



STATE OF HAWAII  
DEPARTMENT OF HEALTH  
KA 'OIHANA OLAKINO  
P. O. Box 3378  
Honolulu, HI 96801-3378  
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**Testimony COMMENTING on HB1340  
RELATING TO MENTAL HEALTH.**

REP. DELLA BELATTI, CHAIR  
HOUSE COMMITTEE ON HEALTH & HOMELESSNESS

Hearing Date: February 15, 2023

Room Number: 225

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

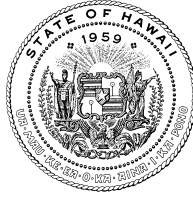
2 **Department Testimony:** The Department of Health (DOH) considers it premature to establish a  
3 council to assess current research and practice and to develop a strategic plan to ensure the  
4 availability of therapeutic psilocybin, psilocybin-based products, and  
5 methylenedioxymethamphetamine (MDMA). DOH recommends amendments that authorize the  
6 establishment of such a council after approval from the US Food and Drug Administration  
7 (FDA).

8 Furthermore, the proposed council is to advise the Department of Health, but as a matter of  
9 standar practice the department internally reviews new treatments that may benefit DOH  
10 consumers based on the best available data. A new statutorily created entity is not necessary for  
11 DOH to perform this basic function.

12 If this measure moves forward, representatives from research universities and law enforcement  
13 may have valuable perspectives and should be considered.

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

15



EXECUTIVE CHAMBERS  
KE KE'ENA O KE KIA'ĀINA

JOSH GREEN, M.D.  
GOVERNOR  
KE KIA'ĀINA

**House Committees on Health and Human Services**  
Wednesday, February 15, 2023  
9:30 a.m.  
State Capitol, Conference Room 329 & Videoconference  
**In Strong Support of**  
**H.B. No. 1340, Relating to Mental Health**

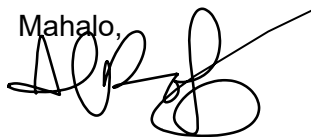
Aloha Chair Au Belatti and Vice Chair Takenouchi and committee members:

The Office of the Wellness and Resilience (OWR) in the Governor's Office **STRONGLY SUPPORTS** H.B. No. 1340, Relating to Mental Health.

Established through Act 291, Session Laws of Hawai'i 2022, OWR will address barriers and build wellness and resilience through trauma-informed, strengths-based strategies and support agencies in their reform efforts to address trauma-informed care and move toward a collaborative, shared purpose of collective system reform.

Research being conducted on use of alternative therapies to treat mental health disorders has shown promising outcomes. Having the discussion in our state will assist in making data informed decisions on how we should address and resource attention on complex social issues, like mental health. This advisory council can provide an ongoing venue to have the continuous conversation so when new therapies become known, the review of literature can occur through this mechanism and issues don't go unaddressed.

As negative impacts of the COVID-19 pandemic continue to show up in our daily lives, promising interventions for mental health disorders should be included in conversations relating to trauma. The OWR supports the purpose of HB1531 to establish a Beneficial Treatments Advisory Council to review mental health treatment information.

Mahalo,  


Tia L R Hartsock, MSW, MSCJA  
Executive Director, Office of Wellness & Resilience  
Office of the Governor



**Testimony in Support of Measure (Beneficial Treatments Advisory Council)**

[SB1531](#) / [HB1340](#)

Committee Hearing | 2023 Legislative Session

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

My name is Ashley Lukens. For the past 17 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 **HB 1340**, a bill which begins an important conversation around therapeutic access to psilocybin in Hawaii. For the past 3 years you have advanced similar measures out of this committee and I'm hoping you do so again today.

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 and MDMA are proving 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 both psilocybin and MDMA their Breakthrough Therapy designation for treatment-resistant depression.

As a trained political scientist, I can also confirm that State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA, and other medicines. Citing this research, groundbreaking initiatives in favor of these therapies are occurring at all levels of government, private and public research institutions, and throughout mainstream society. Oregon has just launched its Oregon Psilocybin Services with the State's Oregon Health Authority, which licenses & regulates psilocybin for therapeutic use. And Colorado voters just voted to approve the decriminalization and legal therapeutic use of

psilocybin and other psychedelics. Many expect California, Vermont, Washington and New York to follow suit. [Decriminalization of psilocybin](#) and other psychedelics has already been approved in at least 15 counties across 5 states, including California, Massachusetts, Michigan, Washington, and Washington D.C.

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. Please support this measure.

Mahalo for your time,

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

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

My name is Oriana Filiaci, I live in the ahupua'a of Honolulu on the island of O'ahu and I am writing in support of HB1340, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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.

With mental health becoming a more pressing issue in our communities, we all know someone who stands to benefit from access to these efficacious therapies. Please support this measure.

Mahalo,

Oriana Filiaci, MA  
*Director of Admissions & Cultural Programming*

**soundmind**



# Hawai'i Psychological Association

*For a Healthy Hawai'i*

P.O. Box 833  
Honolulu, HI 96808

[www.hawaiipsychology.org](http://www.hawaiipsychology.org)

Phone: (808) 521-8995

## COMMITTEE ON HEALTH & HOMELESSNESS

**Rep. Della Au Belatti, Chair**

**Rep. Jenna Takenouchi, Vice Chair**

February 15, 2023 9:30 A.M. - VIA VIDEO CONFERENCE – ROOM 329  
TESTIMONY IN SUPPORT OF HB 1340, RELATED TO THERAPEUTIC PSYCHEDELIC  
MODALITIES

The Hawaii Psychological Association supports support of HB1340, 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 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 Posttraumatic 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 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 present issue in our communities, everyone knows 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 Yickton, Ph.D.*

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



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## COMMITTEE ON HEALTH & HOMELESSNESS

**Rep. Della Au Belatti, Chair**

**Rep. Jenna Takenouchi, Vice Chair**

February 15, 2023 9:30 A.M. - VIA VIDEO CONFERENCE – Rm 329

### **The Hawai'i Psychological Association (HPA) supports HB1340 RELATING TO MENTAL HEALTH**

The Hawaii Psychological Association supports HB1340, 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 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 Posttraumatic 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 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 present issue in our communities, everyone knows 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.

Chair, HPA Legislative Action



**HB-1340**

Submitted on: 2/13/2023 8:13:59 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

Aloha Chair Belatti, Vice Chair Takenouchi 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 HB1340, 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

**HB-1340**

Submitted on: 2/14/2023 7:21:23 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Dave Pollmiller	Harvest Garden LLC	Support	Written Testimony Only

Comments:

Committee Hearing | 2023 Legislative Session

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

My name is Dave Pollmiller, I live in Makawao, Maui, and I am writing **in strong support of this measure**, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

Psychedelic mushrooms have positively impacted my life and the lives of many people close to me. Looking forward to living in a state that recognizes the usefulness and safety of this natural medicine.

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

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

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

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

Mahalo,

Dave Pollmiller

Founder & CEO Harvest Garden LLC and Tropical Fungi Academy

**HB-1340**

Submitted on: 2/13/2023 3:04:53 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Lauren Adler	Individual	Support	Written Testimony Only

Comments:

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

My name is Lauren Adler, I am a board certified Family Nurse Practitioner licensed in Hawaii. I live in Kailua-Kona and I am writing in strong support of HB1340.

As a nurse practitioner, I have witnessed the devastating impact of mental health disorders on my patients and their families. The mental health crisis in the United States is reaching epidemic proportions, with nearly 1 in 5 adults experiencing mental illness in any given year. Traditional treatments, such as medication and talk therapy, can be effective for some, but not for everyone. In fact, many of the pharmaceutical options available are not only ineffective for many of my patients, they cause serious adverse events and other health complications. Some even have black box warnings, such as suicide ideation. The last thing any provider wants to do is cause more harm or suffering to someone who is already experiencing such mental anguish. It is heart shattering and simply exhausting. Mental health providers are becoming increasingly sparse and I can personally testify that I left my position as a mental health prescriber in less than a year because of the lack of quality options for my patients and the toll it took on me as I listened to some of the horrific adverse events of medications I had prescribed. There are, of course, many medications that do help, and this testimony does not discount them.

As healthcare providers, it is our duty to stay up-to-date on the latest advancements in the field and to provide our patients with the best possible care. The current mental health crisis demands that we explore all available options and utilize every tool at our disposal to help our patients recover. That's why I strongly support the integration of medical-assisted psilocybin therapy into our treatment arsenal.

I believe that medical-assisted psilocybin therapy has the potential to revolutionize the way we approach mental health treatment. Recent studies have shown that psilocybin, the active ingredient in "magic mushrooms," can provide rapid and sustained relief for patients with depression, anxiety, and other mental health conditions. In fact, a 2020 study published in the

Journal of Psychopharmacology found that two-thirds of patients with treatment-resistant depression had a significant reduction in symptoms after just two doses of psilocybin.

A 2015 proof of concept study by Bogenschutz and Johnson found that psilocybin-assisted therapy was well-tolerated and did not result in any serious adverse events among patients with alcohol dependence. The authors concluded that psilocybin shows promise as a safe and effective treatment for substance use disorders.

While this study provides evidence of the safety of psilocybin in a clinical setting, more research is needed to fully understand the potential risks and benefits of psilocybin-assisted therapy.

With mental health becoming a more present issue in our communities, all of us are affected by the devastating toll it takes, and everyone knows someone who stands to benefit from access to therapeutic psilocybin. Please support this measure.

Mahalo,

Lauren Adler NP-C

## 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, 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. I believe the question that legislative representatives must ask themselves is, "Do I want to be part of the healing that could happen for the people of Hawaii, or will I choose for them to wait?" 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**

Submitted on: 2/13/2023 3:50:17 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Robert Patterson	Individual	Support	Written Testimony Only

Comments:

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

My name is Robert Patterson, I live in Honolulu, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

The State of Hawaii should establish the Beneficial Treatments Advisory Council for the following reasons:

- 1. Improving the Quality of Mental Health Care:** A Beneficial Treatments Advisory Council can help improve the quality of mental health care by reviewing and evaluating the latest evidence-based treatments and making recommendations for their use. This can ensure that patients receive the most effective treatments available and improve health outcomes.
- 2. Encouraging Evidence-Based Practices:** The Advisory Council can help promote the use of evidence-based practices by advising the Department of Health on the most effective treatments for mental health conditions. This can help to reduce the use of ineffective or harmful treatments and promote the use of treatments that have been proven to be effective.
- 3. Providing a Forum for Expert Opinion:** The Advisory Council can provide a forum for experts in the field of mental health to share their knowledge and expertise. This can help to ensure that the latest research and knowledge are taken into consideration when making decisions about mental health treatments.
- 4. Improving Access to Effective Treatments:** The Advisory Council can help to improve access to effective treatments by advising the Department of Health on which treatments should be made available to patients. This can help to ensure that patients are able to access the treatments they need to improve their mental health.
- 5. Encouraging Collaboration and Coordination:** The Advisory Council can encourage collaboration and coordination between different stakeholders, including healthcare providers, researchers, and patient advocacy groups. This can help to ensure that the best interests of patients are taken into consideration when making decisions about mental health treatments.

Providing Independent Advice: The Advisory Council can provide independent advice to the Department of Health, free from any commercial interests or conflicts of interest. This can help to ensure that the advice given is impartial and based solely on the best interests of patients.

With health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to Beneficial Treatments. Please support this measure to enable the DOH and State of Hawaii to review mental health treatment information and advise the Department of Health.

Thank you,

Robert Patterson



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

2-13-2023

I am a board certified psychiatrist testifying in support of:  
**HB1340 RELATING TO MENTAL HEALTH**

Psilocybin has been found to have great success in reducing the prevalence of suicide thoughts and in curing depression, that the FDA has declared it a “breakthrough therapy.” Likewise MDMA has been proven superior to all known treatments for post traumatic stress disorder. Other indigenous treatments, such as ayahuasca, are effective and already legal, however there are no therapeutic treatments centers that Hawaii’s DOH can officially recognize as safe places for people to get treatment.

In my clinic I treat a high volume of suicidal or depressed individuals who have failed standard treatments. They clamor for official info, or places where they can pursue these treatments under the supervision of a physician.

There is a great unmet need for Hawaii’s legislature and DOH to inform patients and not leave them in the dark.

And to officially endorse some of these substances and provide the public with information on facilitated locations to pursue treatment.

Physicians cannot recommend these substances since they are still Schedule I, which means “no medical use.” Which data has shown is false. (As with cannabis, we know this is false, as was decided as early as 2000.)

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

Some patients have committed suicide while they wait for the long, slow research to play out.

Keep in mind that most standard antidepressants can actually increase the risk of suicide. And 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 their legislators to advocate for their optimal health, by allowing an advisory council for these substances, to get ahead of federal outdated laws forbidding their use medicinally.

Cordially,

Thomas Cook, M.D.

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

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

**HB-1340**

Submitted on: 2/13/2023 4:43:31 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

Aloha,

My name is Dylan Ramos and I am testifying in strong support of HB1340. I was born and raised in Honolulu, but during my time in different states, I have seen firsthand the positive impacts psychedelic medicines have had on people with serious physical and mental health issues. Not only have many of these often plant-based medicines been used safely and effectively throughout history, but modern research from around the world, including the United States, has shown major clinical benefits and proven the feasibility and effectiveness of policy reform.

Mahalo,  
Dylan Ramos  
96816

## **HB-1340**

Submitted on: 2/13/2023 5:21:43 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

Aloha Chair Belatti, Vice Chair Takenouchi, and Members of the HLT Committee,

My name is Doorae 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.

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.

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### **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](#).
- 

## **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.

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### **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

**HB-1340**

Submitted on: 2/13/2023 5:22:40 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Erin Conway	Individual	Support	Written Testimony Only

Comments:

Aloha,

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

My name is Erin, I live in Nuuanu in Oahu, and I am writing in strong support of this measure that permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

I have personally had family members affected by diseases that changed their life's and made them completely different people than they once were. Some diseases too familiar with me include PTSD and Depression. My loved ones who are longer with us were not given the option of psychedelic medicine to treat them, instead given Prozac Zoloft and other medicine that did not help them. I'm not saying I don't believe in modern medicine, but I do believe there are other alternatives we can try first.

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. Please support this measure.

Mahalo,

Erin Conway

**HB-1340**

Submitted on: 2/13/2023 5:51:44 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Bodhi Calagna	Individual	Support	Written Testimony Only

Comments:

I have profoundly been helped through Psychedelic Assisted Therapy with Psilocybin and would like to see this available in Hawaii. I'm fortunate enough to use this medicine in Colorado, and I think more people deserve access to this medicine in our country. My mental health has improved personally, as well as the clients I serve with this medicine. Access to mental health care matters and I know first hand how life changing this can be for folks suffering from depression and ptsd. I fully support this.

**HB-1340**

Submitted on: 2/13/2023 5:56:25 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

This will help

**HB-1340**

Submitted on: 2/13/2023 5:56:50 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Deborah Umiamaka	Individual	Support	Written Testimony Only

Comments:

I strongly support HB1340.

Mahalo,

Deborah Umiamaka

**HB-1340**

Submitted on: 2/13/2023 6:06:41 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Randy Gonce	Individual	Support	Written Testimony Only

Comments:

Strong Support

**HB-1340**

Submitted on: 2/13/2023 6:13:32 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Christina N Braddock, RN, BSN, CEN, NPc	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Christina Braddock, RN, BSN, CEN, NPc, I live in Haleiwa, Hawaii 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**

Submitted on: 2/13/2023 7:09:35 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

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

My name is xx, I live in Alewa Heights, Oahu and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments 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 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,  
Thuy Huynh, MD

**HB-1340**

Submitted on: 2/13/2023 7:40:03 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Robin Martin	Individual	Support	Written Testimony Only

Comments:

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

My name is Dr. Robin Martin, I am a psychiatrist who trained and now practice in Honolulu, and am also assistant clinical faculty with the Department of Psychiatry at UH, and I am in strong support of HB1340 which will establish the Beneficial Treatments Advisory Council.

In my profession I see on a daily basis the significant mental health challenges our state is facing, and the limitations in our current treatment paradigms. Major depression is becoming the leading cause of disability worldwide, and with only 1-2 thirds of these folks getting significant benefit from typical medication and therapy approaches. PTSD impacts 5% of the population with many whom are not helped with standard therapies. We are in desperate need of new approaches.

More and more clinical trials are being run in major research institutions and published in top tier medical journals, showing psilocybin and MDMA assisted therapy to be a promising and even groundbreaking clinical treatment for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and PTSD. These treatments are typically done in supervised clinical settings combined with psychotherapy

The FDA has granted psilocybin and MDMA breakthrough therapy designation , which is designated for **a drug that treats a serious or life-threatening condition** and preliminary clinical evidence indicates that the drug may demonstrate substantial improvement on a clinically significant endpoint(s) over available therapies.

Many municipalities around the country and around the world are moving forward with making these treatments available to the patients who need it most. Hawaii should not fall behind in bringing innovative and effective treatments to its people. This bill is an important step in that direction.

Please support this measure.

Mahalo,

Dr. Robin Martin

**HB-1340**

Submitted on: 2/13/2023 7:44:07 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

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

My name is Nicci Herron, I live in Kona on Hawai'i, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments 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 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,  
Nicci Herron

**HB-1340**

Submitted on: 2/13/2023 8:13:59 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

Aloha Chair Belatti, Vice Chair Takenouchi 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 HB1340, 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

**HB-1340**

Submitted on: 2/13/2023 8:44:37 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Nicole Loria	Individual	Support	Written Testimony Only

Comments:

After 23 years of being on antidepressants for an anxiety disorder and persistently failing to wean off them because of the terrible withdrawal symptoms, I was ready to give up and surrender to what all psychiatrists and primary care providers would tell me: you probably need to take them for the rest of your life. Doctors were quick to prescribe but completely unprepared to guide me through the weaning process. Psychedelic therapy, psilocybin in particular, was the only thing that gave me hope. Through microdosing, I have been able to successfully wean off completely. I experience much less anxiety, more focus and clarity. I never thought this would be possible for me. I think everyone deserves to have safe, legal access to psychedelics for mental disorders.



**HB-1340**

Submitted on: 2/13/2023 8:54:16 PM

Testimony for HLT on 2/15/2023 9:30:00 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 will establish the Beneficial Treatments Advisory Council.

My daughter just received her PhD in psychology with her dissertation the experience of veterans with apost 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 bill 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 this measure.

Mahalo,  
Ruta Jordans

**HB-1340**

Submitted on: 2/13/2023 8:57:07 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Katherine Kitchen	Individual	Support	Written Testimony Only

Comments:

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

My name is Katherine Kitchen, I live in Kaimuki, Oahu, and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

I have had 16 years of experience with psilocybin, and I believe it has helped my life tremendously. My perspectives about myself and my life become more positive, open, compassionate, and calm. I have seen this effect on many others as well. It is a life-changing experience. I have never heard of anyone developing an addiction or substance problem with it either. I believe with professional, and a safe environment people would be able to experience the benefits even more, with even fewer risks. There are few, certainly much fewer than alcohol.

I hope you hear more stories from these life changing experinces as well as see the numorus science based studies/ data to support it.

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 this measure.

Mahalo,

Katherine Kitchen

**HB-1340**

Submitted on: 2/13/2023 9:28:23 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Amelia Morgan-Rothschild	Individual	Support	Written Testimony Only

Comments:

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

My name is Amelia Morgan-Rothschild and I live in Haiku on Maui and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

As a Licensed Psychotherapist here in Maui, I am very much in support of utilizing psilocybin, MDMA and other psychedelics in my practice to help clients heal from PTSD, Depression, Anxiety, and Addiction. I believe in these therapies whole heartedly. I'm also in the process of being trained to offer these therapies safely to the community.

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,  
Amelia Morgan-Rothschild



**HB-1340**

Submitted on: 2/13/2023 9:28:36 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Mariah Moncada	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Mariah Moncada, I currently live in Portland, Oregon. From the years of 2013-2017, I lived in Waimanalo, Mānoa, and Kahalu‘u on Oahu. I graduated from the University of Hawaii at Mānoa with an interdisciplinary studies degree titled Community-Based Healthcare, which had a focus on public health, ethnobotany, and la‘au lapa‘au (traditional Hawaiian medicine). I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

After years of experiencing how psychedelics can be beneficial to others in my community and also myself, I have been inspired to hold space professionally for others to similarly have opportunities for profound healing and transformational experiences. After Oregon’s passing of Measure 109 in 2020, and the implementation in early 2023, I am now enrolled in a Psilocybin Service Facilitator training program so that I may dedicate my time to holding safe space for others to have meaningful experiences and opportunities to heal ailments that might not benefit from other healing modalities alone. Current mental health treatment options certainly have a role to play in helping people heal, but often talk therapy or pharmaceuticals have encountered road blocks in how far they can take a patient and also how quickly. Psychedelics have often served as a catalyst for processing mental health conditions in a series of sessions instead of years and years of talk therapy and adjustments of pharmaceutical cocktails to find just the right match. Time is an especially potent topic to take into consideration in making mental health care accessible and equitable. There will be individuals who may not have the luxury of time to be able to dedicate weekly or monthly therapy sessions over a series of years to process their conditions. It is important to consider the people who may have intensive work schedules, or people who have families with young children where organizing the time to take away from the family can be challenging. Additionally, if those parents or caretakers were able to address their conditions early on there is potential for their family members to benefit from their caretaker’s ability to work through their anxiety, depression, traumas, and so on and so forth. This leads to more opportunities over the duration of the relationship for positive ways of relating. This is impactful for the individual, the family, and also the general community at large. In Oregon's measure we are not limited to psilocybin usage for strictly therapeutic or medicinal purposes, but it is undeniable the role psilocybin will play in helping people process their conditions and come out on the other side of the session with new perspectives and understandings of their mental health and personal empowerment. Having access to psilocybin could be some people’s most promising tool to help find mental peace, clarity, wellbeing, and self actualization.

While psilocybin is what I am currently specializing in due to Oregon laws, I would gladly be holding space for MDMA sessions if that substance would have been included in the measure. MDMA has incredible healing potential not only for individuals but also for interpersonal relations. When we fortify ourselves and our relations not only do we personally benefit from the outcomes, but so does our community at large as bonds are deepened.

Both of these substances and other psychedelics once had an opportunity to be used in therapeutic research decades ago with positive results. We must remember that the research of the past came to a grinding halt due to the establishment of the “war on drugs.” We must think critically about the war on drugs, and consider perhaps it was not a reaction to the substances themselves but instead a knee jerk response to a moral panic induced by counterculture and marginalized communities of the time. The war on drugs was made to seem like a righteous/puritan/superior choice, but was seemingly a thinly veiled excuse to assert dominance over people who were not white or in a middle or upper class. If we had seen the war on drugs implemented in an equal way across races and social classes since the implementation of the war on drugs, perhaps we would have already seen a change or lifting of those policies by now at a federal level. I think it is time to transcend this fear driven stigmatization and review the results from research of the past and present to make informed decisions about how we can best serve ourselves and our communities going forward.

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 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,

Mariah Moncada





**HB-1340**

Submitted on: 2/13/2023 9:44:56 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Raphiell Nolin	Individual	Support	Written Testimony Only

Comments:

I am in strong support of HB1340

**HB-1340**

Submitted on: 2/13/2023 9:54:26 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Kristina Rodriguez	Individual	Support	Written Testimony Only

Comments:

**Testimony for HB1340**

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

My name is Kristina Rodriguez, I live in Kihei, Maui and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

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.

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. Many sexual abuse survivors suffer from PTSD.

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,  
Kristina M. Rodriguez, RN-BSN

**HB-1340**

Submitted on: 2/13/2023 10:15:51 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Appelusa	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Appelusa, I live in Koloa, Kauai, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

In 2020 I was diagnosed with an environmental illness while living in California with my husband who was born and raised on Kauai. It took many years to diagnose this mysterious and relatively unknown systemic chronic illness. A neuroquant MRI brain scan showed moderate brain inflammation. After several years of suffering from chronic fatigue, hair loss, nail issues, gut issues, POTS, mast cell activation, and edema, I became quite depressed. I found a support team of doctors and functional medicine professionals who specialize in environmental illness. I changed my diet, lifestyle, living situation, and treated the toxicity for two years. During this time my nervous system had become dysfunctional. Re-wiring one's brain and nervous system takes dedication in healthy lifestyle choices such as meditation, breathwork, and mindfulness. While all of this was helpful in my progress, the depression and nervous system disfunction persisted. It wasn't until I tried microdosing psilocybin that I began to notice changes in the way I felt and perceived the world around me, and my healing process. My depression faded and I was able to finish healing more rapidly. With this personal experience of the benefits of psilocybin on the re-wiring of the brain and nervous system, I have decided to attend grad school in mental health counseling so that I may help others who may be going through similar situations.

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 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 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,

Appelusa

## IN SUPPORT OF HB1340

Aloha members of the committee,

My name is Amanda Lillibridge and I am writing **in strong support of this measure**, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state., 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 **HB1340**. With aloha,

Amanda Lillibridge

February 13, 2023

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

My name is Blaine Williams and I am a board certified emergency physician practicing in Honolulu. I am writing in **strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

There is a growing body of scientific literature demonstrating that many substances classified broadly as “psychedelics,” including psilocybin and MDMA, have incredible potential to help people heal from PTSD, chronic pain, addiction, depression, various anxiety disorders, and existential suffering related to terminal illnesses. Much of this research is being published in reputable journals, performed by well-respected scientists and physicians, and conducted at top universities and medical schools, such as Johns Hopkins, Yale, NYU, Duke, the University of Alabama, UCLA, UC Berkeley, University of Washington, Imperial College London, and many others.

Oregon and Colorado are already moving to allow safe, legal use of psilocybin and similar psychedelics. Approximately 20 states now have proposed measures or legislative working groups to change their state laws regarding psilocybin and related substances. Additionally, many municipalities in the U.S. have declared possession of psilocybin and other psychedelics a “low priority” for law enforcement, including Seattle Washington, Berkeley and Oakland California, Ann Arbor and Detroit Michigan, and even Washington D.C. The Canadian government has essentially decriminalized psilocybin and regions within Canada are working to allow legal therapeutic use. Two weeks ago, the Australian government declared that Australian physicians could start using MDMA and psilocybin legally as medicines later this year.

Although I am not a psychiatrist, in the last 13 years, I have treated thousands of patients with substance abuse problems and acute psychiatric conditions. This includes overdoses and withdrawal from alcohol or other drugs. As well as various anxiety disorders such as people who have panic attacks, people acutely depressed who are often suicidal, bipolar mania, schizophrenia and other mental health conditions. Substance abuse and mental anguish commonly go hand in hand.

Additionally, patients with advanced cancer, and other terminal illnesses, often end up coming to the ER repeatedly out of desperation, usually focusing on physical



symptoms, such as pain, which is why so many of them end up addicted to opiates in their final days. On average, I see 1-2 patients with advanced cancer on any given shift. I know that for many of these people the real problem is that they are suffering from an existential crisis, traumatized, anxious and depressed by their diagnosis and impending death. Unfortunately, the current mainstream medical model does not address existential suffering and we usually just numb these people into complacency with opiates (such as oxycodone) and benzodiazepines (such as Valium). It is tragic, and it strikes me as dishonest to say we live in a free society when our government denies citizens sovereignty over their own minds and would thwart an individual's self-determined drive to heal emotionally and spiritually in their final days.

Psilocybin and MDMA have both been granted "breakthrough therapy" status by the FDA, although they are both still illegal and classified as "Schedule 1" under the DEA. MDMA is unquestionably the most effective treatment for severe PTSD, and it also seems promising for treatment resistant depression, end of life anxiety, and couples therapy. Psilocybin seems especially promising for the treatment of severe depression, anxiety disorders, some addictions, as well as depression and anxiety specifically related to having a terminal illness. Psilocybin may even help patients with chronic pain conditions and traumatic brain injuries.

Many current treatments for addiction and mental illnesses are inadequate with large percentages of people remaining "treatment resistant." Psilocybin, MDMA, and other related medicines have incredible potential to help people heal psychologically, emotionally, and spiritually. These medicines are safe and many studies have already demonstrated impressive results for treating a range of conditions. Too many Hawai'i citizens are needlessly suffering and would benefit from safe and legal access to these medicines. The Beneficial Treatments Advisory Council could be instrumental to help ensure the state remains progressive in our approach to treating mental illness and addiction. Thank you so much for your time and consideration.

Sincerely,

A handwritten signature in black ink, appearing to read "A. Blaine Williams". The signature is fluid and cursive, with a long horizontal stroke at the end.

A. Blaine Williams, M.D.

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

808.798.1176

**HB-1340**

Submitted on: 2/14/2023 1:22:36 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Benjamin Lillibridge	Individual	Support	Written Testimony Only

Comments:

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

**My name is Benjamin Lillibridfge, I live in Keopu Makai, Holualoa, Kona Hawai'i, and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.**

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

**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 this measure.**

**Mahalo,**

**Benjamin Lillibridge**

**Founder & CEO of Mālama Mushrooms**

**HB-1340**

Submitted on: 2/14/2023 8:00:05 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

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

Comments:

**Strongly support**

**HB-1340**

Submitted on: 2/14/2023 8:37:53 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Travis Smith	Individual	Support	Written Testimony Only

Comments:

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

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

I have friends and family members of friends who have participated in treatments with psilocybin for anything from PTSD to end of life transitions. Their experiences were deep, profound, and incredibly effective at allowing them to grow through their various illnesses and traumas.

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,  
Travis Smith



**HB-1340**

Submitted on: 2/14/2023 9:01:21 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Tristan Cummins	Individual	Support	In Person

Comments:

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

My name is Tristan Cummins, I live in Pacific Heights on Oahu, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

My extended family suffered the tragic loss of three people during the pandemic. These were related to mental health issues and not Covid. We lost my cousin Kyle to opioid addiction and my aunt Beau and cousin Jack to a tragic incident related to scizophrenia. It's time to end the Nixon era prohibition on these substances. All of the research happening at top tier universities around the world point in a promising direction. Our current understanding of the brain and mental health could not save my family members. The committed professionals that have dedicated their lives to the mental health field deserve to have access to these new promising tools. We as a society must push forward and help those that are suffering and we need new tools and understanding to do so. Please support this bill.

I chose to create a short film about this topic with a local Vietnam veteran suffering from PTSD and his son. I have a video production company here in Honolulu. I was moved to action by the loss of my family members.

Short Film - <https://www.wakefulstate.com/renewed-stories-of-psychedelic-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,  
Tristan Cummins



**HB-1340**

Submitted on: 2/14/2023 9:08:50 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Sunny Savage	Individual	Support	Written Testimony Only

Comments:

In strong support!

**HB-1340**

Submitted on: 2/14/2023 9:29:24 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
SyriSSa Sacca	Individual	Support	Remotely Via Zoom

Comments:

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

My name is SyriSSa Sacca, I live in Hakalau, Hawai'i and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

I have been fortunate to study with Indigenous elders and communities around the world over the years as an herbalist. We have opened Botanical Bars around NYC and I have consulted many clients here in Hawaii as well. These natural medicines are allowing us to dive deep into leading illness today while also aligning the body mind and spirit.

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 this measure.

Mahalo,

Syrisa Sacca

Founder of E Lūmīna Energetics

**HB-1340**

Submitted on: 2/14/2023 10:10:06 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Dani Douglass	Individual	Support	Written Testimony Only

Comments:

February 14, 2023

Aloha Chair, Vice Chair, and Members of the Senate Committee on Health and Human Services,

My name is Dani Douglass and I live in Makiki on Oahu. I'm writing to you in strong support of HB1340, which will establish a beneficial treatments advisory council. As someone who struggles from treatment-resistant major depression, I'm hopeful that I could soon have access to therapeutic psilocybin. I've been suicidal on more than one occasion in my life and have tried numerous types of anti-depressants to no avail and on the contrary, became sicker and more desperate as time went on. The most distributing thing is that these medications are outdated and take several weeks to take effect if the patient will even find relief. When you are struggling just to stay alive day in and day out, time is of the essence.

I'm sure you have seen recent headlines about the initiatives in favor of therapeutic psilocybin that are occurring nationwide, including Oregon's new therapeutic psilocybin program, which just launched this year, along with Colorado and recently decriminalizing and partially legalizing psilocybin, in addition to counties across the nation decriminalizing psilocybin and other similar psychedelics. Just a couple of weeks ago, Australia legalized psilocybin, along with MDMA, for treating treatment-resistant depression and post-traumatic stress disorder.

There is much scientific research coming to the forefront, from very reputable organizations including Johns Hopkins, UC San Francisco, and UC Davis, about the positive benefits psychedelics, or plant medicines, have on the brain and body of individuals that are struggling with a host of mental issues, ranging from PTSD and depression to anxiety and addiction. These studies all agree that psilocybin is a natural, effective, safe and non-addictive treatment option for depression and anxiety, especially when it is given in a clinical setting. The U.S. Food & Drug Administration has twice designated psilocybin as a "breakthrough therapy" for treatment-resistant depression.

Because of these increasing studies and a growing interest to once again use psilocybin to treat a variety of mental health disorders, it's important that scientists and medical professionals work with policymakers to bring plant-based medicines, like psilocybin, above ground for therapeutic use.

We're experiencing a mental health crisis in our community. The latest report from Mental Health America reports that 50 million Americans, or 21%, are experiencing a mental illness. I believe that everyone knows someone who stands to benefit from access to therapeutic psilocybin. I look forward to a time when I'll be able to access these therapies for my depression and be able to refer my friends and family to access them as well. Please help Hawaii lead the country with access to these therapies for the countless individuals who are struggling.

Mahalo,  
Dani Douglass

**HB-1340**

Submitted on: 2/14/2023 11:27:36 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Russell Hill	Individual	Support	Written Testimony Only

Comments:

I am a local physician that has worked in the safety net of the ER for the past 15 years. Of all the wholes we have in our system mental health and addiction affects the most vulnerable and also has the least resources. I have been contemplating opening a psychedelic therapy program and clinic and would welcome the use of additional medications beyond ketamine. Psilocybin and MDMA would be valuable tools with accredited research for individuals and couples. As this field develops I would hope that Hawaii would be at the forefront in offering this healing modality to patients.

**HB-1340**

Submitted on: 2/14/2023 11:51:53 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Sean Lester	Individual	Support	Remotely Via Zoom

Comments:

**Please place as testimony for: Testimony in strong favor of HB1340**

Aloha HLT Chair and members,

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

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

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

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

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

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

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

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

Mahalo,

Sean Lester

Maui, Hawaii



**HB-1340**

Submitted on: 2/14/2023 12:32:11 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Andrea Kaplan	Individual	Support	Written Testimony Only

Comments:

Aloha Chair Belatti, Vice Chair Takenouchi, and Members of the Committee,  
My name is Andrea, I live in Waialua, Oahu, and I am writing in strong support of HB1340, which will establish the Beneficial Treatments Advisory Council.

I am a Registered Nurse currently on track to become a practitioner who will use Ayurvedic/traditional Hawaiian medicine and I hope to incorporate alternative plant medicines and therapies such as psilocybin and MDMA as more holistic treatments for my patients. There are clinics and established healers around the world that have shown the great benefits patients receive from these modalities, and many of my own patients have told me personally of their reduction in anxiety and depression since using these medicines. I, too, have personally encountered far less anxiety and mental illness (disordered eating) via expanded understanding of self after taking a dose of these medications in a safe space. Safe spaces are easy to create with the right leaders and I have great hope that there will be more healers who want to be trained to hold this space as I and my communities in many different regions of the world already are planning for this privilege. It would be an honor to serve the community in such a way and at the forefront of this exciting new time.

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 nui loa, Andrea



**HB-1340**

Submitted on: 2/14/2023 1:20:11 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Zachary Kamen	Individual	Support	Written Testimony Only

Comments:

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

My name is Zachary Kamen, I was born and raised on the south shore of Kauai and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

We as people need to excel and push forward with new trials and tribulations in the search of health and wellness for our people. Studies have been shown that these substances have huge positive impacts to others and I think it would be beneficial for the state of Hawaii to follow in the footsteps of other pioneers.

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,  
Zachary Kamen



**HB-1340**

Submitted on: 2/14/2023 3:05:04 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Michael EKM Olderr	Individual	Support	Written Testimony Only

Comments:

We are in a mental health crisis, we have been for decades. We have been slow to address this, so its about time the department of health encorporate more ways to get better mental health treatment. I support this bill and encourage the committe to continue explore options to normalize and advance mental health treatment.

**HB-1340**

Submitted on: 2/14/2023 3:37:18 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Cori Chong	Individual	Support	Written Testimony Only

Comments:

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

My name is Cori, I live in Honolulu, HI, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

We all know someone who is depressed, anxious, and struggling, who could benefit immensely from psychedelic therapy. I have seen and experienced firsthand the detrimental consequences of mental illness in both my friends and family. So much human suffering and mental anguish could be alleviated with psychedelic medicine. Research studies have found that psilocybin-assisted therapy can lead to significant improvements in mood and quality of life, even in treatment-resistant cases. Psilocybin has shown promise in helping individuals with mental health challenges, including some of my friends and family members who have found relief through its use. I've talked with doctors and other mental health professionals who agree that SSRIs are not effective enough. There needs to be another tool available in their tool kit.

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,

Cori

Dear Chair Belatti, Vice Chair Takenouchi, and committee members:

I strongly support HB 1340 and urge the committee to pass this bill and help people heal.

The use of psilocybin has been a key component to my healing journey from child sex abuse. When I didn't have the courage to disclose what happened to me and I was feeling depressed and alone, a psilocybin experience in college helped me realize that I wasn't alone and connect better with other people. The experience left me less depressed and helped me see that I was capable of doing anything I put my mind to.

I lead a men's peer support group for male survivors of child sex abuse and believe that psilocybin in a therapeutic setting could be very helpful to some members of the group. Please review the current studies to see the efficacy of psilocybin for PTSD survivors and let residents decide with their therapist if psilocybin can be a tool in their recovery. Thank you very much.

Andre Bisquera



## REVISED TESTIMONY IN STRONG SUPPORT OF HB1340

I strongly support HB1340. Self-administered psilocybin treatments broke the grip of a lifelong case of severe treatment-resistant depression, and probably saved my life. I have a lot to say on the subject, so I've divided my remarks into a one page Executive Summary of main points, followed by a personal narrative detailing my own experiences with depression and psilocybin.

### EXECUTIVE SUMMARY

Therapeutic psychedelics have been used medicinally since ancient times, but their use - even for research purposes - was outlawed in the '60s and '70s for political rather than scientific reasons. A recent loosening of the strict ban on research has resulted in numerous recent peer-reviewed studies showing that therapeutic psychedelics can be a safe, effective, superior choice in certain cases, and can be life-changing for some for whom conventional treatments have failed. Given these facts, the present-day prohibition against the use of therapeutic psychedelics is ethically unjustifiable as it causes more harm to both individuals and society than it prevents, and it is rooted in fear and superstition rather than hard science. In deciding policy, it is important to remember that psychedelics are *not* addictive.

Hawai'i suffers from an epidemic of inadequately treated mental illness that takes a great toll on families and communities, tragically including - at times - loss of life. Normalizing the use of therapeutic psychedelics could prevent some of these deaths. Mental illness and economic disadvantage go hand-in-hand, so access must be kept affordable. Microdosing is usually done on a near-daily early morning schedule, making in-clinic treatment impractical. Many who could benefit greatly from therapeutic psychedelics are suspicious of the traditional health care establishment, and may strongly prefer self-administration of plant medicines in their personal safe spaces over pharmaceutical treatment in clinical settings. Decriminalizing possession, cultivation, and gifting of psychedelics intended for personal therapeutic use would be of great benefit in these situations. In any case, it is immoral to criminalize the actions of persons who are quietly seeking their own healing while doing no harm to others, and such policies stand in stark contrast to government's solemn duty to secure each citizen's unalienable rights to life, liberty, and the pursuit of happiness.

Hawai'i's mental illness crisis is made even worse by the social stigma around mental illness, a stigma so severe that it is even taboo to call mental illness by its proper name. For example, the first sentence of the originally proposed text for HB1340 reads "*The purpose of this Act is to establish the beneficial treatments advisory council to review, evaluate, and recommend new medicinal treatments for mental health* [emphasis mine], when the actual treated is properly called "mental *illness*". Not much can be done about any problem if we are afraid to even call it by its name. I also draw attention to the fact that there is no requirement that a person whose mental illness has been treated with therapeutic psychedelics be part of the body created by this act, almost as if it is inconceivable that such a person could make a meaningful contribution to this effort.

I support this measure because it is a small step in the right direction, even though it doesn't go nearly far enough. Hawai'i citizens are suffering and dying from inadequately treated mental illness this very day. Much more urgently needs to be done toward normalizing the use of therapeutic psychedelics.

## MY STORY

I originally drafted the substance of following essay in early 2022 as a never-published open letter to Hawai'i officials, asking that the possession, cultivation, and sale of psilocybin mushrooms and derivative products intended for use in the treatment of health conditions be fully legalized:

*It first dawned on me while I was doing the dishes: "You haven't thought about killing yourself for at least two weeks - maybe more!"*

*I am 66 years of age. I have suffered from treatment-resistant depression and severe difficulties with attention, memory, concentration, and organization for most of my life. Over the past 45 years or so I have been prescribed numerous pharmaceutical medications to treat my mental health difficulties - all with unsatisfactory results. Some of these medications have had side effects that harmed my body in irreversible ways.*

*A degreed electrical engineer, my mental health conditions became so debilitating that I was unable to engage in any gainful employment at all for the past 35 years, and - despite my best efforts - could only care for myself at a level that would be considered criminal abuse and neglect were I to be tending to a child in the same manner.*

*A few years ago a friend of mine told me that he was using psilocybin mushrooms to successfully treat his own stubborn depression and suggested I look into the latest science on the matter for myself. I balked at this scandalous idea: "I don't use any illicit drugs. I don't even drink alcohol! And I'm certainly not going to try anything illegal!"*

*After three or four years more of what turned out to be completely unnecessary suffering, I finally gave in to my good friend's gentle urging, and began experimenting with Psilocybe cubensis mushrooms.*

*The results have been nothing short of miraculous: Nothing else I have tried in nearly five decades of treatment by qualified healthcare professionals works even remotely as well as 1/4 teaspoon of ground P. cubensis mushrooms mixed in with my morning coffee or oatmeal. I am now able to function effectively and experience the joy of living for the very first time in my entire life. Without doubt, this medicine immeasurably improves both my mental condition and the general quality of my life. Although I will admit that my visual experience of the world appears much more vivid when taking psilocybin - a wondrous thing for a lifelong depressive who has hitherto only experienced the world in myriad shades of drab - I do not see visions, hear voices, or suffer other hallucinations at the doses I usually take. Nor is my thinking clouded or addled; much to the contrary, the psychedelic mushrooms I take in microdose amounts enhance my mental clarity and acuity to a startling degree.*

*Occasionally, I take larger doses which can and do induce gross changes in thought and perception. These are often profound spiritual experiences, sometimes providing insights into troubling situations I had pushed out of my consciousness, hoping in vain never to have to deal with them. The conscious resurfacing of these suppressed anxieties has provided rich material fueling the rapid progress I am now making after years of remaining "stuck" in traditional psychotherapy.*

*I am quite certain that I pose no danger to myself or others when receiving such healing, insightful visions. The concerns I often hear expressed about the potential for such harm are greatly overblown. While I concede that such dramatic incidents do occur, they are exceedingly rare and not the norm. I am firmly convinced that the benefits that would flow both to afflicted individuals and to society as a whole from ending the ban on psychedelics vastly outweigh any actual downsides.*

*At long last, I have discovered a medicine that almost magically helps me resolve seemingly irremediable health difficulties that have been tormenting me for decades, but the healthcare professionals who have tirelessly tried to help me over these many years now find themselves legally and ethically prohibited from planning or supervising my use of this medicinal fungus, other than to give me harm-reduction counseling. Worse yet, some actually still believe the anti-psychedelic hysteria of the sixties and seventies that led regulators to falsely declare that psychedelics had no legitimate therapeutic value.*

*Even my own primary care physician has annotated my medical chart with the loaded phrase “drug use”. I would much prefer she write “self-medicates his depression with psilocybin mushrooms”, as that is far more accurate, specific, objective, and much less biased: I take no recreational drugs other than caffeine, sugar, and chocolate, and I have appropriately used both amphetamines and opioid narcotics without becoming a drug abuser on those occasions when they have been prescribed for me.*

*Medical science now tells us that the fear and superstition that to this very day bars the therapeutic use of psychedelics are exactly that - fear and superstition. A number of studies conducted in recent years provide compelling evidence that psilocybin is at least as safe and as effective as many commonly prescribed antidepressants in the treatment of some types of stubborn depression. Other banned drugs, such as LSD, MDMA, and esketamine (a ketamine derivative) are now showing great promise for providing relief for various mental disorders. Esketamine, in particular, has already been approved for tightly-controlled in-office use in treating depression, at some \$250 per dose. Psilocybin mushrooms, on the other hand, grow wild in pastures almost everywhere, and are freely available to anyone with a properly trained eye.*

*My personal experiences have convinced me of the healing power of psilocybin mushrooms. Although I acknowledge it is only one single anecdote, it is also true that I am free of my torments for the first time in nearly a half-century, and I fully and completely attribute the remission of my symptoms to my daily microdosing with this medicinal fungus.*

*As a direct consequence of these self-administered treatments, I believe that I may no longer need the toxic pharmaceutical medications I have been taking for decades - or that, at the very least, the doses I have been taking can now be cut back. But it is legally and ethically problematic for those in the medical profession to recommend I take a banned natural product over a potentially harmful, yet officially approved synthetic pharmaceutical. Nonetheless, after integrating my own personal experiences with the information gleaned from reading numerous peer-reviewed scientific papers, I am fully convinced that for me the former is both safer and more effective than the latter.*

*I find this situation so darkly absurd as to be Kafkaesque: the most reasonable and effective way to address outsized fears over imagined harms to myself or others would clearly be to permit the professionals who know me best to prescribe, supervise, monitor, and plan my psilocybin mushroom*

*treatments. Instead, I am forced to do all this on my own, and in violation of outdated, unjust, and oppressive laws.*

*It deeply disturbs me that doing what I find absolutely necessary to free myself from my life-threatening, lifelong depression makes me a criminal in the short-sighted eyes of the State of Hawai'i. Equally unsettling and galling is the fact that fully qualified healthcare professionals are barred from supervising or assisting me by nothing more than an antiquated set of laws grounded solely in ignorance and superstition.*

*My hope is that my testimony will provide an impetus for changes in law and policy at all levels of government, at the very least permitting medical professionals to administer these medicines in clinical settings, and also to prescribe microdose amounts for self-administration. It is no hyperbole to say that lives are at stake here.*

*It is long past time to correct this grave injustice towards the many like me whose lives could be immeasurably improved - some even saved - through the use of this abundant, natural, near-miraculous remedy.*

## **FINAL REMARKS**

I exhort the Hawai'i legislature in the most strident and urgent terms to do everything within its power to make both natural and synthetic therapeutic psychedelics available to all those who could benefit from them at the earliest possible moment. HB1340 is a small step in the right direction, but it doesn't go nearly far enough. Much human suffering can be relieved simply by changing the unjust laws currently in place. The legislature has it within its power to save lives simply by changing our laws, and I believe it is your ethical duty to do so. It is now time to take meaningful and compassionate action towards legalizing therapeutic psychedelics with all deliberate speed: *Human lives are at stake.*

I reserve the right to expand or modify my testimony in future as necessary.

Keith Kessler  
Kihei, Hawai'i  
14 February 2023

**HB-1340**

Submitted on: 2/14/2023 5:20:57 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Sasha Kariel	Individual	Support	Written Testimony Only

Comments:

My name is Sasha Kariel. I am a psychologist on the north shore of Oahu and I have been in private practice for over 30 years. I also practiced at the Hawaii State Hospital in Kaneohe for over 10 years. I wish to support this bill because I am convinced of the need for additional mental health treatment options for clients who have depression, anxiety, post-traumatic stress, or end-of-life anxieties. I am interested in participating as a responsible clinician in developing this as a needed additional treatment approach.

Sincerely, Sasha Kariel Ph.D. CSAC

**HB-1340**

Submitted on: 2/14/2023 5:37:34 PM

Testimony for HLT on 2/15/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Daniel Rubenstein	Individual	Support	Written Testimony Only

Comments:

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

My name is Danny Rubenstein, I live in Kailua, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

I have experienced considerable and long lasting health benefits from the therapeutic use of both MDMA and psilocybin, specifically related to stress, anxiety and brain function. I am happier in my life and in my personal relationships, and I am a more productive and contributing member of the community as a result of the appropriate use of these substances.

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,

Danny



# Jadu Jagel, Psy.D. Clinical Psychologist

Jadu Jagel  
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415.846.2511  
jadujagel@comcast.net

FEBRUARY 13th, 2023

## Testimony

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

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

In over 20 years of clinical practice as a psychologist I have become increasingly aware of the need for cutting edge treatments beyond what evidence-based talk therapy and medication can offer. Psychedelic assisted therapies make up 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 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 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,

**Jadu Jagel, PsyD**

**HB-1340**

Submitted on: 2/15/2023 3:29:58 AM

Testimony for HLT on 2/15/2023 9:30:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Ruth Love	Individual	Comments	Written Testimony Only

Comments:

Who would these advisors be? Physicians? Psychiatrists? Therapists? How many people? Latest practice, evidence based practice or what Dr Smiths favorite treatment of the week is?

Are we including law enforcement who often have to deal with the mental health in meltdown? What about ER personnel who are often brought the latest person having a mental health crisis? Most importantly, can we stop the repeated merry-go-round of 1)acting out or meltdown, 2)trip to ER, stay for 3 days to a week, 3)get placed in a mental health facility and treatment for 3-7 days 4) rotate out to "home". Fail outpatient treatment and meltdown again...

Thank you

Mrs Ruth Love



HEROIC  
HEARTS  
PROJECT

## Testimony in Support of HB1340

Aloha Chair, Vice Chair, and Members of the 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 HB1340, which will establish the therapeutic psilocybin working group.

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.

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

Major research and academic institutions around the world has shown psilocybin to be a promising and even groundbreaking clinical treatment 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. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation twice for treatment-resistant depression.

Citing this research, initiatives in favor of therapeutic psilocybin are occurring nationwide, including Oregon's new therapeutic psilocybin program, which just launched this year, along with Colorado recently decriminalizing and partially legalizing psilocybin, in addition to counties across the nation decriminalizing psilocybin and other similar psychedelics.

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,  
Jesse Gould

Executive Director  
Heroic Hearts Project

# Gerald S. Clay

## Attorney at Law

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February 9, 2023

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

My name is Gerald S. Clay, I live in the Nuuanu, on Oahu, I am writing in strong support of HB1340, which will establish the Beneficial Treatments Advisory Counsel.

I believe that Bill No. HB1340 will have the greatest **long-term** impact on a plurality of citizens living in Hawaii.

If the legislature passes bill HB1340 it can also have one of the greatest **short-term** impacts helping a majority of citizens of Hawaii.

Very truly yours,

Gerald S. Clay