

**Testimony in Support of SCR 100**  
Health Committee | Wednesday, March 2022

Dear Senator Baker and Members of the CPN Committee:

My name is Ashley Lukens. For the past 16 years, I have worked as a community organizer and advocate in Hawaii. I received my PhD in Political Science from UH Manoa in 2013. Today, I am writing in strong support of **SCR 100**, 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.

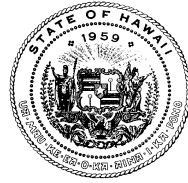
The relationship between stress and cancer is clear; we know that stress in the body prevents it from healing. So, as someone who needs to heal, reducing my stress around my diagnosis has been instrumental in my maintaining my health and healing. Not all patients have the means to access legal psilocybin. 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 know's someone who stands to benefit from this transformative medical break-through. I co-founded Clarity Project because we believe Hawaii can be a safe, healing refuge for cancer patients like myself.

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

Ashley Lukens, PhD  
Founder, Clarity Project  
Principal Consultant, Ashley Lukens Consulting Inc  
[bossy@ashleylukens.com](mailto:bossy@ashleylukens.com)



**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.R. 88**  
**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 TO ENSURE THE AVAILABILITY**  
**OF MEDICINAL PSILOCYBIN OR PSILOCYBIN-BASED PRODUCTS THAT ARE SAFE, ACCESSIBLE,**  
**AND AFFORDABLE FOR ELIGIBLE ADULT PATIENTS**

SENATOR JARRETT KEOHOKALOPE, CHAIR  
SENATE COMMITTEE ON HEALTH

Hearing Date: 3/23/2022

Hearing Time: 1:30 p.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.R. 88 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.



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## Testimony in Support of SCR100

Senate HTH Committee | Wednesday, February 23, 2022 @ 1:30pm

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



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

Senate HTH Committee | Wednesday, March 23, 2022 @ 1:30pm

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

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

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

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

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

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



## HEROIC HEARTS PROJECT

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,  
Jesse Gould

Executive Director  
Heroic Hearts Project

**SCR-100**

Submitted on: 3/20/2022 8:23:33 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Robert Patterson	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Robert Patterson, I live in Diamond Head, Honolulu, 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.

The limited use of psilocybin with the aid of guide in markets where the product is legal for use have helped me personally to heal from PTSD without the need of long term chronic use pharmaceuticals with heavier side effect profiles and limited efficacy.

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

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

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We do not want the citizens of Hawai‘i to miss out on this healing modality. With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to psilocybin. Please support SCR100.

Mahalo,  
Robert Patterson

**SCR-100**

Submitted on: 3/22/2022 10:02:35 AM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Samantha Highes	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Samantha, I live on the island of Kaua'i, 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 have been close to the cannabis/hemp industry for about 6 years. I have seen time and time again the benefits that can come from plants that are considered "dangerous" and "illegal", turn into healing and sought-after treatments for all types of ailments. Being in this type of industry has naturally led me to dive into the psilocybin world. As somebody who suffers from anxiety, I strongly believe that access to therapeutic psilocybin can change the lives of many. The more I research and discuss this topic with others in our community, the more I truly see how much this can be a positive impact. Mental health treatment is heavily lacking on Kaua'i, and I think that this can makes waves through our community and provide healthy healing alternatives.

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,

Samantha Hughes



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

March 22, 2022

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2021-2022**

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

**RE SCR 100 – Relating to therapeutic psilocybin working group**

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.  
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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 SCR 100. 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 the residents of Hawaii 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

## TESTIMONY ON BEHALF OF HAWAII PSYCHIATRIC MEDICAL ASSOCIATION

To: Chair Jarrett Keohokalole, Vice Chair Rosalyn Baker and Members of the Committee  
From: Dr. Denis Mee-Lee. Legislative Committee Chair, Hawaii Psychiatric Medical Association  
Time: 1:30 pm, March 23, 2022  
Re: SCR 100/SR 88 Relating to Psilocybin  
Position: **OPPOSE**

Dear Chair Keohokalole, Vice Chair Baker and Members of the Senate Committee on Health.

The Hawaii Psychiatric Medical Association (HPMA) appreciates this opportunity to testify in opposition to SCR 100/SR 88 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/SR 88. 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/ SR 88.

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**

Submitted on: 3/22/2022 8:03:59 AM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Benjamin Lillibridge	Testifying for Malama Mushrooms	Support	Written Testimony Only

Comments:

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."

In contradicting fasion, 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

CEO & Founder of Malama Mushrooms / the Hawaii Fungi Project

## SCR 100 – BILL REGARDING WORKING GROUP FOR THERAPEUTIC USE OF PSYLOCYBIN – IN FAVOR

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.**

It is great to see the bill being strengthened with the safeguards you see that are needed for this bill as it has worked its way through the legislature. This bill's study will be able to give you the needed information to make an informed decision regarding the therapeutic use of psilocybin. The information will be coming from Hawaii health professionals and as such, can give you answers that are local and as set out by this legislative body.

The potential for psilocybin to change deeply the modality of psychological challenges with PTSD and depression along with drug dependency is a real reason to give this controlled study a chance. I can see only good coming from you having this information to be able to make an informed decision in the future.

Please give our professionals a chance to put another potentially game-changing tool in their suite of modalities.

**Please vote yes for this bill. As a 6 year active Vietnam-era veteran, I see too many of my brothers and sisters either on the street, committing suicide, taking illegal drugs or on mind and body numbing drugs given to them by their doctors. These are people who have paid the highest price for our freedom – so please – support the professionals who want to help find another way.**

We also desperately need new tools for the homeless and drug-dependent Hawaii people. Who among you hasn't had a friend or relative touched by tragic methamphetamine and other illegal drug use?

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

Mahalo,

Sean Lester

Kihei, Hawaii

**SCR-100**

Submitted on: 3/19/2022 9:21:09 AM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Sarah Fairchild	Individual	Support	Written Testimony Only

Comments:

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

My name is Sarah Fairchild, I live in Waialua on Oahu. 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 personally have friends and family who have used psilocybin to successfully treat depression and PTSD. I've also read of the great comfort and peace it can bring to hospice patients. I think this natural treatment should be available to all Hawaii residents.

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,

Sarah Fairchild

**SCR-100**

Submitted on: 3/19/2022 12:03:33 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Allie Weigel	Individual	Support	Written Testimony Only

Comments:

Psilocybin has majorly improved my mental health. At one point in time after experiencing sexual assault I had severe depression that was so debilitating I dropped out of school a couple times. Very little helped me to have a breakthrough, even traditional talk therapy was falling short of helping me experience healing. It wasn't until I tried psilocybin that I found the key that unlocked new perspectives that allowed me to have the mental fortitude and genuine excitement to not only finish school but to cultivate better interpersonal relationships. I even plan to dedicate my masters studies in psychology to this subject. I hope this helps in any way to help get this bill passed. Mahalo.



**SCR-100**

Submitted on: 3/20/2022 9:13:44 AM

Testimony for HTH on 3/23/2022 1:30:00 PM

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

Comments:

Please support this bill mental health after COVID and other large and small scale events has deteriorated for many people. If this new form of therapy is researched and allowed and helps even 10% of people get away from immobilizing depressions and fears it will be a help to all of us. It is not likely to be a magic bullet, but it can be an important tool.

**SCR-100**

Submitted on: 3/20/2022 11:49:09 AM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Ruta Jordans	Individual	Support	Written Testimony 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.

Studies have shown that therapeutic psilocybin helps veterans with post traumatic stress disorder where the "regular" treatments at VA hospitals have been shown to be ineffective, and in many cases, make the situation worse. Please give the veterans in Hawaii a chance to actually improve and return to regular lives. Please vote in support!

**SCR-100**

Submitted on: 3/20/2022 12:55:12 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

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

Comments:

Dear Chair Keohokalole, Vice-Chair Baker, and Members of the Committee,

My name is Wendy Gibson-Viviani (RN). I have been an Oahu resident for 29 years.

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.

Information from the Clarity Project reports 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. A working group could help establish the best (safest) practices for the administration of these therapies.

Please support SCR100.

Mahalo,

Wendy Gibson-Viviani RN/BSN

Kailua

**SCR-100**

Submitted on: 3/21/2022 12:06:25 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Bryce Healy	Individual	Support	Written Testimony Only

Comments:

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

**My name is Bryce Healy, I am a Naturopathic Doctor working in the Hilo area and as the medical director of a substance abuse rehabilitation center. I live in Mt. View, 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,**

**Dr. Bryce Healy, ND**

**SCR-100**

Submitted on: 3/21/2022 1:49:13 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

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

Comments:

Senate HTH Committee [Hearing](#) | Wednesday 3/23 @ 1:30pm

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

My name is Linda Sakamoto, I live in Aiea 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.

**SCR-100**

Submitted on: 3/21/2022 12:14:37 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

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

Comments:

Aloha Chair, Vice Chair and Committee,

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

I am using 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, and non-addictive treatment options for depression and anxiety,

With mental health becoming a more present issue in our communities, everyone knows someone who could 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 service and work,

Anna Camacho





**SCR-100**

Submitted on: 3/21/2022 3:26:49 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Dylan Ramos	Individual	Support	Written Testimony Only

Comments:

Aloha,

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

Thank you,  
Dylan Ramos  
96816

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

Senate HTH Committee [Hearing](#) | Wednesday 3/23 @ 1:30pm

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 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.

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.

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,  
Kristina Rodriguez

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

Senate HTH Committee [Hearing](#) | Wednesday, March 23, 2022 @ 1:30pm  
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 SCR100**, 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, PTSD, 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 SCR100 and allow this treatment to be available and within reach of our loved ones, regardless of economic or social standing.

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,  
Raymond Kemp

**SCR-100**

Submitted on: 3/22/2022 10:00:11 AM

Testimony for HTH on 3/23/2022 1:30:00 PM

Submitted By	Organization	Testifier Position	Testify
Tiger Lily	Individual	Support	Written Testimony Only

Comments:

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

My name is Tiger Lily, I live in Honolulu, 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 was addicted to heroin for over a decade of my life. Currently I have abstained for 5 years and while the process of learning to adapt to a new way of life has had its challenging moments, I have found the use of psilocybin to be a healthy healing modality for me. I would like to see the natural options that entheogens are proving are working for many ailments, more easily available for people from all walks of life. From therapeutic settings, spiritual awakenings in indigenous communities, or just anyone who is seeking a better connection with the creativity of their life .

Dr. Gabor Mate says “the question is not why the addiction, but why the pain”. I believe that by establishing safe, affordable access to entheogens we will be able to empower those in our community who are suffering from mental health and provide healthier alternatives to heal our selves from the inside out, allowing the pain to be addressed. It is my hope that there will be a time for anyone to be able to experience the healing benefits that I myself have felt that come from these medicines. I am still on a journey of learning about them,, but I feel that they have helped me in addressing the pain and depression in my own life and I believe that with the right set, setting and guidance one can enhance the quality of their life. Therefore, I would like to see psilocybin decriminalized, therapeutic centers created, and healing for our community.

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

scientists and medical professionals are now working with policymakers to bring plant-based medicines like psilocybin above ground for therapeutic uses.

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

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of psilocybin—like the passage of Measure 109 in Oregon and Initiative 81 in Washington, D.C.—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

We do not want the citizens of Hawai‘i to miss out on this healing modality. With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to psilocybin. Please support SCR100.

Mahalo,

Tiger Lily

**Testimony in Support of [SCR100](#)**  
Senate HTH Committee [Hearing](#) | Wednesday 3/23 @ 1:30pm

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

My name is Maryrose, I live in Sunset Beach Area on the North Shore 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.

When going through a time of uncertainty I was invited to a group healing retreat. We experinece the healing effects of psilocybin and I gained much clarity around some life choices it was time to make - I have an overwhelming amount of gratitude for this plant medicine and it's way to help heal and support us on our journey.

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,  
Maryrose Bailey



## 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**

Submitted on: 3/22/2022 12:32:42 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Star Zen Wave	Individual	Support	Written Testimony Only

Comments:

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

My name is Star, I live in Hā’ena, Kaua’i, and work in Mindfulness-Based Stress Reduction alongside veterans, PTSD survivors as well as those healing from addiction and other traumas. I am writing today in strong support of SCR100.

Mahalo for providing me and many other advocates with the opportunity to share our personal testimonies in 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.

It is my hope that the passing of SCR100 will gratefully and effectively expand the much-needed access to the medicinal support that psilocybin, psilocin and their responsible practitioners provide.

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

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

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

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

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

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

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

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

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

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

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

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

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

As psychiatrist, researcher and educator Dr. Bessel van der Kolk of Boston University School of Medicine teaches in his book, *The Body Keeps the Score*, trauma literally damages the brain—

not unlike encephalopathy—much to the point where current medications and treatments become ineffective, often creating more damage themselves.

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

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

It truly is remarkable what returning to our 'āina for our health and happiness can help us achieve! Now at age 43, I can truly say that I am fully in remission and living my best life as I live my purpose in the healing and humanitarian arts in an effort to give back whilst advocating for others.

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

Mahalo again for holding space for all of us to share our testimonies; please continue to support SCR100 in passing swiftly so that others suffering may receive the option to receive this healing support from the responsible and respectful use of Psilocybin and its practitioners.

With Aloha,  
Star Zen Wave

**SCR-100**

Submitted on: 3/22/2022 1:00:03 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

Submitted By	Organization	Testifier Position	Testify
Spencer Hassell	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of [SCR100](#)

Senate HTH Committee [Hearing](#) | Wednesday 3/23 @ 1:30pm

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

My name is Spencer, I live North Shore 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 has changed my life dramatically. It is open me up to a way of thinking that I would've not had were it for the experiences with psilocybin . I have many friends and family who have also experienced the same thing singing it's praises. I believe psilocybin should be looked at along with understanding previous studies and successes with patients on a therapeutic side. Under federal law, schedule one substances are defined as having no medical benefit and a high potential of abuse, whereas psilocybin is completely opposite of those terms. It has high medicinal benefit for mental health, and very low potential for abuse. One psilocybin experience will make you feel like you won't even have the desire to use this substance again for the foreseeable future. I personally know of no one who has taken psilocybin more than once in a 48 hour period. Let alone weeks that pass by between experiences. Please take that into account and realize what good allowing this substance to be understood and used will do for the state 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 SCR100.

Mahalo,

Spencer Hassell]

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

## TESTIMONY IN SUPPORT OF SCR 100

TO: Chair Keohokalole, Vice Chair Baker & Health Committee Members

FROM: Nikos Leverenz  
DPFH Board President

DATE: March 23, 2022 (1:30 PM)

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Drug Policy Forum of Hawai'i (DPFH) **strongly supports** SCR 100, 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.

## TESTIMONY IN SUPPORT OF SCR 100

TO: Chair Keohokalole, Vice Chair Baker, & Health Committee Members

FROM: Nikos Leverenz  
Grants & Advancement Manager

DATE: March 23, 2022 (1:30 PM)

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Hawai'i Health & Harm Reduction Center (HHRC) **strongly supports** HCR 100, 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](#).

HHRC'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.



**LATE**

**SCR-100**

Submitted on: 3/22/2022 7:09:44 PM

Testimony for HTH on 3/23/2022 1:30:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Brian Murphy	Individual	Support	Written Testimony Only

Comments:

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

My name is Brian Murphy, I live in Paia, island of Maui, 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 has been shown to be highly effective, safe, plant-based remedy for many mental health issues, such a depression, trauma and PTSD. Plant-based medicines that grow naturally from the Earth can avoid the long-term health erosion that certain prescription drugs (SSRIs) used for similar diagnoses can create. These healing plants can restore original neuro pathways to enable brains to process information clearly and reconnect with feelings of happiness, joy and love. It is critical that we expand access to therapeutics that are much more accessible, safe and actually help create a sustainable solution with a repatterned, healthy mindset instead of the problem numbing that most prescription drugs typically provide. People of Hawaii deserve to find peace and happiness to live a long and prosperous live, and psilocybin therapy can truly support that aim.

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,

Brian Murphy

**LATE**

**SCR-100**

Submitted on: 3/22/2022 10:50:03 PM  
Testimony for HTH on 3/23/2022 1:30:00 PM

Submitted By	Organization	Testifier Position	Testify
Laura Rosas Leong	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of SCR100  
Senate HTH Committee Hearing | WednTesday 3/23 @ 1:30pm

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

My name is Laura Rosas Leong, I live in Kaimuki, 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 husband has struggled with end of life issues resulting from stage 4 multiple myeloma. Psychedelics are a great avenue of exploration for end of life resolution. I am a psychotherapist, licensed in the state of Hawaii and would like to offer clients an alternative to the often unhelpful current treatments. Over the past two decades, researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring plant-based medicines like psilocybin above ground for therapeutic uses.

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

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Mahalo,

Laura Danielle Rosas Leong