures for centuries. The data that is available regarding the use of psilocybin nationally and internationally for the mental health treatments such as addiction, depression, anxiety disorders, and end-of-life psychological distress (as stated in the proposed bill) is overwhelming. The qualitative data from the follow-up interviews from participants of the studies regarding this topic go on to exemplify the benefits that this could have for mental health treatment not only in the state of Hawaii, but across the nation. I think that this bill has many reasons why it should be passed and that the continued understanding for it is important, it lays the foundation for what mental health can be in the future , but also ensures the safe distribution in a psychotherapeutic setting. As someone who struggles with Anxiety myself I understand the need for a tool that has the ability to aid in the process of overcoming it, I see this more as returning to an indigenous framework in the way of thinking from an indigenous perspective, and that with guidance experiences this can better the lives of many people also struggling with mental health.

Mahalo for your time and allowing me to share my perspectives and understanding with you.

Ryan Eykel

**SB-3160**

Submitted on: 2/8/2022 4:40:30 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Elizabeth Taylor	Individual	Support	No

Comments:

Testimony in Support of SB3160

Senate HTH Committee Hearing | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Elizabeth Taylor, I live in Alewa heights on 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.

Psilocybin mushrooms played a very important role in my healing and understanding of the world around me. They taught me about my connection to the environment and others as well as my impact on them (albeit unintentional). I became much more introspective and began to take greater care of my relationship with my parents, reaching a deeper understanding of why they raised me the way they did and realizing they themselves had been reacting from their own trauma. Psilocybin gave me an extraordinary understanding of reality, it allowed me to see past my own selfishness and focus on the healing of past traumatic experiences I had been hiding from; giving me a new lease on life.

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-add

**SB-3160**

Submitted on: 2/8/2022 5:15:26 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Leslie Hartley Gise MD	Individual	Oppose	No

Comments:

To: Chair Jarret Keohokalole, Vice-Chair Rosalyn H Baker, and Members of the Health Committee

From: Leslie Hartley Gise MD

Hearing Date: February 8, 2022

Hearing Time: 1:35 pm

Re: SB 13160

Psilocybin Task Force

Position: OPPOSE

**Please vote NO on SB 3160 Psilocybin**

This task force is premature. We do not have enough data yet. Psilocybin can be dangerous.

Please vote NO on SB 3160 Psilocybin

Thank you in advance for your attention.

Aloha,

Leslie Hartley Gise MD

Clinical Professor, Psychiatry

Department of Psychiatry

John A Burns School of Medicine

University of Hawaii

HI Representative to American Psychiatric Association Assembly

**SB-3160**

Submitted on: 2/8/2022 8:28:05 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Fern Anuenue Holland	Individual	Support	No

Comments:

Please support this measure. Mahalo!

**SB-3160**

Submitted on: 2/8/2022 9:02:27 PM

Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Logan McLaughlin	Individual	Support	No

Comments:

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

My name is Logan McLaughlin, I live in Yakima, Washington 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.

Psilocybin has been and continues to be the most effective medicine for me in treating my mental health problems. It is the only thing that alleviates my depression & anxiety. It is my therapy. And I feel that the science proves this to be true. I think it is time for governments to allow the safe and affordable access of psilocybin and psilocybin therapy to its people so that they can heal.

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,

**Logan McLaughlin**

**SB-3160**

Submitted on: 2/8/2022 9:14:56 PM

Testimony for HTH on 2/9/2022 1:35:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
bailey a ferguson	Individual	Support	No

Comments:

Aloha, I would like to share my support for this bill. As a person that has been sober from alcohol for 8 years, I credit some of my recovery from medicating psilocybin on a very small

doasage - a micro dose. My life before and after recovery are extreemly different and today I am a productive member of my community in Kona, a law abiding citizen, and lead a very healthy life. I want to show my support for this measure as a way for us to help people still suffering from drug abuse and depression, among so many other things!

Mahalo Nui Loa for your consideration,

Bailey

**LATE**

**Testimony in Support of SB3160**

Senate HTH Committee [Hearing](#) | Wednesday, February 9, 2022 @ 1:35pm

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

My name is Zack Zocolante, I live in **Keaau, 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.

Personally I feel that it is our responsibility as a community to make changes of a system that follies over knowing of nature's remedies in psilocybin mushrooms yet restricts under class one controlled substance the implementation of such potential medical benefits for all to partake in, under no circumstances should this be under the restrictions of no medical or therapeutic use or benefits thereof... my personal account with the experience of the benefits of it's therapeutic use has been insurmountable, from rapture to bliss to finding one's true purpose, genius, healing, creativity, and steady ease to life, a sense of gratitude and place within our beingness, whether it's a macro or microdose, the magic is a breath of fresh air and a right of community understanding that is needed in our society which it needs so desperately for it's future, these natural powerful substances from a living organism fruiting into mushrooms for our sacrament to mankind, for our neurogenesis of the mind, and connection to self... with the right set and setting with an experienced guide, I feel this would be one of the most impactful therapeutic medicines of the future which has long been forgotten of our past...

Sincerely, Zack

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,

[Name]

**SB-3160**

Submitted on: 2/9/2022 4:35:36 AM

Testimony for HTH on 2/9/2022 1:35:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Stan Olsen	Individual	Support	No

Comments:

I'm a Veteran, and commercial boat captain. Love living in Hawaii. Biggest negative here is not high cost of living ( price we pay for our location ) it's the fact we are being left behind with the other southern plantation states, and not catching up with the West Coast on issues like sensible drug policy. Let's finally enter the 21st century please.

Thx

**SB-3160**

Submitted on: 2/9/2022 9:25:51 AM  
Testimony for HTH on 2/9/2022 1:35:00 PM



Submitted By	Organization	Testifier Position	Remote Testimony Requested
Jeffrey Akaka, MD	Individual	Oppose	No

Comments:

Dear Senators,

Re: SB 3160,

Does scientifically credible evidence really suggest that any therapeutic effect of psilocybin outweighs the very well known severe adverse side effects of bad trips putting folks in the hospital psychotic? The latter is what I personally witnessed in my science based medical training.

Rather than spend limited local resources on this (instead of tackling more obvious devastating lethal health problems), wouldn't it make more sense to let the national level research scientists continue to do their work on it, and then take a look at what they find?

Please vote no on SB 3160.

Thank you.

Jeffrey Akaka, MD

Native Hawaiian Physician

**SB-3160**

Submitted on: 2/9/2022 11:21:11 AM

Testimony for HTH on 2/9/2022 1:35:00 PM



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

Comments:

Aloha Chair Keohokalole, Vice Chair Baker, and Members of the 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, as many of my community members, having access to therapeutic psilocybin would not just be helpful, but extremely life-changing. I know, from personal experience, that guided therapeutic sessions with psilocybin are helpful for both mental AND physical brain health.

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