



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

**Testimony in OPPOSITION to S.C.R. 100, S.D. 1**  
**REQUESTING THE DEPARTMENT OF HEALTH TO CONVENE A THERAPEUTIC PSILOCYBIN**  
**WORKING GROUP TO EXAMINE THE MEDICINAL AND THERAPEUTIC EFFECTS OF**  
**PSILOCYBIN AND DEVELOP A LONG-TERM STRATEGIC PLAN, SHOULD FOOD AND DRUG**  
**ADMINISTRATION APPROVAL FOR MEDICAL USE BE OBTAINED, TO ENABLE THE**  
**AVAILABILITY OF THERAPEUTIC PSILOCYBIN OR PSILOCYBIN-BASED PRODUCTS THAT ARE**  
**SAFE, ACCESSIBLE, AND AFFORDABLE FOR ADULTS, TWENTY-ONE YEARS OF AGE OR OLDER.**

REPRESENTATIVE RYAN I. YAMANE, CHAIR  
HOUSE COMMITTEE ON HEALTH, HUMAN SERVICES AND HOMELESSNESS

Hearing Date: 4/14/2022

Hearing Time: 9:00 a.m.

1 **Department Position:** The Department of Health (“Department”) opposes this resolution and  
2 offers comments.

3 **Department Testimony:** The Adult Mental Health Division (AMHD) offers the following  
4 testimony on behalf of the Department.

5 The Department is committed to protecting and improving the health and environment  
6 for all people in Hawaii including assuring that basic mental health care is available,  
7 appropriate, of high quality, and accessible. The AMHD is responsible for leading, fostering and  
8 coordinating a comprehensive mental health system that promotes mental wellbeing through  
9 the delivery of dignified, holistic, and culturally relevant mental health care and services.

10 S.C.R. 100, S.D. 1 convenes a working group to explore the therapeutic impact of  
11 psilocybin and the development of a strategic plan for its implementation. The Department  
12 recognizes that there is potential benefit of this substance and its impact on mental health;  
13 however, we are not there yet.

1           The studies that have been conducted to date have been small and very controlled. The  
2 studies have also paired psychotherapy with the use of this hallucinogen. Lastly, psilocybin is  
3 addictive and remains a Schedule 1 drug.

4           The Department opposes this resolution and recommends continued monitoring of the  
5 emerging research.

6           Thank you for the opportunity to testify on this measure.

## TESTIMONY IN SUPPORT OF SCR 100, SD 1

TO: Chair Yamane, Vice Chair Tam, & Committee Members

FROM: Nikos Leverenz  
Grants & Advancement Manager

DATE: April 14, 2022 (9:00 AM)

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Hawai'i Health & Harm Reduction Center (HHHRC) **strongly supports** SCR 100, SD 1, requesting the Hawaii State Department of Health to convene a therapeutic psilocybin working group. This bill will help create a policymaking climate that is conducive to allowing qualified medical professionals to use psilocybin as a therapeutic tool for those who could benefit from its supervised use.

While the current scheduling and de facto prohibition of psilocybin has not resulted in the level of systemic and individual harms related to the scheduling of other substances, including cannabis, [health-centered approaches to drug use are preferable to criminal legal approaches that are deleterious to individual and public health](#). In Hawai'i [the prevailing punitive approach to drug use falls particularly hard on Native Hawaiians](#), who do not use drugs at a drastically different rates than other races and ethnicities but go to prison for drug offenses at a higher rate. Police practices, prosecutorial practices, and sentencing structures contribute to this ongoing disparity. A punitive approach to drug use also includes an unduly large probation population with [the highest average term in the nation at almost five years](#).

HHHRC's mission is to reduce harm, promote health, create wellness, and fight stigma in Hawai'i and the Pacific. We work with many individuals impacted by poverty, housing instability, and other social determinants of health. Many have behavioral health problems, including those related to substance use and mental health conditions. Many of our program clients and participants have also been deeply impacted by trauma, including histories of physical, sexual, and psychological abuse.

Thank you for the opportunity to testify on this measure.



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

## **TESTIMONY IN SUPPORT OF SCR 100, SD 1**

TO: Chair Yamane, Vice Chair Tam & Committee Members

FROM: Nikos Leverenz  
DPFH Board President

DATE: April 14, 2022 (9:00 AM)

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Drug Policy Forum of Hawai'i (DPFH) **strongly supports** SCR 100, SD 1, which would request that the State Department of Health convene a psilocybin working group tasked with developing a long-term strategic plan to ensure that psilocybin products and services will become and remain safe, accessible, and affordable therapeutic options for Hawai'i residents who may benefit from such.

[Psilocybin is the main ingredient found in several types of psychoactive mushrooms, which have been used for medicinal and ceremonial purposes in many parts of the world, including Europe and the Americas, for thousands of years.](#) There was a body of emerging clinical research that pointed to promising therapeutic uses of psilocybin for a range of ailments in the 1950s and 1960s.

Intensive clinical research was needlessly stymied when psilocybin was listed as a Schedule I substance under the federal Controlled Substances Act in 1970. Since then, the [Multidisciplinary Association for Psychedelic Studies](#), the [Beckley Foundation](#), and other non-profits have engaged in research that shows further therapeutic potentialities.

Hawai'i should endeavor to work more proactively in creating a climate that is conducive to allowing qualified medical professionals to use psilocybin as a therapeutic tool for those who could benefit from its supervised use.

Thank you for the opportunity to testify on this measure.



**Akamai Cannabis Consulting**

3615 Harding Ave, Suite 304  
Honolulu, HI 96816

TESTIMONY ON SENATE CONCURRENT RESOLUTION 100 SENATE DRAFT 1

REQUESTING THE DEPARTMENT OF HEALTH TO CONVENE A THERAPEUTIC PSILOCYBIN WORKING GROUP TO EXAMINE THE MEDICINAL AND THERAPEUTIC EFFECTS OF PSILOCYBIN AND DEVELOP A LONG-TERM STRATEGIC PLAN, SHOULD FOOD AND DRUG ADMINISTRATION APPROVAL FOR MEDICAL USE BE OBTAINED, TO ENABLE THE AVAILABILITY OF THERAPEUTIC PSILOCYBIN OR PSILOCYBIN-BASED PRODUCTS THAT ARE SAFE, ACCESSIBLE, AND AFFORDABLE FOR ADULTS TWENTY-ONE YEARS OF AGE OR OLDER

By  
Clifton Otto, MD

House Committee on Health, Human Services, & Homelessness  
Representative Ryan I. Yamane, Chair  
Representative Adrian K. Tam, Vice Chair

Thursday, March 14, 2022; 9:00 AM  
State Capitol, Room 329 & Videoconference

Thank you for the opportunity to submit testimony in **SUPPORT** with changes for this measure.

The Senate Draft you are considering establishes a dangerous precedent by making a long-term strategic plan for the therapeutic use of psilocybin in Hawaii dependent upon FDA approval of a psilocybin drug product intended for interstate marketing.

States have reserved the authority to decide how controlled substances are used within the state, and FDA approval is not required for drugs that have been authorized by the state for strictly intra-state production and use, so there is no reason to even mention FDA approval aside from maybe using FDA research to support a rationale for establishing a state medical psilocybin program.

Therefore, I respectfully request that you revert the offending section of this resolution back to its original version by striking the follow text:

SCR100 SD1 – Written Testimony – Otto

April 14, 2022

Page 2

BE IT FURTHER RESOLVED that the Therapeutic Psilocybin Working Group is requested to develop a long-term strategic plan, ~~should Food and Drug Administration approval for medical use be obtained,~~ to enable the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults twenty-one years of age or older; and

In addition, to prevent the kind of discrimination that our medical cannabis patients have been facing for the past twenty-two years because of the ongoing conflict between the state and federal regulation of cannabis, which makes it so that patients must violate federal drug law to participate in Hawaii's medical cannabis program, I also suggest an amendment to the following paragraph:

BE IT FURTHER RESOLVED that the Therapeutic Psilocybin Working Group is requested to examine: (1) Federal, state, and local laws, regulations, administrative rules, and procedures regarding the therapeutic use of psilocybin, to include a review of ways to prevent any conflict between the state and federal regulation of psilocybin;

Aloha.



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## Testimony in Support of SCR100

House HHH Committee Hearing | April 14, 2022 at 9:00am

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

My name is Doorae Shin, and I am testifying on behalf of the Clarity Project in wholehearted support of SCR100. 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](#).



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## 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.*





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## 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**



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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.



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**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 SCR100 would allow for our community members who are in need to have access to this therapeutic option and find relief.

We all know someone who stands to benefit from effective therapies to depression, addiction, PTSD, or anxiety. That’s why we support this bill, and we ask that you pass this bill out of your committee so we can begin this important conversation in Hawai’i. Mahalo for your consideration of our testimony **in support of SCR100.**

**Also attached is the testimony of Jesse Gould of Heroic Hearts, who has given us permission to add his testimony to ours.**

Doora Shin  
Clarity Project  
Project Manager



# SUNRISE THERAPY

TRAUMA & GRIEF PRACTICE

Joseph DeLorenzo M.S, CCTSI, NCC, LMHC  
458 manawai street, apt 805, Kapolei, Hawaii, 96707  
808-763-7352  
admin@sunrisetherapytg.com

Governing Officials,

First off, I would like to thank those who are reading this testimony and giving Psilocybin the possible opportunity to those who can benefit from this medicine. I have gotten my undergraduate studies in psychology going on to receive my master's degree in Psychological Counseling. This allowed me to accumulate well over 3000 hours with 100 hours of supervision to receive my License Mental Health Counselor (LMHC) title in Hawaii. After receiving my LMHC, I continued my studies and received training in Eye Movement Desensitization Reprocessing (EMDR) therapy as well as my Certified Clinical Trauma Specialist – Individual certification (CCTSI). The CCTSI has given me more in-depth knowledge of Trauma how it works in our external self (environment, social interactions, etc.) and internal self (neuropathways, metaphysical responses, brain chemistry, etc).

Currently I am in the Somatic Experience training which allows us to understand our bodies responses to trauma triggers. Understanding trauma more in depth through our bodies allows us to regulate our nervous systems to think logically/rationally about the world around us. I am also currently in the Integrative Psychiatry Institute (IPI) for psychedelic assisted therapy program powered by Multidisciplinary Association for Psychedelic Studies (MAPS). I found out about MAPS early on in my scholastic years as it paired with my spirituality minor in my master's program. MAPS is the pillar of psychedelic studies as their research has shown promising results. Some results that are not seen in “conventional” therapy.



# SUNRISE THERAPY

TRAUMA & GRIEF PRACTICE

I would be lying if I said I didn't believe this medicine is a miracle drug. It can create life changing events during the experience AND after the experience of medicating. While during the ingestion it allows access of serotonin (the "happy chemical") in our brain it also creates neurogenesis. Neurogenesis allows our neurons that have been damaged from trauma or other mental health issues to regrow. The Magic happens when both "conventional" therapy AND psilocybin are combined. This is due to the how different mind/body therapeutic techniques work. I won't go far into detail how they work with each other right now due to lengthy testimony, but you will see when you approve for trials.

However, I can tell you that I have seen many changes in people who perform psychedelic assisted therapy. Not just in my own practice but around the world in different cultural practices and conventional therapy practices. Different cultures have been using it for centuries way before psychology became a study. In the literature it is evident that they have all benefited from the healing rituals. To this day cultures still practice psychedelic rituals that are proven to resolve many issues. In my own practice client have come in and spoke about their experiences of psychedelic trip and is mystics. Shortly after those clients no longer need therapeutic assistance. I would only hear from them on occasions to come in for "checkups."

Once approved for trails studies I hope I can be a part of them. It amazes me every time I come across someone who has healed from this medicine. Each journey is unique and has great benefits, not just for short run but long run. It bring me great joy to have gone through these journeys with people because the healing is incredible.

## Testimony in Support of SCR 100 SD1

Health, Human Services, & Homelessness Committee | Thursday April 14th, 2022

Dear Representative Yamane and Members of the Health, Human Services, & Homelessness 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 **SCR 100 SD1**, a resolution which begins an important conversation around therapeutic access to psilocybin in Hawaii. I support this bill because plant medicines like psilocybin have played a transformative role in my life. Last year you passed a similar measure out of your committee and I'm hoping you do so again today.

In 2017, I was diagnosed with brain cancer. Because brain cancer is treatable but not curable, I was faced very immediately with the prospect of my own early death. As a 40 year old single mother to a 13 year old little girl, you can imagine the amount of stress a diagnosis like this caused. Luckily, having read many of the popular books like Michael Pollan's *How to Change your Mind*, I was familiar with the research on psilocybin assisted treatment for end of life anxiety and chose to experience first hand the power of this plant medicine in reducing the negative effects of the stress related to a cancer diagnosis. I am not alone in this experience.

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

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

As a trained political scientist, I can also confirm that Hawaii is a part of a national movement for expanding safe legal access to psilocybin. We know that Federal re-listing of psilocybin is coming and as a state we need to be prepared to create supportive frameworks for practitioners

to be able to provide these medicines to patients like myself. This taskforce enables that to happen. Let's be the leaders and support our communities and their mental health. Everyone knows someone who stands to benefit from this transformative medical break-through. I co-founded Clarity Project because we believe Hawaii can be a safe, healing refuge for cancer patients like myself.

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

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

**SCR-100-SD-1**

Submitted on: 4/12/2022 2:33:47 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Ruta Jordans        | Individual          | Support                   | Written Testimony<br>Only |

Comments:

I am writing in strong support of SCR100, which will establish the therapeutic psilocybin working group to examine the 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.

Research has shown that therapeutic psilocybin is the only treatment for veterans with PTSD to actually help them. In addition, in the research with people who were dying the recipients said that anxiety about dying disappeared and they were comfortable with their prognosis.

Please support this resolution to open new directions to help our veterans and others in distress.



**SCR-100-SD-1**

Submitted on: 4/12/2022 3:31:27 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| Submitted By | Organization | Testifier Position | Testify                |
|--------------|--------------|--------------------|------------------------|
| jen ballou   | Individual   | Support            | Written Testimony Only |

Comments:

**Testimony in Support of [SCR100](#)  
House Health Committee Hearing | Thursday 4/14 @ 9AM**

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

**My name is Jen Ballou, I live in Kailua on Oahu, and I am writing in strong support of SCR100, which will establish the therapeutic psilocybin working group to examine the 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 is an important tool that can be used in a positive way, should there be guidance or medical professional. It has changed my life for the better. It is not something to be afraid of and it is also not something to be abused. The brain is such a complex thing and there is so much to learn. I think Psilocybin could help unlock more scientific research.**

**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 SCR100.**

**Mahalo,**

**Jen**

**SCR-100-SD-1**

Submitted on: 4/12/2022 3:48:25 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| Submitted By   | Organization | Testifier Position | Testify                |
|----------------|--------------|--------------------|------------------------|
| Tracy Lawrence | Individual   | Support            | Written Testimony Only |

Comments:

**Testimony in Support of [SCR100](#)  
House Health Committee Hearing | Thursday 4/14 @ 9AM**

**Aloha Chair, Vice Chair, 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 SCR100, which will establish the therapeutic psilocybin working group to examine the 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 psychedelic integration coach, I have supported people suffering from depression, veteran PTSD, childhood trauma, and mental health issues. This work has allowed them to achieve outcomes of depression management, reconciling with and accepting the past, and being able to move towards a more productive, happy future. The benefits of psychedelic therapy will be hugely important to the Hawaiian population and our healthcare system.

**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 SCR100.**

**Mahalo,**

**Tracy Lawrence**

**SCR-100-SD-1**

Submitted on: 4/12/2022 4:36:52 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| Submitted By | Organization | Testifier Position | Testify                |
|--------------|--------------|--------------------|------------------------|
| Thuy Huynh   | Individual   | Support            | Written Testimony Only |

Comments:

Testimony in Support of [SCR100](#)

House Health Committee Hearing | Thursday 4/14 @ 9AM

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

My name is Thuy Huynh, I live in Alewa Heights, Oahu, and I am writing in strong support of SCR100, which will establish the therapeutic psilocybin working group to examine the 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 SCR100.

Mahalo,

Thuy Huynh

**SCR-100-SD-1**

Submitted on: 4/12/2022 4:45:19 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Linda Sakamoto      | Individual          | Support                   | Written Testimony<br>Only |

Comments:

Strongly support!

**SCR-100-SD-1**

Submitted on: 4/12/2022 5:17:59 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Lois Crozer         | Individual          | Support                   | Written Testimony<br>Only |

Comments:

I applaud the safe use of fungus for all health benefits.



**SCR-100-SD-1**

Submitted on: 4/12/2022 6:38:03 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Tane Datta          | Individual          | Support                   | Written Testimony<br>Only |

Comments:

Please support this bill. In stressful times we need as many tools as possible to help mental health in the community. This avenue is very promising and needs a chance to be tried

## IN SUPPORT OF SCR100

Aloha members of the committee,

My name is Amanda Lillibridge and I am writing **in strong support of SCR100**, 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 **SCR100**. With aloha,

Amanda Lillibridge

**SCR-100-SD-1**

Submitted on: 4/13/2022 8:57:27 AM

Testimony for HHH on 4/14/2022 9:00:00 AM

| Submitted By         | Organization | Testifier Position | Testify                |
|----------------------|--------------|--------------------|------------------------|
| Wendy Gibson-Viviani | Individual   | Support            | Written Testimony Only |

Comments:

TO: COMMITTEE ON HEALTH, HUMAN SERVICES, & HOMELESSNESS

FROM: Wendy Gibson-Viviani RN

RE: SCR100 (In support)

Hearing: 4/14/22 at 0900

Dear Chair Rep. Ryan I. Yamane, Vice-Chair Rep. Adrian K. Tam, and Members of the Committee,

My name is Wendy Gibson-Viviani, a 29-year resident of Oahu and a nurse. I am writing in **strong support of SCR100**, 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.

We have a need to expand our medical treatment options for PTSD, depression, anxiety, alcohol use disorder, and other addictions. Psilocybin may be a useful treatment option. We need to explore that.

Thank you for this opportunity to give testimony.

Wendy Gibson-Viviani RN/BSN

Kailua

## TESTIMONY ON BEHALF OF HAWAII PSYCHIATRIC MEDICAL ASSOCIATION

To: Chair Ryan Yamane, Vice Chair Adrian Tam and Members of the Committee  
From: Dr. Denis Mee-Lee. Legislative Committee Chair, Hawaii Psychiatric Medical Association  
Time: 9:00 am, April 14, 2022  
Re: SCR 100 SD1 Relating to Psilocybin  
Position: **OPPOSE**

Dear Chair Yamane, Vice Chair Tam and Members of the House Committee on Health, Human Services & Homelessness:

The Hawaii Psychiatric Medical Association (HPMA) appreciates this opportunity to testify in opposition to SCR 100 SD1 which establishes the therapeutic psilocybin working group to examine the medicinal and therapeutic effects of psilocybin and develop a long term strategic plan.

Psilocybin is a hallucinogenic chemical in certain mushrooms that grow in Europe, South America, Mexico, and the United States. Mushrooms that contain psilocybin are known as magic mushrooms.

In October 2020, Oregon became the first state to legalize psilocybin. This allows for a 2-year period to consider regulatory and prescribing requirements.

Psilocybin is a Schedule I substance, meaning that the [Drug Enforcement Administration \(DEA\)](#) believes it has a high potential for abuse and serves no legitimate medical purpose.<sup>1</sup>

Users may experience disturbing [hallucinations](#),<sup>2</sup> [anxiety](#), and [panic while taking](#) the drug.

Other possible effects of psilocybin include: euphoria, derealization, depersonalization, distorted thinking, visual alternation and distortion, dilated pupils, dizziness, drowsiness, impaired concentration, muscle weakness, lack of coordination, unusual body sensations, nausea and vomiting, paranoia, confusion and frightening hallucinations.

If the user has a [mental health](#) condition or feels anxious about using the hallucinogen, there is a higher risk of a bad experience.

Psychological distress is the adverse event most often reported after recreational use of psilocybin. This distress can take the form of extreme anxiety or short-term psychosis.

Some who take psilocybin may experience persistent, distressing alterations to the way they see the world. These often take the form of a visual flashback, which is a traumatic recall of an intensely upsetting experience. People can continue to experience flashbacks anywhere from weeks to years after using the hallucinogen, a condition diagnosed as [hallucinogen-persisting perception disorder](#).

Some individuals who use psilocybin may also experience fear, agitation, confusion, [delirium](#), psychosis, and syndromes that resemble [schizophrenia](#), requiring a trip to the emergency room.

In most cases, a doctor will treat these effects with medication, such as [benzodiazepines](#). Symptoms often resolve in 6–8 hours as the effects of the psilocybin wear off.

After several days of psilocybin use, individuals might experience psychological withdrawal and have difficulty adjusting to reality.

Regular use can also cause an individual to become tolerant to the effects of psilocybin, and cross-tolerance occurs with other drugs, including LSD and mescaline. People who use these drugs must wait at least several days between doses to experience the full effect.

Science has not yet shown us that psilocybin is safe, effective, therapeutic or medicinal. Thus it is premature to plan to make psilocybin “accessible and affordable.”

While the US Food and Drug Administration (FDA) has granted psilocybin breakthrough therapy status, this merely establishes the process by which to further study the treatment.

There are strong concerns about the safety and efficacy of psilocybin, which is why the necessary studies and analysis should be conducted on a federal level. Johns Hopkins University has reported survey data that assessed each respondent’s absolute worst bad experience **10.7 percent of the respondents said they put themselves or others at risk for physical harm** during their psilocybin experience, **some 2.6 percent said they acted aggressively or violently**, and 2.7 percent said they sought medical help. **Five of the participants with self-reported pre-existing anxiety, depression or suicidal thoughts attempted suicide** while on the drug during their worst bad experiences.<sup>3</sup>

HPMA respectfully asks the committee to defer SCR 100 SD1. Should the measure move forward for further discussion, please include HPMA Medical Doctors specializing in Psychiatry and Substance Abuse in the Psilocybin working group to protect the safety of our vulnerable patients.

Thank you for the opportunity to submit testimony on SCR 100 SD1.

1. <https://www.dea.gov/sites/default/files/2020-06/Psilocybin-2020.pdf>
2. <https://www.medicalnewstoday.com/articles/327014>
3. [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.

**SCR-100-SD-1**

Submitted on: 4/13/2022 9:41:11 AM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b> |
|---------------------|---------------------|---------------------------|----------------|
| Anna Camacho        | Individual          | Support                   | In Person      |

Comments:

Aloha Chair, Vice Chair and Committee,

My name is Anna Camacho and I live in District 19 / Kaimuki.

I ask you to support SCR 100 to establish a therapeutic psilocybin working group in order to develop a long term strategic plan for safe and accessible medical & therapeutic psilocybin programs and products in the state.

The emerging literature shows that psilocybin and other psychedelics are powerful tools to remedy mental health issues like anxiety, depression, and PTSD. Personally, psilocybin has helped me overcome alcohol addiction, manage my anxiety, and bouts of high functioning depression.

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

Instead, Hawaii can choose to join other US cities — like Denver, Colorado, Oakland and Santa Cruz, California, Washington DC, Somerville, Northampton and Cambridge Massachusetts, Seattle, Washington — and the state of Oregon in trusting one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety.

With mental health becoming a more present issue in our communities, everyone knows someone who can potentially benefit from access to psilocybin. This is our chance to do better for our public's mental health. We must do better... and passing SCR 100 is a great step forward.

Mahalo for your time and your service.

**SCR-100-SD-1**

Submitted on: 4/13/2022 10:21:47 AM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b> |
|---------------------|---------------------|---------------------------|----------------|
| Robert Patterson    | Individual          | Support                   | In Person      |

Comments:



LATE \*Testimony submitted late may not be considered by the Committee for decision making purposes.

**SCR 100 - REGARDING WORKING GROUP FOR THERAPEUTIC USE OF PSYLOCYBIN –**

**IN FAVOR – please help disabled Veterans**

Aloha Chair Keohokalole, Vice-Chair Baker, and Senate Health Committee members.

**I am in strong favor of this bill and ask you to vote yes for its passage.**

**As a 6 year active duty disabled veteran, I cannot stress enough how much veterans need this type of modality to help us.**

No residual side effects, great ability with professional guidance to – in a short time - change deep rooted PTSD, depression and other deeply and permanent trauma which veterans who have gone through war and such service who deal with these on a daily basis.

**PLEASE GIVE US A CHANCE TO GET OUR LIVES BACK – HELP THESE PROFESSIONALS GET THE ABILITY TO DO THIS STUDY – HELP US!!**

**There is so little cost to this program and so much potential for good.** Please vote yes for this bill.

Mahalo,

Sean Lester

6 year active Vietnam era disabled Veteran

Kihei, Hawaii

**SCR-100-SD-1**

Submitted on: 4/13/2022 2:59:15 PM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Me                  | Individual          | Support                   | Written Testimony<br>Only |

Comments:

Thank you for hearing testimony on this important issue

**Testimony in Support of [SCR100](#)**

House Health Committee Hearing | Thursday 4/14 @ 9AM

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

My name is CHRISTINA BRADDOCK, RN, BSN, CEN, and I live in HALEIWA, ON THE ISLAND OF OAHU, and I am writing ***in strong support of SCR100***, which will establish the therapeutic psilocybin working group to examine the 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 UNITED STATES FEMALE ARMY VETERAN WITH COMBAT EXPERIENCE AS A MILITARY TRAUMA NURSE FOR OVER 7 YEARS CAN ATTEST TO THE ABSOLUTE NECESSARY NEED FOR THIS MEDICINE FOR THERAPEUTIC USE FOR MENTAL ILLNESS AND TRAUMATIC BRAIN INJURIES. 22 VETERANS A DAY COMMIT SUICIDE. MANY OF THOSE HAVE TRAUMATIC BRAIN INJURIES (TBI) SUSTAINED FROM COMBAT. THE MOST COMMON REASON TRAUMATIC BRAIN INJURIES DIE IS DUE TO DEATH BY FIREARMS. TBI'S ARE LINKED TO ADDICTION, ANGER AND EMOTIONAL OUTRAGE, COGNITIVE FUNCTIONING ISSUES, PHYSICAL DISABILITIES SUCH AS NOT BEING ABLE TO WALK OR SPEAK PROPERLY, JUST TO NAME A FEW. TBI IS A SILENT KILLER AND A MISUNDERSTOOD INJURY. THE BRAIN NEEDS A SUPPORTIVE HEALING ENVIRONMENT OR IT WILL SUFFER. PSILOCYBIN HAS BEEN SHOWN TO CREATE NEW NEURONS IN THE BRAIN IN ORDER TO HELP THE BRAIN HEAL. PTSD AND TBI VICTIMS HAVE BEEN SHOWN TO HAVE PROMISING RESULTS FROM THE LATEST RESEARCH FROM MULTIDISCIPLINARY ASSOCIATION OF PSYCHEDELIC AND VETERANS AFFAIRS RESEARCH STUDIES. TRAUMATIC BRAIN INJURY AND POST TRAUMATIC STRESS CAN HAPPEN TO ANYONE. DEPRESSION AND MENTAL ILLNESS ARE AT AN ALL TIME HIGH AND WE NEED TO ACT NOW ***OR PEOPLE WILL KEEP COMMITTING SUICIDE***. AS A HAWAII PACIFIC UNIVERSITY DOCTORAL NURSING PRACTITIONER STUDENT RESEARCHING THE BRAIN AND BODY CONNECTION RELATED TO PSYCHEDELIC THERAPY AND TRAUMA HEALING, A CAREGIVER AND SPOUSE TO SOMEONE WITH A SEVERE TRAUMATIC BRAIN INJURY, AND AN CERTIFIED EMERGENCY NURSE WITH 10 YEARS EXPERIENCE (OVER 4 AT TRIPLER ARMY MEDICAL CENTER), I AM KINDLY ASKING YOU TO PLEASE VOTE IN FAVOR OF SCR100.

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 SCR100.

Mahalo,  
CHRISTINA BRADDOCK

**SCR-100-SD-1**

Submitted on: 4/14/2022 12:06:30 AM

Testimony for HHH on 4/14/2022 9:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>         |
|---------------------|---------------------|---------------------------|------------------------|
| Tia-Amanda Carrasco | Individual          | Support                   | Written Testimony Only |

Comments:

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

My name is Tia-Amanda Carrasco, I live in Kailua-Kona, and I am writing in strong support of SCR100, which will establish the therapeutic psilocybin working group to examine the 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.

My personal experience with psilocybin has had a positive impact on my outlook on life. I believe people should have the right to access psilocybin as a medicine in a safe setting. As a caregiver of over 10 years having worked with several end of life care teams I hope to see people facing end of life have psilocybin as an option for their medicine choices in the future.

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 SCR100.

Mahalo,

Tia-Amanda Carrasco

### Testimony in Support of **SCR100**

House Health Committee Hearing | Thursday 4/14 @ 9AM

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

My name is Jean'ne Nicole Marie Robertson-Leong RN, BSN, MSNc, I live in Aiea, Hawaii on the island of Oahu and I am writing **in strong support of SCR100**, which will establish the therapeutic psilocybin working group to examine the 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 SCR100 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 dealt 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 benefit 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 is 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 SCR100.

Mahalo,

Jean'ne Nicole Robertson-Leong, RN, BSN, MSNc