



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

**Testimony in SUPPORT of HB1340 HD2 SD1
RELATING TO MENTAL HEALTH.**

SENATOR DONOVAN DELA CRUZ, CHAIR
SENATE COMMITTEE ON WAYS AND MEANS

Hearing Date: April 4, 2023

Room Number: 211

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

2 **Department Testimony:** The Department of Health (DOH) supports this measure that will help
3 prepare Hawaii for future treatments and technologies with applications for behavioral health and
4 that have received Breakthrough Therapy Designations by the US Food and Drug
5 Administration.

6 The department provides mental health services to children, adolescents, and severely mentally
7 ill adults, and regularly reviews new technologies and treatments that may benefit DOH
8 consumers. For treatments with potentially broader application, a community conversation to
9 prepare for the four- to six-year timeline post-Breakthrough Designation approval process is a
10 prudent investment.

11 Thank you for the opportunity to testify.

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



Hawai'i Psychological Association

For a Healthy Hawai'i

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Honolulu, HI 96808

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COMMITTEE ON WAYS AND MEANS

Senator Donovan M. Dela Cruz, Chair

Senator Gilbert S. C. Keith-Agaran, Vice Chair

Tuesday, April 4, 2023 10:30 A.M. - VIA VIDEO CONFERENCE – ROOM 211
TESTIMONY IN SUPPOT OF HB 1340,HD2, SD1 RELATED TO THERAPEUTIC
PSYCHEDELIC MODALIES

The Hawaii Psychological Association supports support of HB1340, HB2, SD1 which will establish the Beneficial Treatments Advisory Council to review mental health treatment information on therapeutic psychedelic modalities (psilocybin, MDMA, etc) and advise the state.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research at academic institutions around the world have shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and Posttraumatic Stress Disorder. 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. MDMA is also considered one of the most effective treatments for PTSD, which affects five percent of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potential approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more pressing issue in our communities, most people know someone who stands to benefit from access to therapeutic psilocybin, MDMA, and more. Please support this measure.

Thank you for the opportunity to provide input on this important bill, and for your commitment to Hawaii's mental health.

Sincerely,

Alex Lichton, Ph.D.

Alex Lichton, Ph.D.
Chair, HPA Legislative Action Committee



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

Date: 2-27-2023

I am a board certified psychiatrist in Honolulu, testifying in support of: **HB1340: Authorizes Director of Health to establish a temporary breakthrough therapy advisory council within three months of FDA approval of breakthrough therapy designation.**

My clinical expertise is in suicide risk and addictions. I very often treat suicidal, depressed people who have failed numerous medications.

Patients come to me clamoring for info on psychedelics. They hear that psychedelics are safer than antidepressants, and more effective. But they are federally illegal, even though they could save my patients' lives. This has been verified by large studies: **psilocybin reduces suicide risk.** But, I cannot help them access these substances.

MDMA has likewise been proven superior to all known treatments for post traumatic stress disorder. Other indigenous treatments such as ayahuasca are effective and legal already, however there are no therapeutic treatments centers that Hawaii's DOH can officially recognize as safe places for people to get treatment. Patients have committed suicide while they wait for the research to come out. Most standard antidepressants are far riskier, and can increase the risk of suicide. They can cause an array of other problems, such as an increased risk of glaucoma, Parkinsonism, or risk of stroke in the elderly due to thinning of the blood.

Struggling patients here in Hawaii need our legislators to advocate for them, to get ahead of outdated federal laws forbidding their use. There is an unmet need for Hawaii's health system to inform patients, and not leave them in the dark when their life is at stake.

Cordially,

Thomas Cook, M.D.

*ph (808) 457-1082
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www.beyondmentalhealth.com

HB-1340-SD-1

Submitted on: 3/31/2023 12:24:10 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Cards Pintor	Individual	Support	Written Testimony Only

Comments:

Aloha,
I support this bill.
Mahalo nui,
Cards Pintor

HB-1340-SD-1

Submitted on: 4/1/2023 1:24:57 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Grant Miyashiro	Individual	Support	Written Testimony Only

Comments:

Aloha e Chair, Vice Chair, and Members of the Senate WAM Committee,

My name is Grant Miyashiro, OD. I live in Hilo, Hawai'i, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

Psychotherapy assisted psilocybin treatment has been an integral means of working through previous trauma for myself and others I know. I'm advocating for fair and equitable access for all Hawai'i residents under responsible trained clinical guidance.

Esteemed institutions such as [John Hopkins](#) have long advocated for psilocybin treatment.

Other states such as [Oregon](#) are already paving the way to integrate therapeutic psychedelic medicines into holistic mental health treatment models. Hopefully, Hawai'i can learn from their working groups and expedite treatment in Hawai'i.

Please support this measure.

Mahalo nui loa,

Grant Miyashiro, OD

HB-1340-SD-1

Submitted on: 4/1/2023 2:09:38 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Ruta Jordans	Individual	Support	Written Testimony Only

Comments:

My name is Ruta Jordans, I live in Wailua Homesteads on Kauai, and I am writing in strong support of HB1340, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

My daughter just received her doctorate in psychology with her dissertation on the experience of veterans with Post Traumatic Stress Disorder (PTSD) who had used ayathuasca. What I have learned from her studies is that current treatments for PTSD do not help the problem, but make it worse by getting the veterans addicted. However, the psychedelics they took actually helped them through their PTSD and helped them reorient. The Beneficial Treatments Advisory Council suggested in this resolution would help Hawaii determine if if other therapies, such as psychedelics, would be helpful to people with mental health issues, such as these veterans with PTSD were experiencing.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin, MDMA, and more. Please support HB1340.

Mahalo,
Ruta Jordans

HB-1340-SD-1

Submitted on: 4/1/2023 3:06:00 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Sharyse Tacy	Individual	Support	Written Testimony Only

Comments:

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

My name is Sharyse Tacy. I live in the McCully neighborhood of Honolulu on O'ahu and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

I have been a school counselor for six years and am working on my second Master's Degree to become a Marriage and Family Therapist. I have been following the decades of studies and research of therapeutic plant medicines in the field of mental health for many years now. There is strong evidence of its efficacy, and our community should have a right to access these benefits. My hope is to be able to facilitate the treatment and healing for particular clients using these medicines someday in the near future. Many people are suffering and deserve a safe and non-addictive option for treatment of many conditions.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more pressing issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin, MDMA, and potentially

other breakthrough therapies. Please support HB1340, and thank you for the opportunity to testify.

Mahalo,
Sharyse Tacy

Testimony in Support of Measure (Beneficial Treatments Advisory Council)
[HB1340](#)

Committee Hearing | 2023 Legislative Session

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

My name is Tony Santini, I live in Honolulu, HI and I am writing **in strong support of this measure**, which will establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new therapeutic treatments for mental health, such as psilocybin and MDMA.

There are three main topics in which I have used psychedelic modalities to completely change my life and positively impact the life of those around me. 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.

1. I was able to work through childhood trauma that caused me to experience unconscious dysfunction in all relational aspects of my life with family, friends, and romantic relationships. I was able to expose memories that had been suppressed and work through attachment issues that kept me in a state of suffering. These mental and emotional struggles are no more, and I have strong, healthy community and family relationships.
2. I have worked through addiction issues with psychedelic modalities that kept me emotionally and sometimes physically isolated. This isolation took me to the brink of suicide more than once. I spent from 15 to 45 years of age suffering from addictive behaviors that included everything from using alcohol, substances, food, work, sex, codependency, and emotional manipulation. Using psychedelics was the only way I could break the narrative of my life that kept me in addiction.
3. I have worked with my mother and sister with psychedelics to work through generational trauma. This state of consciousness allowed us to see for the first time how trauma that my mother experienced was affecting me and my sister. During this experience were able to see each other as people and not position one another in a role that designed by family dynamics from long ago. This experience took our relationships from critical and judgmental to accepting and supportive after one sitting. We received a gift that we may never have received in our lifetimes.

I know that there are people in Hawaii suffer like I have, especially with addiction and generational trauma. There are a lot of people that don't even know their suffering could have an end. It would be an incredible gift if you could open the door to a pathway for them to end it.

Please support this measure.

Mahalo,
Tony Santini

HB-1340-SD-1

Submitted on: 4/1/2023 6:39:56 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
John Williamson	Individual	Support	Written Testimony Only

Comments:

Aloha Chair Dela Cruz, Vice Chair Keith-Agaran and Members of the Committee,

My name is John Williamson. I live in Manoa near my alma mater, the University of Hawaii. I am testifying in strong support of HB 1340 HD2 SD1, Relating to Mental Health. This measure will establish a beneficial treatments advisory council to review, evaluate, and recommend new medicinal treatments for mental health in our state.

It is critical that residents of the State of Hawaii have access to the most effective treatments for mental health disorders that have heretofore proven resistant to treatment by legacy pharmaceuticals and talk therapy.

Whether seen through the lens of human suffering, financial impact or social problems, the toll that depression, anxiety, post-traumatic stress syndrome, alcoholism and drug addiction have taken on the Hawaii residents and society is staggering.

Based on clinical trials at Johns Hopkins University School of Medicine, Stanford University's Center for Precision Mental Health and Wellness and other accredited institutions in the U.S. and abroad, psilocybin and MDMA have proven to be safe and highly effective in treating the variety severe mental health disorders mentioned.

The Hawaii Legislature should be applauded for being among the first in the nation to consider making available to Hawaii residents these proven treatments, which have already been granted the Food and Drug Administration's breakthrough therapy designation to fast-track research and for potential approval, given their effectiveness in curing treatment-resistant depression and post-traumatic stress disorder.

By setting up a beneficial treatments council, staffed by experts with knowledge of mental health therapies using psychotropic medicine who can review, evaluate, and recommend new medicinal treatments for mental health, the Legislature has chosen a prudent and conservative approach to bring promising new therapies to Hawaii residents.

The Hawaii State Legislature has an enviable track record of making Hawaii a leader in many areas, including freedom of choice in abortion, legislation to fight climate change by requiring our state's electric grid 100 percent renewable by 2045, and the Hawaii Prepaid Health Care Act, expanding healthcare availability to the working people of our state.

Please continue this proud tradition by making it possible for Hawaii to also become a leader in the use of breakthrough treatments for mental health conditions that are currently robbing many residents of our state of the opportunity for health, happiness and prosperity.

Mahalo nui loa for the opportunity to testify in support of this vital piece of legislation.

John Williamson

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

My name is Oriana Filiaci, I live near Puowaina, O‘ahu and I am writing **in support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

I am Director of Admissions & Cultural Programming at SoundMind Institute, an organization providing training, treatment, research, and humanitarian work in the realm of psychedelic medicine. I am also studying to earn my medical degree (MD) and practice la‘au lapa‘au (traditional Hawaiian herbal healing). I am trained in and have personally benefited from psychedelic-assisted therapy. I have had the privilege of witnessing many individuals and families benefit from the responsible and intentional use of these medicines, including psilocybin and MDMA, for deep healing.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world have shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to twice grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved federally for medical use in the next few years.

With mental health becoming a more pressing issue in our communities, we all know someone who stands to benefit from access to therapeutic psilocybin, MDMA, and potentially other breakthrough therapies. Please support HB1340 and thank you for the opportunity to testify.

Mahalo,

Oriana Filiaci, MA
Director of Admissions & Cultural Programming

soundmind

HB-1340-SD-1

Submitted on: 4/2/2023 11:40:22 AM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
John Ward	Individual	Support	Written Testimony Only

Comments:

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

My name is John Ward, I live in Honolulu, and I am writing in strong support of HB1340, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

I am a Licensed Marriage and Family Therapist that is also Certified Psychedelic-Assisted Therapy Provider. I have been practicing in Hawaii for over a decade. I cannot tell you how much need there is in our community for these therapies. Hawaii has a shortage of mental health providers and these treatments not only promise to be more effective but also quicker to work, allowing us to more effectively treat more people. In addition there is a great deal of positive press on these treatments and my clients are starting to ask how to get them. Your support would be appreciated and popular.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

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With mental health becoming a more pressing issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin, MDMA, and potentially other breakthrough therapies. Please support HB1340, and thank you for the opportunity to testify.

Mahalo,
John Ward, LMFT

HB-1340-SD-1

Submitted on: 4/2/2023 3:08:06 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Linda Sakamoto	Individual	Support	Written Testimony Only

Comments:

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

My name is Linda Sakamoto, I live in Aiea, Hawaii, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more pressing issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin, MDMA, and potentially

other breakthrough therapies. Please support HB1340, and thank you for the opportunity to testify.

Mahalo,
Linda Sakamoto

HB-1340-SD-1

Submitted on: 4/2/2023 4:47:04 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Quentin Kealoha	Individual	Support	Written Testimony Only

Comments:

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

My name is Quentin Kealoha I am a resident of Waimānalo, O‘ahu. I am writing to strongly support HB1340, which requests the authorizes the Hawai‘i director of health to establish a temporary breakthrough therapy designation advisory council within three months of certain breakthrough therapy designation approvals by the United States Food and Drug Administration.

As an individual with both a Bachelor’s and Master’s of Science in Integrative Health Sciences, as well as having intensively researched entheogenic substances and psychedelic-assisted therapies over the last eight years, I can attest to the importance of exploring the potential of integrating psychedelic-based medicines, particularly with regards to psilocybin-based modalities, into the Hawai‘i healthcare system. Research from major institutions around the world has demonstrated psilocybin and other psychedelic-based substances and treatments to be revolutionary clinical treatment tools for a wide range of mental and psychiatric diagnoses, to include anxiety, addiction, body dysmorphia, depression, end-of-life anxiety, and post-traumatic stress disorder. Furthermore, psilocybin has also been increasingly identified as one of the most natural, effective, non-addictive, and safe treatment options for these psychological disorders, demonstrating equal, if not superior efficacy to current pharmaceutical treatment modalities, as well as extremely low instances of negative reactions and/or side-effects, both acutely and long-term.

State and County lawmakers now hold a significant responsibility to facilitate safe, legal, and therapeutic and spiritual use of psilocybin for their constituents; especially given the increased prevalence and severity of mental illness throughout global populations. The citizens of Hawai‘i and their healthcare providers deserve the ability to explore and integrate psilocybin and other psychedelic substance-based modalities into their health management plans and protocols, which will improve quality of and access to healthcare for all demographics of Hawai‘i. It is my hope that you all will consider supporting this measure.

Mahalo nui a nā akua pū.

Quentin Kealoha

BS, MS in Integrative Health Sciences

Integrative Psilocybin Mushroom Specialist, ACHS

HB-1340-SD-1

Submitted on: 4/2/2023 5:49:21 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Nicelle Herron	Individual	Support	Written Testimony Only

Comments:

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

My name is Nicci Herron, I live in Kailua-Konaon Hawai'i Island, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

As someone who has long lived with OCD and anxiety, I would love to have access to something that wasn't a pharmaceutical option and could help treat the root cause or at least help so that it's not something I need to take forever. There is so much promise in this treatment.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more pressing issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin, MDMA, and potentially other breakthrough therapies. Please support HB1340, and thank you for the opportunity to testify.

Mahalo,
Nicelle Herron

HB-1340-SD-1

Submitted on: 4/2/2023 6:55:06 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Raphiell Nolin	Individual	Support	Written Testimony Only

Comments:

I strongly support HB 1340. These kind of therapies need to be explored for increasing mental health in out state.

HB-1340-SD-1

Submitted on: 4/2/2023 8:43:40 PM

Testimony for WAM on 4/4/2023 10:30:00 AM

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

Comments:

TO: COMMITTEE ON WAYS AND MEANS

FROM: Wendy Gibson-Viviani RN/BSN

RE: HB1340 – In support

Hearing: Tuesday, April 4, 2023 at 10:30 a.m. in Room 211 and Videoconference

Dear Chair Dela Cruz, Vice Chair, Keith-Agaran and Members of the Committee,

My name is Wendy Gibson-Viviani. I'm a nurse who has lived in Hawaii for 30 years.

Although I have no personal experience with using psychedelics as medicine, I have become educated enough to see that:

- There is a growing body of scientific evidence showing the potential therapeutic usefulness of psychedelics and
- A growing number of states are allowing psychedelic-assisted-therapies
- We should start preparing for the day when psychedelic medicines may be approved by the United States Food and Drug Administration (FDA).

Given that it usually takes about 17 years for scientific discoveries to become clinical practice—this bill could speed up the process. Authorizing the Director of Health to establish a temporary breakthrough therapy designation advisory council within three months of a breakthrough therapy designation approval by the FDA provides an expedited pathway to the creation of the needed policies and procedures. Patients will be able to access potentially life-altering therapies sooner.

Thank you for this opportunity to testify.

Wendy Gibson-Viviani RN/BSN

Cannabis Nurse Educator-- Kailua

Cannabisnursewendygv@gmail.com

(808) 321-4503

Jadu Jagel, Psy.D.

Clinical Psychologist

Jadu Jagel
47-506 Hio Pl
Kaneohe, CA 96744
415.846.2511
jadujagel@comcast.net

APRIL 3rd, 2023

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

My name is Jadu Jagel, I live in Kaneohe, Oahu, and I am writing in **strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

I've been a licensed psychologist in California for the past 13 years and am currently pursuing licensure here in Hawaii. I specialize in complex PTSD and dissociation, mood disorders, and addiction. I have a private practice in which I provide individual, family, and couples therapy and consultation. I work mainly remotely with adults as well as children and adolescents. As I look ahead to serving my community on Oahu I envision rich collaborations with colleagues and depth and mastery in the services I offer. Many adult clients have approached me with curiosity and hopefulness about the burgeoning field of psychedelic assisted therapy, an exciting frontier of mental health and addiction treatment. As a graduate student 15 years ago I conducted dissertation research on the positive therapeutic effects of psychedelic experiences. We know even more now about the benefits they offer and key factors of effectiveness. We have empirical research showing that psilocybin for example helps alleviate treatment resistant depression and other chronic mental health conditions. This same body of research has led to guidelines, protocols and training for administering these therapies in making them safe and effective. Psychedelic therapy, which combines non-ordinary states of consciousness with carefully guided preparation and integration phases, can help alleviate sometimes debilitating mental health conditions. Currently, clinicians and patients are denied a proven effective treatment option that by all indications can help change the brain. That's where you come in. It's time we move forward into this frontier by making it legal to administer substances like MDMA and psilocybin.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even

groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin. Please support this measure.

Mahalo,

Jadu Jagel, PsyD

HB-1340-SD-1

Submitted on: 4/3/2023 9:41:56 AM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Nanea Lo	Individual	Support	Written Testimony Only

Comments:

Hello,

My name is Nanea Lo. I'm born and raised in the Hawaiian Kingdom a Kanaka Maoli.

I'm writing in SUPPORT of HB1340 HD2 SD1.

I am writing in strong support of this measure, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

I personally have seen the benefits within myself in psychedelic therapies and believe everyone should have safe access to it as well.

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits of psychedelic therapies on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring safe medicines like psilocybin and MDMA 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 more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA and other psychedelic therapies. Groundbreaking initiatives in favor of psychedelic therapies—like the passage of Measure 109 in Oregon (2020) and Natural Medicine Health Act of 2022 in Colorado—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 these healing modalities. With mental health becoming a more present issue in our communities, everyone knows someone who stands

to benefit from access to psilocybin, MDMA and other psychedelic therapies. Please support this measure.

me ke aloha 'āina,

Nanea Lo, Mō'ili'ili

IN SUPPORT OF HB1340

My name is Amanda Lillibridge, I live in Kailua-Kona, Hawai'i and I am writing **in strong support of HB1340**, which will effectively expand access to psychedelics 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 **HB1340**. With aloha,

Amanda Lillibridge

HB-1340-SD-1

Submitted on: 4/3/2023 10:20:03 AM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
christina braddock	Individual	Support	Written Testimony Only

Comments:

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

My name is Christina Braddock, RN, BSN, CEN, NPc, I live in Hale'iwa, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

As a United States Army combat veteran, former military trauma nurse and medical officer, emergency first responder x 17 yrs, health care worker, and now caregiver to my 34 yo spouse with a severe traumatic brain injury I am writing to you in hopes you will allow my story to resonate with you to see why these essential plant medicines are needed desperately NOW. I have lost brothers and sisters in arms to suicide, I have taken care of one too many soldiers and veterans in the emergency dept at tripler army medical center and on overseas deployments, and have lost a dear best friend to my family to suicide in college, I need you to understand this is not a recreational debate, this is lives being taken due to mental health crisis and the pain sustained from war at home and abroad. We are living in a time that mental health does not discriminate, everyone is at risk. Mothers, children, the successful student, everyone is suffering and the time is now to allow us have access to therapeutic use of medicines that could help combat the traumas within. Victims of traumatic brain injury often lead to addiction, depression, and the number one reason they die- death by firearm. This is not a concern for "if the world is ready" it is essential NOW as we cannot afford to lose any more to suicide.

We have an obligation to help those who do not have a voice. We are losing more and more to suicide every single day. As an emergency nurse, medical professional, family member of TBI victim, we need to provide access to healing.

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 safe medicines like psilocybin and MDMA above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin and MDMA to be promising and even groundbreaking clinical treatments for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when

administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

These impressive results have led the U.S. Food & Drug Administration to grant both psilocybin and MDMA their Breakthrough Therapy designation to expedite research and potentially approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin, MDMA, and more. Please support this measure.

Mahalo,
Christina Braddock, RN, BSN, CEN, FNPc

HB-1340-SD-1

Submitted on: 4/3/2023 10:24:37 AM

Testimony for WAM on 4/4/2023 10:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Doora Shin	Individual	Support	Written Testimony Only

Comments:

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

My name is Doora Shin, and I am testifying in **strong support of HB1340**. I am a resident of Kaimuki / Mō‘ili‘ili, and I also serve as the Project Manager of Clarity Project, which advocates for legal access to therapeutic psilocybin and other psychedelic therapies in Hawai‘i. This measure will establish the Beneficial Treatments Advisory Council.

One thing to note is that we would like to ensure that the language in this bill includes past, current, and future breakthrough therapies. As it is written, it only includes future ones.

Federally, the FDA has twice granted psilocybin its [Breakthrough Therapy Designation](#) (in 2018 and 2019) for its efficacy in treating severe depression. It has also granted MDMA the same designation and is well on track to re-schedule both MDMA & Psilocybin for its medical benefits. This FDA designation expedites research of a substance and indicates that psilocybin offers substantial improvements over existing treatments. Given that 1 in 5 people in the U.S. suffer from a mental illness and that existing treatments are unreliable and often fail to provide relief, new therapeutic modalities must be explored.

Psilocybin and MDMA are examples of beneficial treatments that are safe, non-addictive, and effective ways to treat depression, PTSD, and other mental illnesses. The best estimates give them another 3 years or so before they are rescheduled federally and allowed to be prescribed and administered by medical professionals. Below are facts and research around psilocybin and MDMA as therapeutic treatments.

Psilocybin Overview:

- 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.

- 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.”)
 - 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. 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](#).
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The Science of Psilocybin & MDMA

Below are key findings from just a few of the many landmark research studies that demonstrate the efficacy of psilocybin treatment.

Psilocybin Decreases End-of-life Anxiety in Terminal Cancer Patients

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.

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.

MDMA-assisted therapy for severe PTSD: a randomized, double-blind, placebo-controlled phase 3 study

Mitchell, J.M., Bogenschutz, M., Lilienstein, A. et al. MDMA-assisted therapy for severe PTSD: a randomized, double-blind, placebo-controlled phase 3 study. *Nat Med* 27, 1025–1033 (2021). <https://doi.org/10.1038/s41591-021-01336-3>

- [In this study](#), the data indicates that MDMA-assisted therapy is highly efficacious in individuals with severe PTSD, and treatment is safe and well-tolerated, even in those with comorbidities. It concludes that MDMA-assisted therapy represents a potential breakthrough treatment that merits expedited clinical evaluation.

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.

Academic & Medical Institutions

In addition to the facts and research showing the safety and efficacy of psilocybin, MDMA and other psychedelic treatments in treating some of the most common mental illnesses, we also see a large number of academic institutions and medical hospitals opening up psychedelic research and healing centers. These include but are not limited to:

1. Yale Program for Psychedelic Science
2. The Johns Hopkins Center for Psychedelic and Consciousness Research
3. University of California: Berkeley Center for the Science of Psychedelics
4. Massachusetts General Hospital: Center for the Neuroscience of Psychedelics
5. The Center for Psychedelic Medicine at New York University's Department of Psychiatry
6. The Centre for Psychedelic Research at Imperial College in London
7. The Center for Psychedelic Research and Therapy at The University of Texas at Austin's Dell Medical School
8. Mount Sinai Icahn School of Medicine: Center for Psychedelic Psychotherapy and Trauma Research
9. Treatment & Research In Psychedelics (TRIP) program at Pacific Neuroscience Institute
10. University of Wisconsin: Transdisciplinary Center for Research in Psychoactive Substances

Conclusion

As you can see, the movement to create safe therapeutic access to psilocybin, MDMA, and other psychedelic therapies is one that is growing across cities, states, at a federal level, and within academic and medical institutions. The passage of HB1340 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, anxiety, and more. That's why we support this bill, and we ask that you pass this bill so we can adequately prepare Hawai'i to offer safe access to these therapeutic options for those who need it.

Thank you for your consideration of this testimony in support of HB1340. I can be available for any questions.

Mahalo,
Doora Shin
Community Member and Project Manager of Clarity Project
team@clarityproject.org