

EXECUTIVE CHAMBERS  
KE KE'ENA O KE KIA'ĀINA

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

**Senate Committees on Health and Human Services**  
Monday, February 6, 2023  
1:00 p.m.  
State Capitol, Conference Room 225 & Videoconference  
**In Strong Support of**  
**S.B. No. 1454, Relating to Psilocybin**

Aloha Chair San Buenaventura, Vice Chair Aquino and members of the Committees:

The Office of the Wellness and Resilience (OWR) in the Governor's Office **STRONGLY SUPPORTS** S.B. No. 1454, Relating to Psilocybin.

Research being conducted on use of psilocybin and psilocybin-based products in treating mental health disorders caused by traumatic experiences, specifically depression, have suggested substantial antidepressant effects. A recent study by Johns Hopkins University School of Medicine published in the Journal of Psychopharmacology in early 2022, suggested a significant reduction of depression in patients with major depressive disorder sustained for at least 12 months after receiving psilocybin treatment. <sup>i</sup>

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. To make informed decisions on how we should address and resource attention on complex social issues like mental health disorders, research needs to be examined. The OWR supports the purpose of SB1454 to establish a working group to provide recommendations on their findings on the potential benefits of the therapeutic use of psilocybin.

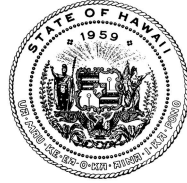
Thank you for the opportunity to provide testimony in strong support of this measure.

Mahalo,

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

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<sup>i</sup> Gukasyan N, Davis AK, Barrett FS, et al. Efficacy and safety of psilocybin-assisted treatment for major depressive disorder: Prospective 12-month follow-up. *Journal of Psychopharmacology*. 2022;36(2):151-158. doi:10.1177/02698811211073759



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



**Testimony COMMENTING on SB1454  
RELATING TO PSILOCYBIN.**

SEN. JOY SAN BUENAVENTURA, CHAIR  
SENATE COMMITTEE ON HEALTH & HUMAN SERVICES

Hearing Date: January 30, 2023

Room Number: 225

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

2 **Department Testimony:** The Department of Health respectfully recommends that a working  
3 group convened to produce research and findings regarding psilocybin as treatment for mental  
4 health conditions be so requested as a Concurrent Resolution. This will greatly decrease the  
5 administrative buren and likely accelerate the productivity of the working group.

6 The Executive Branch has a long-standing practice of responsiveness to Concurrent Resolutions  
7 as an expression of the will of Legislature, and will recognize as such as related to psilocybin.

8 Thank you for the opportunity to testify.

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

10

Testimonial affidavit of Truth to support this bill and movement of magical mushrooms and sacred plant medicines religiously medicinally and therpudicly. I minister chrysalis swear to creator Yawheh Allah Krishna to always be truthful and that's these words are my absolute truth : feb 4 2023.

Aloha my Ohana dearest brothers and sister's ,

Can we share a prayer ( or moment of silence) please? to be truly thankful for one another and for our most sacred beautiful Aina and home here in Hawaii on Mother Earth.

Blessings and Namaste ( the god in me sees and honors the god in you),!

My Name is Minister Chrysalis Krishna-Christ curador. I am Chief minister and traditional shamanic PRACTIONER Dr of divinity of Rainbow Tribal Culture Church of the Mother Earth . We are an indogenous Sacred Plant Medicine church, Naturalpathic Free charity medical healing wellness center, an ethnobotanical conservatory plant sanctuary ( preserving special plants going extinct from the Amazon rainforest);a Religios spiritual Entheogen Therapudic clinical research center, and a faith based non profit who's purpose of organizing is to be of service to our community Brothers And sisters The Most High and to be protectors of our sacred Aina and Mother Earth.At church of the Mother Earth we value helping others, not federal reserve notes

Plant medicine has truly saved my life and I pray everyone can have an open mind and heart to the miracles these plants ( teachers,) can be not just physically but emotionally and spiritually .

Bring a individual who “ diagnosed with a mental disability “

At one point in my life I felt so misunderstood, lost, confused and Alone ( all one) my father was a divine remarkable human being it was hard for me to see my hero suffer with prescription drug addiction.

I never understood it until at my lowest point 17 years old

I was so confused lost I had to learn myself . We were looking for a way to feel better . But “ Drugs” cannot make us feel better . They actually make matters worse they are harmful to our body kind and spirit and trap us if don't find a different way are a vicious cycle.

My elder sister who is a Medicine Woman philanthropist activist ( front lines of the protest in north Dakota pipeline) amazing musical artist gave me no choice when she became aware of me not being well and nade me move to Maui to get away from San Francisco CA where we grew up to be my teacher and so I could have a fresh start.

19 years young I came to Maui I'm 31 now. I became Vegan

Mother Maui and the aloha spirit of the Aina saved my life I am forever thankful.

( Back track a bit. )

When my mother was giving birth to me on Friday 13<sup>th</sup> 1991 on a full moon

There were complications. We both almost died . She has a near death experience induced pineal gland activation.

While she was in a coma she has told me she had a vision she was on a space craft with angel's and our ancestors telling her I were to be working with plants and healing people with plants Crystals And prayers.

When she woke up a midwife was praying the rosary.

Then she woke up again Nd the doctor told her she had been Ina coma and that i was born health and next to her

I share this intimate moment with you to give insight to my passion and invocation to the medicine path

Wben I got to Maui my whole life changed. I was introduced to my mentors. Who are Shamanic plant alchemists ( organic chemists) ministers and wise elders.

I have Three mentors each I've spent years aprenticing for who truly amazing human beings I couldn't of imagined better teachers or interesting field work that I've been blessed with.

I learned the differents between DRUGS and Sacred Plant Medicine ( Entheogens). Which should always be treated with the utmost respect and done with sacred Intentionality in conious safe place for healing . Never recreationally . I've been in the field wild crafting shamanic herbs learning natural pathic Medicine and Shamanism and Religiosly have been a part of and now lead Religios ceremonial Entheogen healing Shamanic ceremonies . Not only for myself know to be healing but now thousands of others I've with witnessed shared experience with.

MUSHROOMS In particularly not only heal our body's by cleaning out organs killing parasites connecting synaosesy in our brains causing more functionality in our brains . But they also are miracles in how they heal us emotionally and spiritually . They connect us to our ancestors out roots and true inherit nature of humanity of connection to each other and all living beings And natural vibration of the mother earth. When done in the correct way and correct environment ( set and setting as told by my hero a saint of our church Mr. Terrence Mkenna) . They also can definitely help cure additions as they heal mind body And soul . ( I was told by a shamen once all disease Is of a spiritual nature . meaning until we heal our heart and soul the body will reflect as such.

Not only now more recently has the truth been coming out About the medicinal propertys of mushrooms and other formally schedule one drugs . Schedule one meaning ( no medicinal value. ( One of the biggest lies our government has ever told since especially regaurds highlighting Marijauna one of the most healing Plants on the mother earth has cured cancer more then any thing else has children with epilepsy actually heals pain not just numbs it.

Just by that fact considering I beg for the openness of my brothers and sisters to at least consider it be valuable to at least let it be legal to research scientifiy if it may save lives ( like it has for me and millions of others.

Also traditional Shamanic Medicine such as cannibas Ayauhausca magical mushrooms have been used for thousands of years and known to of been medicinal. It is wrong to not be aware of this and possibly look at possible factors off interest such as profit margins of pharmaceutical industry, also the threat of

us opening our minds and thinking for ourselves and not what the Tell Lies Vision ( television) tells us to think.

I think it would be Inhumane of us to keep trying to keep regulating our birth right to commune with mother nature and label plants as drugs before truly examining studying and learning ourselves

I'm forest thankful for magical mushrooms and spiritual therapudic research it's saved my life it's ballanced " chemical embalences way more then any synthetic phyc meds ever did or could.made Me healthier physically and unlike drugs it gave me e real High vibrational high that was healing that helped me overcome PTSD and that is forever instilled in my heart and now I don't need to eat them ) non addictive,)

At the Rainbow Tribal Culture Church of the mother earth we worship mother nature . We view plants as Angels and divine teachers and believe God put them here for our evolution and healing . We pray one day soon that letting the research be done will prove the medicinal value of these once schedule one ( meaning no medicinal value ) Entheogens that help us heal connect us to be loving kind empathetic and compassionate and our higher selves are far more medicinal that pharmeducal drugs that killed my father and millions of others.

# free nature # sacred plant Medicine ,> drugs

Mahalo nui for the opertunity to talk about one of the things meaning the most sacred to my heart that I am most passionate about. I honor each and every one of you and pray for us as a whole that there can be peace on mother earth to end world hunger and to do unto others as we would what others to do unto you .

God I pray. You guide and protect us always

Rasta in Indian sankript means the road to heaven !



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

Date: 2/4/2023

I am a board certified psychiatrist in Honolulu and I write in support of:  
**SB1454 RELATING TO PSILOCYBIN.**

Standard antidepressants increase risk of glaucoma, and can cause Parkinsonism and blunted emotions through the inhibition of dopamine. They cause sexual dysfunction in most people, and they have an FDA black box warning for increases in suicidal thoughts. Every week, I see in my clinic new patients who were failed by antidepressants, took them for a decade or more, sometimes seven, eight, or more of them. These medications can additionally cause fetal heart defects, strokes in elderly patients due to lowered platelets, and overall flattening of the personality.

Psilocybin causes none of the above. It is **safer than all existing antidepressants.**

It has a low toxicity, and a low abuse-potential.

There is a federally funded study at Johns Hopkins looking at psilocybin for smoking cessation. Its use is not self-reinforcing... evidence shows it seems to have an anti-addictive effect to a variety of drug dependencies.

Roland Griffiths PhD, in a 2008 study at Johns Hopkins University, in the *Journal of Psychopharmacology*, found that psilocybin was **not associated with any increase in criminal behavior** or serious adverse effects.

Concerns from the Department of Transportation are unfounded. Existing prescriptions are way more dangerous than psilocybin, because they are taken everyday. Psilocybin is not taken very often. There are thousands of people in Hawaii taking Ambien, Xanax, or oxycodone, and legally getting behind the wheel.

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

*www.beyondmentalhealth.com*

There are concerns over psychosis as a side effect. Remember that psilocybin is taken once or twice, for lasting results. Whereas many **prescription drugs taken daily** have psychosis as a known side effect, including albuterol, stimulants, prednisone, amantadine, OTC Benadryl, and many others.

I provide ketamine in my clinic, and though it can cause visions, or an altered mental state, it is not associated with any psychosis. Neither is psilocybin. The existing data **does not show that it causes any lasting psychotic symptoms**. I understand that some cautious physicians oppose it, but these physicians seem to be driven by fear rather than data.

What about efficacy? Is psilocybin really effective?

Psilocybin is more effective for depression than any pharmaceutical, as shown by nine randomized trials. In one recent 2021 trial at Imperial College of London, Dr. Robin Carhart Harris showed a 70% response rate to psilocybin, and a 48% response rate to Lexapro.

Psilocybin appears to reduce suicidal thoughts.

Standard antidepressants are known to **increase suicidal thoughts (the black box warning for Prozac)**, whereas psilocybin reduces them. It was discovered in 2015 by Dr. Roland Griffiths at Johns Hopkins University, that when comparing 7,000 people who have tried psilocybin once, with 160,000 people who have not, the group that has never tried it was more likely (1.72x as likely) to have been suicidal in the past year.

Thus: a working group is entirely appropriate at this time.

Cordially,

Thomas Cook, M.D.

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

*www.beyondmentalhealth.com*



**SB-1454**

Submitted on: 2/4/2023 5:34:38 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Kathy Southard	Testifying for Honolulu Psychotherapy	Support	Remotely Via Zoom

Comments:

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

My name is Kathy Southard LCSW, a psychotherapist in private practice in Honolulu, a former psychiatric social worker at Queens Medical Center, and a former clinician of a Harvard Medical School's psychiatry department. I live in the Ala Moana neighborhood of Honolulu, and I am writing in strong support of SB1454, which will establish the therapeutic psilocybin working group.

I first became interested in the use of psychedelics in Psychiatry while working with Harvard psychiatrists back in 2015 where I attended the conference at Harvard organized by a colleague of mine, in which Rick Doblin, the head of MAPS was invited as a keynote speaker. Since then I've become a MAPS (Multidisciplinary Association of Psychedelic Studies) trainee therapist and hopefully in the future, as these technologies become legal, I will be one of the first therapists able to use these medicines in the work I do, supporting people to heal from PTSD, depression, and anxiety. I have over 20 years experience as a clinical social worker in psychiatry and seeing the new developments that are transforming psychiatry, I know they are transformative and lead to lasting healing that traditional SSRIs just are not able to accomplish.

Many research institutions at this time are publishing scientific evidence of the efficacy and benefits of psychedelic medicine on the brain and body. The FDA calls Psychedelic Psilocybin a "Breakthrough Therapy" for severe depression. I am aware that our own Senator Brian Schatz, along with Cory Booker, has on a national level called on the FDA and National Institute of Health to conduct more research into psilocybin. Therefore, I would hope the state of Hawaii, would agree with him and allow a working group to pass to look into these medicines on a state level as well.

Sincerely,

Kathy Southard LCSW

Honolulu Psychotherapy





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

## TESTIMONY IN SUPPORT OF SB 1454

TO: Chair San Buenaventura, Vice Aquino & Committee Members

FROM: Nikos Leverenz  
DPFH Board President

DATE: February 6, 2023 (1:00 PM)

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Drug Policy Forum of Hawai'i (DPFH) **strongly supports** SB 1454, which would establish a Therapeutic Psilocybin Working Group within the State Department of Health to, among other tasks, develop a long-term strategic plan to ensure the safe availability and accessibility of affordable, therapeutic psilocybin or psilocybin-based products for adults twenty-one years of age or older. Oregon and Colorado have found that the legalization of therapeutic psilocybin has been valuable in the treatment of a range of mental health conditions.

[Psilocybin is the main ingredient found in several types of psychoactive mushrooms, which have been used for medicinal and ceremonial purposes in many parts of the world, including Europe and the Americas, for thousands of years.](#) There was a body of emerging clinical research that pointed to promising therapeutic uses of psilocybin for a range of ailments in the 1950s and 1960s. Intensive clinical research was needlessly stymied when psilocybin was listed as a Schedule I substance under the federal Controlled Substances Act in 1970. Since then, the [Multidisciplinary Association for Psychedelic Studies](#), the [Beckley Foundation](#), and other non-profits have engaged in research that shows further therapeutic potentialities.

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

Thank you for the opportunity to testify on this measure.

**SB-1454**

Submitted on: 2/5/2023 11:58:35 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

Mushrooms have been used for thousands of years by cultures around the globe. Fungi, in general, are a crucial part of our modern day pharmacopeia. From anti-biotics, such as penicillin that revolutionized western medicine as we know it during WW2. To heart statins that promote healthy cardiovascular health for 60% of our Kupuna older than 65. To ancient health regimes in Chinese & Japanese medicine utilizing mushrooms to are still used today to bolster overall immunity, cognition, & beyond.

Simply put, without medicinal fungi & mushrooms to help us treat disorder & disease, our civilization would NOT have been able to progress to where it is today. However, the U.S. government has singled out Psilocybin containing mushrooms as ones to not "currently have accepted medical use and a high potential for abuse."

In contradicting fasion, the U.S. government has also granted Psilocybin as a fast track to "emergency use authorization" to be used for severe depression, just one of the disorders it has been shown to treat.

Some of the other disorders include addiction, end-of-life anxiety like of that experienced by the terminally ill & elderly, & last not but least, post-traumatic-stress-disorder (PTSD) experienced by our veterans & other victims of trauma.

These findings, confirmed by esteemed institutions such as John Hopkins & Harvard University, are only the beginning of the benefits these natural tools from the 'āina provide.

As is the case with all prohibition, the banning of this substance does not actually prevent its use, but rather, gives people needing help no other option but to turn to clandestine & black market sources.

Thus, in short, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently supports the black market.

Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently also displays an inherent disregard for the Kupuna, the terminally ill, and others experiencing end-of-life anxiety.

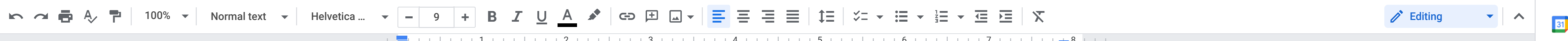
Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently disregards those suffering from mental health disorders, including but

not limited to veterans, police officers, & others in our community suffering from post-traumatic-stress-disorder from the sacrifice they made for us

Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound is to disagree with medical findings of Harvard University & Johns Hopkins University.

Mahalo

Ben



Veterans of War  
7389 Roxbury Avenue  
Manassas, Virginia 20109  
T 512.800.2229

[info@veteransofwar.org](mailto:info@veteransofwar.org)  
[www.veteransofwar.org](http://www.veteransofwar.org)

EIN: 30-0893226

February 5, 2023

To Whom it May Concern:

Veterans of War, on behalf of veterans nationwide searching for effective approaches towards meaningful healing, respectfully writes in strong support of SB1454 establishing the Therapeutic Psilocybin Working Group which stands to benefit the veteran community.

According to the VA, there are currently 18.6 Million living US veterans. Of that population, our nation loses 20 per day to suicide; that is 7300 of brothers and sisters in arms lost annually. We lose more veterans per year to a preventable outcome than we have in more than 19 years of continuous war! Veterans are a community in desperate need of access to immediate, effective solutions to combat the suicide epidemic we face.

Having enlisted in the Marines from June of 2000 until my honorable discharge as a Staff Sergeant in December of 2008, I, like many, deployed multiple times in support of our recent wars in Iraq and Afghanistan. Also like many, I had to learn to cope upon my return with daily ailments such as insomnia, tinnitus, a hyperactive fight-or-flight response, rage, depression and more. Like others, I tried everything from VA sponsored medication, guided therapy, adventure therapy, to equine therapy in order to get better but *nothing worked in the long term*. While these approaches certainly changed my relationship to the trauma I had experienced, they simply seemed to act as a band-aid. When I was alone, I remained suicidal.

It wasn't until I experienced the reconnection offered through plant medicine that I found any measure of true healing. I can sleep again thanks to my work with plant medicines such as psilocybin. Veterans should not be forced to undertake dangerous "guerrilla healthcare" missions into foreign countries in order to find access to critical, live-saving medicine. It was with this realization that I came home and dedicated my life to ensuring that those that are suffering from trauma can find safe and effective tools supporting recovery. The mission to save lives at Veterans of War would be much easier to accomplish if plant medicines are decriminalized. What's more, your support would be sending a powerful message that New England is dedicated to leading the way providing solutions for America's mental health crisis. Our Fellowship Program saves lives, but plant medicines are key to its success.

At this point there are reams of evidence proving the efficacy and safety of plant medicines. They offer unique abilities to both reprogram trauma, as well as to repair damaged brain function. They have been shown to stimulate the birth of new neurons within the brain and at the very least, plant medicines merit further study and application to targeted audiences, such as veterans suffering from PTSD and first responders. I can attest without hesitation that plant medicines are both safe and effective means by which to address and recover from intense psychological and physical trauma. Veterans of War sees firsthand the healing potential of these ancient medicines day in and day out, and we advocate strongly for their decriminalization on behalf of a nation of veterans suffering from the after-effects of war; as a group, we deserve a safe and effective path towards recovery; as a group, we simply want to come home. This is bigger than the failed War on Drugs; lives are lost every day. Veterans of War humbly asks for your support in promoting the return to common-sense legislation by decriminalizing our access to these naturally occurring recovery solutions.

In Continued Service,

Wyly Gray, Executive Director  
Veterans of War



HEROIC  
HEARTS  
PROJECT

### **Testimony in Support of SB1453**

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 SB1454, 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.

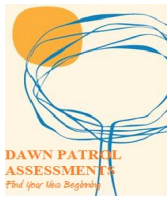
Citing this research, initiatives in favor of therapeutic psilocybin are occurring nationwide, including Oregon's new therapeutic psilocybin program, which just launched this year, along with Colorado recently decriminalizing and partially legalizing psilocybin, in addition to counties across the nation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





## DAWN PATROL ASSESSMENTS

**Find Your New Beginning**

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

My name is Dawn Martin and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

I live and work in Kakaako as a Licensed Mental Health Counselor. I have personally seen many of my clients benefit from the medicinal use of psilocybin when they are able to gain access to them. I help with the integration portion of their new journey, where clients start to integrate all the new patterns they learned after they use psychedelic medicine. I have seen the wonderful benefits for those struggling with depression and anxiety finally find relief from their symptoms with the use of psychedelics. The biggest hurdle is that clients don't have access to the medicine. 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.

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.

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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,

Dawn Martin, LMHC

**LATE**

**SB-1454**

Submitted on: 2/5/2023 7:46:42 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Michal C Cohen	Testifying for Michal Cohen, LCSW	Support	Written Testimony Only

Comments:

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

My name is Michal Cohen, I live in Kaka'ako, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

I am a psychotherapist who has been in practice over 15 years. All of the science shows how psychedelic medicine is our best hope for mental health. Trauma is often the root cause of mental health issues. People deserve the opportunity to heal their trauma and people deserve to have a choice with what they use to heal their trauma.

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.

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.

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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,  
Michal Cohen, LCSW



**SB-1454**

Submitted on: 2/4/2023 8:36:27 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Oriana Filiaci	Individual	Support	Written Testimony Only

Comments:

Aloha mai kakou e Chair, Vice Chair, 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 strong support of SB1454**, which will establish the therapeutic psilocybin working group.

I am Director of Admissions & Cultural Programming at SoundMind Institute, an organization providing training, treatment, humanitarian work, and research in the realm of psychedelic medicine. I am trained in and have personally benefited from psychedelic-assisted therapy. I have furthermore witnessed many individuals and families who have benefited from the responsible and intentional use of these medicines, including psilocybin, 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 plant-based medicines like psilocybin above ground for therapeutic uses.

Major research and academic institutions around the world have 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 (PTSD). Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin a 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 in 2023, 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 pressing issue in our communities, we all know someone who stands to benefit from access to therapeutic psilocybin. Please support this measure.

Mahalo,

Oriana Filiaci



**LATE**

## **SB1454 Psilocybin Work Group to Study Medicinal Value**

COMMITTEE ON HEALTH AND HUMAN SERVICES

Senator Joy A. San Buenaventura, Chair

Senator Henry J.C. Aquino, Vice Chair

Tuesday, Feb 6, 2023: 1:00: Room 225 Videoconference

### **Hawaii Substance Abuse Coalition Comments SB1454 With Concerns**

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

**FDA declares psilocybin is a “Breakthrough Therapy.” The therapy is intended for patients who are “treatment resistant to existing medications.** While intriguing, this form of psychedelic therapy is too soon to be used in standard medical practices because of safety concerns.

- Psilocybin, a classic hallucinogen, is the active agent in what has been called: magic mushrooms. It’s a chemical produced by more than 100 species of mushrooms worldwide.
- According to the studies, the evidence is that psilocybin may be effective in treating depression and anxiety.<sup>1</sup>
- It’s important because some people do not respond well to current medications.

**FDA DENIES APPROVAL for use because of significant SAFETY CONCERNS, that is until those concerns have been resolved.** However, the FDA is looking at two formulations of psilocybin as a medical treatment for depression and expects to approve it once a safe formulation is created. Moreover, psilocybin has shown efficacy to reduce heavy drinking and is being studied to reduce tobacco use.

**Patent wars are happening right now between pharmaceuticals to see who can be the first to create a “SAFE” formulation that the FDA would approve.** Such a safe formulation has not been fully developed yet but is expected soon. Seems like a there’s a lot of investors interested enough because there’s a lot of potential money to be made.

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

## Effectiveness requires higher dosing, which has resulted in the safety concerns.

- In a phase 2 trial involving participants with treatment-resistant depression, psilocybin at a **single dose of 25mg, but not 10mg, reduced depression scores significantly more than a 1-mg dose** over a period of 3 weeks but was associated with adverse effects. Larger and longer trials, including comparison with existing treatments, are required to determine the efficacy and safety of psilocybin for this disorder. (Funded by COMPASS Pathfinder; EudraCT number, **2017-003288-36**; ClinicalTrials.gov number)<sup>2</sup>

## The Benefits are Promising but Lower Doses are Suspect.

- **The benefits are that psychedelics quickly produce durable results** in people without existing side effects. Current treatment can take up to 6 weeks to even tell if the drug is working, and if it's not, the person has to taper off the drug and try a different SSRI. While that works for most people, there are also a lot of people who are on SSRIs and who are still suffering, not only from not seeing the full treatment response but also increased weight gain, lack of libido, and sleep problems.
- **But studies with low dose psychedelics don't necessarily show a clear therapeutic benefit** from the NIH's point of view, the rigor underlying those trials has not really been sufficient to justify that sort of conclusion.<sup>3</sup> So the question arises: Are people truly seeing therapeutic benefits, or do they just think they are?
- **No one recommends that the public try to self-medicate** because without supervision because there can be **potential harmful effects including psychosis and hallucinations**. The **potential acute side effects are anxiety, fear states, and increases in heart rate and blood pressure**. **Strict protocols are needed** for the administration of psilocybin before the general population can access it.
- **Another problem** with clinical trials of psychedelics is that so far they've had **strict criteria regarding who can participate**. For example, they **exclude people with bipolar disorder**, who might be vulnerable to having a psychotic episode after taking a psychedelic. Moreover, excludes **people on methamphetamine**, receiving psilocybin for depression, are at **risk of death**. Strict protocols are needed for people to be safe.
- **At this time, psilocybin is still classified as having no accepted medical use in the United States although that is expected to change soon**. However, several countries, including the United States, see the potential here and are performing clinical trials to determine its efficacy in treatments. There have been exemptions in some countries and some states in the U.S., but it's not yet nationally accepted as therapy by medical science.

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

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

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<sup>2</sup> The New England Journal of Medicine: Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression November 3, 2022 N Engl J Med 2022; 387:1637-1648 DOI: 10.1056/NEJMoa2206443 <https://www.nejm.org/doi/full/10.1056/NEJMoa2206443>

<sup>3</sup> Aidan Hampson, a senior adviser at the NIH's [National Institute on Drug Abuse](https://cen.acs.org/pharmaceuticals/drug-development/Drug-companies-investing-big-psychedelics/100/i9). <https://cen.acs.org/pharmaceuticals/drug-development/Drug-companies-investing-big-psychedelics/100/i9>

**SB-1454**

Submitted on: 2/4/2023 11:19:45 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino 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 SB1454, Relating to Psilocybin. This measure will establish a psilocybin working group to evaluate the following:

1. Available data on clinical trials of psilocybin as a therapy for posttraumatic stress disorder, depression, anxiety, and end-of-life psychological distress;
2. Evaluate the benefits realized in states where psilocybin has been approved as a treatment option for mental health conditions for which conventional therapies have proven ineffective;
2. Consider the development of a long-term strategic plan to ensure the safe availability and accessibility of affordable, therapeutic psilocybin or psilocybin-based products for adults twenty-one years of age or older.

As someone who has battled depression for many years and taken a range of anti-depressants prescribed by psychiatrists, with little relief, I am hopeful the efforts of the working group will enable people like me to access the benefits of psilocybin therapy. Depression not only makes life miserable for those who suffer with it, depression also makes it difficult to live a healthy lifestyle, leading to poor health outcomes and illness. Moreover, depression reduces one's ability to function effectively socially and in a work environment, affecting the ability to earn a living.

Hopefully, the Health and Human Services Committee, in evaluating this measure will consider the well-documented use of psilocybin in clinical trials at highly regarded medical facilities, including Johns Hopkins University School of Medicine, to successfully treat a range of psychological conditions, including severe depression, post-traumatic stress disorder (PTSD) and anxiety related to terminal and life-threatening illnesses.

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 making our state's electric grid 100 percent renewable, and 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

**SB-1454**

Submitted on: 2/4/2023 11:21:42 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

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 SB1454**, which will establish the Therapeutic Psilocybin Working Group.

The State of Hawaii should establish the Psilocybin Working Group to lead the country for the following benefits:

1. **Mental Health Benefits:** Psilocybin, a compound found in certain mushrooms, has been shown to have potential therapeutic benefits for various mental health conditions such as depression, anxiety, and PTSD. A working group would provide a platform to gather data, and explore potential benefits of psilocybin in treating these conditions.
2. **Decriminalization Efforts:** Hawaii can be a leader in decriminalizing psilocybin, and a working group would provide a framework to continue these efforts, and support the implementation of policies that are safe and effective.
3. **Research and Development:** The establishment of a psilocybin working group would promote and support the scientific research of psilocybin and its potential medical benefits.
4. **Education and Awareness:** The working group would provide a platform to educate the public about the benefits and risks of psilocybin and to dispel myths and misconceptions.
5. **Regulation and Safety:** A psilocybin working group would help ensure that any legal use of psilocybin is properly regulated and safe for the public, and would help identify best practices for safe and responsible use.

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 therapeutics .

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.

Thank you,  
Robert Patterson

A. Blaine Williams, M.D.  
3111 Pualei Cir., Apt 302  
Honolulu, HI 96815

February 4, 2023

**Re: SB1454**

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

My name is Blaine Williams. I am an emergency physician in Honolulu and live in Pualei Circle. I am writing in **strong support of SB1454**, which will establish the therapeutic psilocybin working group.

There is a growing body of scientific literature demonstrating that many substances classified broadly as “psychedelics,” including psilocybin, 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, NYU, Duke, the University of Alabama, UCLA, University of Washington, and many others.

Research demonstrates that psilocybin provides rapid, substantial, and sustained relief from debilitating anxiety and depression in individuals with terminal illnesses.

Psilocybin-assisted therapy usually results in improved mood and optimism, a greater sense of meaning, purpose, and well being, improved quality of life, and acceptance of one’s own mortality. These effects last for months, if not years. A well-known study performed at Johns Hopkins, published in 2016, documented these benefits extending at least 6 months following psilocybin treatment in advanced cancer patients. All without any significant safety concerns when administered responsibly.

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 at least one patient with advanced cancer on any given shift I work in the ER. Last week, 3 out of 16 patients I saw in a single shift had advanced cancer and were coming to the ER because they had nowhere else to turn. 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 country 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 been granted "breakthrough therapy" status by the FDA. However, nearly all of these substances are still classified as "Schedule 1" by the DEA, despite the fact that the majority of psychedelics have little potential for abuse, and many of these substances have increasingly accepted medical uses. It is essentially impossible to overdose on the classic psychedelics, which include psilocybin containing mushrooms. These medicines are incredibly safe, especially when taken under the supervision of experienced professionals. Oregon and Colorado are already moving to allow safe, legal use of psilocybin and similar psychedelics. Just last week the Australian government declared that Australian physicians could start using MDMA and psilocybin legally as medicines later this year.

Psilocybin 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 medicine, notably psilocybin. Please do everything in your power to make this a reality. 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, sweeping underline that extends to the right.

A. Blaine Williams, M.D.

**LATE**

**Please place as testimony for: 02-06-23 1:00PM; Conference Room 225**  
**Testimony in strong favor of SB1454**

Aloha HHS 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

Testimony in Support of the Psilocybin Working Group ([SB1454](#))

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 therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

There are three main topics in which I have used psychedelic modalities to 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 there are people in Hawaii that 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



**SB-1454**

Submitted on: 2/3/2023 8:15:44 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Kaleiheana-a-Pohaku Stormcrow	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Kaleiheana Stormcrow, I live in Kapu'euhi (Mountain View) on Hawai'i Island, and I am writing in strong support of this measure to establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I have suffered from severe depression and suicidal ideations for as long as I can remember, and the only times in my life where these things don't completely incapacitate me are when I have access to psilocybin. I have experimented on myself with these mushrooms since I was a teenager, and can say from personal experience that they help immensely with dealing with psychological "imbalances" and allow you to be more caring, empathetic and engaged, as well as teach you how to deal with your own uncomfortable emotions. The field of psychedelic research has expanded in recent years and I have heard stories from countless individuals who, like me, experienced positive change and personal growth while using these substances. I have never had the pleasure of using these drugs in a controlled setting with a doctor, but I can imagine that with that guidance the benefits would be even greater and potentially also longer lasting.

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.

‘o wau me ke aloha,

Kaleiheana Stormcrow

**SB-1454**

Submitted on: 2/4/2023 2:53:15 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Minister Dr. In divinity shamanic Dr chrysalis	Individual	Support	Remotely Via Zoom

Comments:

Aloha , I am Chief minister Shamanic PRACTIONER chrysalis curador.

How can a plant or mushroom Anything in nature be. : Illegal:/"?

As human beings isn't our indiginous birth right to commune pray with mother nature?

Do we forget we share DNA and are related to Nature?

Why have prescription drugs alcohol legal and mind opening healing Entheogens illegal?

Pharmeudical companies And alcohol is big money.

Plant Medicine actually heals you non addictive where they couldn't keep you longer-term.

Passing this bill will save lives

Upon the real eyesstion that once labeled ' , schedule one drugs claiming they had no medicinal value ' like Marijauna the number one cancer cure known to humans. And many been used as traditional native medicines with known medicinal properties proven proven through ancestry experiential wisdom proven knollege. It's important for us to have an open heart to study as by fact I know they will help save lives .even if unsure it still should have opertunity to study I am in the field as a shamanic PRACTIONER with l thousands of shamanic journeys and Religios spiritual therapudic research Clinical studies I've seen miraculous healings up close by the members of our church memers initiations with our church ceremony entheogenic research and before becoming Dr divinity mushrooms and traditional plant medicines sa saved my life.

MAHALO nui

Mahalo nui

**SB-1454**

Submitted on: 2/4/2023 9:05:55 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Jeremiah Holguin	Individual	Support	Remotely Via Zoom

Comments:

**Aloha and good day to you all.**

My name is Jeremiah I am private consultant who specializes in anti aging and regenerative research. Ive consulted for MD's, CEO's, Phd's, and even some celebrities that you probably know by name. I want to make it clear I do not practice medicine but I continuously read, examine, and explain all of the most cutting edge research to these aforementioned demographics. Because they usually do not have the time to stay up to date on the most cutting because of their busy schedules and the complexity of our modern lives. I am here to give a quick concise testimony in support of this process of delegation.

Psilocybin induced neurogenesis or the creation of new neuronal pathways in the nervous system is a thing.

this is not speculation. when this process is initiated it is extremely profound and has a massive impact on the psychological well being of an individual; and any individual that is morally sound and ethically congruent who takes the time to examine the empirical data will steadily become aware of this. The utilization of psilocybin can be administered in different ways and this therapy can be at subsensorium doses. I mention this because some individuals do not know that do not need to "trip" to receive the benefits of neurogenesis, although there are other benefits conferred at larger doses.

I just want to reiterate the empirical data is astounding, and while I have amazing personal acedotes I could share I would rather utilize this testimony to advocate for the thorough examination of the empirical data.

Thank you.

Aloha no.

**SB-1454**

Submitted on: 2/4/2023 9:24:35 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Lauren Adler	Individual	Support	Remotely Via Zoom

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 SB1454, which will establish the therapeutic psilocybin working group.

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 can 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

**SB-1454**

Submitted on: 2/4/2023 4:19:43 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Stephen Anderson	Individual	Support	Remotely Via Zoom

Comments:

I am a Vietnam vet on disability for ptsd and depression. I received a therapeutic dose of psilocybin and it saved my marriage. The treatment gave my renewed hope for dealing with personal trauma. My entire family that previously rejected me are now back in my life and I am no longer suicidal because of it.

hsving been admitted to the VA hospital and been through 6 weeks of daily interaction with other veterans, I am highly confident that allowing therapy with this plant medicine could completely turn many veterans around and possibly save their lives.

This is why I am submitting this testimony to the Senate in Hawaii.

After receiving just one therapy session with qualified support, I no longer have a need for prescription antidepressants which is the only thing offered to me for over 30 years.

I am a resident of Waimea on the Big Island and am asking my local congress to approve bill SB 1454 so people who are considered capable and wish to get treatment can do so legally and without delay Thank you for your attention and consideration in this very important matter



**SB-1454**

Submitted on: 2/5/2023 10:50:56 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Chloe Groom	Individual	Support	Remotely Via Zoom

Comments:

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

My name is Chloe Groom, I live in Kaneohe, and I am writing **in solid support of this measure**. This measure will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I am a professional practitioner of Traditional Chinese Medicine and Western Herbalism. Over the past decade, I have held consultations with dozens of clients who suffer from PTSD, cognitive decline, depression, suicidal ideation, and crippling social anxiety. Herbal & naturopathic medicine do show immense success for managing these conditions. However, the benefits of psychedelic medicine therapy in conjunction with herbal medicine, nutrition education, and lifestyle changes are truly promising. Research from major institutions as well as indigenous knowledge show that psilocybin is a safe treatment for breaking through cycles of addiction, depression, and anxiety. Allow me to explain “cycles.” People who experience depression and post-traumatic stress disorder are often locked in periods of excessive self-consciousness and self-criticism including comparing themselves to others, or other ideologies of what is desirable and worthy. Often a sense of inadequacy is present due to various social factors in the media and Academia. This cycle can spiral downwards towards deeper depression, feelings of worthlessness and suicidal thoughts. Brain imaging data from 2021 suggests that psilocybin could break such vicious cycles by impacting connectivity in the default mode network. This 2021 study conducted by neuroscientist Alex Kwan and his colleagues at Yale University in New Haven, Connecticut, showed how psilocybin could **facilitate the remodeling of neuronal circuits!**

This is just one pathway we can look at the benefits of psilocybin-assisted treatment. Personally, I have been afflicted by immense trauma that locked down my capacity to express and cry. With the help of psilocybin mushrooms and ceremony in Chiapas in Mexico, I was able to access my heart and release years of sorrow through therapeutic crying and dancing. A sense of wonder came through me that helped me to feel valuable, worthy, whole and connected to nature. Since then, I have deeply researched how psilocybin could help loved ones dealing with end-of-life anxiety, social anxiety, and feelings of worthlessness. I believe this medicine is safe, effective, sustainable, and has the potential to be affordable. I would like the ability to gain access to

legally integrating therapeutic psilocybin into my holistic health consultations with working class people and veterans from Hawai‘i and mainland.

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. 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,

Chloe Groom

## IN SUPPORT OF Sb1454

Aloha members of the committee,

My name is Amanda Lillibridge and I am writing **in strong support of Sb1454**, 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 **SB1454**. With aloha,

Amanda Lillibridge

**SB-1454**

Submitted on: 2/5/2023 12:56:51 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Robin Martin	Individual	Support	Remotely Via Zoom

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 I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

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, we are in desperate need of new approaches.

The FDA has granted psilocybin breakthrough therapy designation for treatment resistant depression, this designated is given 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.

More and more clinical trials are being run in major research institutions and published in top tier medical journals, showing psilocybin 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

Psilocybin does carry risks, as does every psychotropic drug used by my profession. We are often tasked with weighing the potential risks of treatment, against the risks of the untreated disease. You do not have to look far to appreciate the risks of untreated or under-treated depression; suicide is the second leading cause of death in the youth of Hawaii. While psilocybin may not be appropriate for everyone, it would be a valuable tool in our armamentarium in addressing this crisis.

Many municipalities around the country and around the world are moving forward with making psilocybin 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

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

My name is Roberto Viernes, I live in Kailua, Oahu, and I am writing in strong support of this measure, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I have personally seen the positive benefits that this therapy can do for people suffering from PTSD, addictions and depression. One of my own family members has greatly benefited from it in helping his depression.

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. Australia has also just become the first country to recognize psychedelics as medicines (The Sydney Morning Herald reports) - are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Please support this measure.

Mahalo,

Roberto Viernes

**SB-1454**

Submitted on: 2/3/2023 2:15:53 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

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

**My name is Andrea Bertoli, I live in Kaimuki, and I am writing in strong support of SB1454, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.**

**I love knowing that people have access to helpful plant medicines, and the breakthrough research in just the past few years has been so hopeful for so many people who struggle with anxiety, depression, and other mental health concerns. Psychedelics are not a miracle cure for everyone, but there is so much promise that it's just harmful to NOT look at the research and establish a path towards legalization here in Hawaii.**

**Mahalo,**

**Andrea**

**SB-1454**

Submitted on: 2/3/2023 3:18:06 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Marilyn Mick	Individual	Support	Written Testimony Only

Comments:

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

My name is Marilyn Mick. I live in Honolulu and I am writing in strong support of this measure, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

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

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

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

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

Mahalo, Marilyn Mick, Honolulu



**SB-1454**

Submitted on: 2/3/2023 3:58:59 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

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

My name is Brian Heithaus, I live in Honolulu, O'ahu, and I am writing in strong support of this measure, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Besides having heard of numerous other examples of breakthrough PTSD and addiction therapy, I myself have a close personal friend who was able to easily break from decades long alcoholism that was severely degrading his quality of life. This was after just 2 therapeutic sessions with psilocybin mushrooms, which are of course naturally occurring in our environment.

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 and thank you for your consideration,

Brian

**SB-1454**

Submitted on: 2/3/2023 8:54:39 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Joy Shih	Individual	Support	Written Testimony Only

Comments:

The research from some of the top institutions in the world (UCSF, King's College, etc.) has shown that therapeutically administered psilocybin has tremendous benefits to those suffering from a large array of mental health and physical health issues. Psilocybin is not only extraordinarily safe in itself, but helps patients get off prescription and addictive non-prescription drugs. It eases the suffering of many medical patients, including cancer patients. Psilocybin is a safe and critical tool that we need to help address mental health in our community. I strongly support establishing the Therapeutic Psilocybin Working Group so that we can create a program in Hawaii to support and heal our communities. We will have the benefit of learning from Oregon's statewide program. Because of the growing awareness of the safety of and benefits of psilocybin, it has also already been decriminalized in Colorado and nearly two dozen municipalities in the US. I strongly urge you to pass SB1454 for the health and wellness of Hawaii. Mahalo!

**SB-1454**

Submitted on: 2/3/2023 10:35:20 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Jade Bystrom	Individual	Support	Written Testimony Only

Comments:

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

My name is Jade Bustrom, I live in Waikuli neighborhood in Lahaina, Maui and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

In states and countries where psilocybin is legal, there is a profound evidence that the plant medicine creates lasting positive effects on humans. Accounts of increased creative thinking, interrelational awareness and interdependence are widely experienced. My own experiences reflect the same positive outcomes. Why I am personally in support of **SB1454** is because I will be enrolling in graduate school to receive a license to practice marriage and family therapy and wish to pursue licensure to practice psychedelic assisted therapy. Since there are no programs in Hawaii which allow for psilocybin assisted therapy research, I must seek an opportunity on the mainland. I would love to bring my practice back here to Hawaii, but can only hope that the political climate surrounding safe research will support psilocybin research after my studies are complete.

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.

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,  
Jade Bystrom

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

My name is Becca Moriconi. I am a graduate student at The University of Hawai'i Manoa studying Social Work. I currently live in the Puna district of the Big Island. I am writing to articulate my support of this measure, and highly encourage new therapeutic treatments for mental health such as psilocybin.

As a mental health professional I have had the privilege of working with a variety of different individuals on Big Island, Maui, and the Continent at large, and through this work I have seen, first hand the struggles individuals face with the traditional treatment options for mental health challenges, specifically depression. Depressive Disorder affects over 280 million adults worldwide, and over 30% of these individuals do not respond to the traditional treatment options. Due to this, I spent the first semester of my specialization year of graduate school diving deeper into alternative therapies for depression that is deemed *resistant to treatment*. Psilocybin is a **naturally** occurring substance in some mushroom species, which acts as a serotonin receptor agonist, meaning it has serotonin enhancing properties. From my 2022 research I found clear, safe, and optimistic results. Which articulated lasting positive effects for participants utilizing small doses of psilocybin as a treatment modality. Not only were the results promising, but the safety and efficacy of this treatment modality was praised, as participants received psilocybin no more than three times within a trial.

Over the past 20 years research has increased around the world, and the new scientific understanding of benefits of substances like psilocybin is sure to continue growing within the medical and psychological fields. Major institutions throughout the continental US are pointing to the promise of substances like MDMA and psilocybin, for not only depression, but also, anxiety, addictions, depression, end-of-life anxiety, and post-traumatic stress disorder.

State and County lawmakers now have a crucial role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA, and other medicines. We can spearhead these groundbreaking initiatives in favor of these therapies—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.

With the mental health crisis increasing in intensity throughout Hawai'i, we cannot miss out on expanding healing modalities offered. Please support this measure.

Mahalo,  
Rebecca J Moriconi

**SB-1454**

Submitted on: 2/4/2023 5:41:18 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Daniel Levy	Individual	Support	Written Testimony Only

Comments:

As a medical patient with neurological disorder, I have direct experience with the break through medical benefits of psylisibin. For many years, I have experienced this medicine as being the only relief from my symptoms and it is safe with no history of overdose or deadly side effects. I know that different types of mushroom help and others don't as with varied doses. We need safe, legal access to this proven break-through medicine as soon as possible. This medicine will save lives and improve the lives of many people, including mine.

**SB-1454**

Submitted on: 2/4/2023 7:50:59 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
dakin retzlaff	Individual	Support	Written Testimony Only

Comments:

Promising research has been coming out about the positives of psilocybin therapy. This bill should legalize medicinal use but a working group is a step in the right direction as well.



**SB-1454**

Submitted on: 2/4/2023 8:50:08 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Michael Walker	Individual	Support	Written Testimony Only

Comments:

loha mai kakou e Chair, Vice Chair, and Members of the Committee,

My name is Michael Walker, I live in the ahupua‘a of Honolulu on the island of O‘ahu and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

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.

Major research and academic institutions around the world have 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 (PTSD). Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin a 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 in 2023, 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 pressing issue in our communities, we all know someone who stands to benefit from access to therapeutic psilocybin. Please support this measure.

Mahalo,

Michael Walker

**SB-1454**

Submitted on: 2/4/2023 10:41:23 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

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 SB1454**, which will establish the therapeutic psilocybin working group.

My daughter has just received her PhD in psychology. Her dissertation was on veterans who had used psychedelics due to their PTSD. One of her points was that current treatment, especially by the Veterans Administration does nothing to help the PTSD but often addicts the person to harmful substances. However, psychedelics, when used in the proper setting, with experienced, supportive practitioners, is effective.

Psychedelics are being researched in several medical facilities. Please check the literature. Hawaii has many veterans (and non-veterans) with PTSD. Please support this bill to start a working group to study psychedelics and how they could help the people of Hawaii!

**SB-1454**

Submitted on: 2/4/2023 10:18:02 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Allan Reaves	Individual	Support	Written Testimony Only

Comments:

I strongly support this bill. Mushrooms have tremendous potential as well as many plant medicines, like cannabis. I have had miraculous healing from plant medicines. They should all be completely legal. It's not the governments business to decide what medicines we use! Legalize freedom!

**SB-1454**

Submitted on: 2/4/2023 11:36:56 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
julius gutierrez	Individual	Support	Written Testimony Only

Comments:

Aloha as a native American I truly believe it is a cultural right to be able to practice with this sacrament.

Furthermore it has been shown that it has great potential for therapeutic purposes with minimal possible side effects.

**SB-1454**

Submitted on: 2/4/2023 1:24:29 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
terry p kamen	Individual	Support	Written Testimony Only

Comments:

I approve SB1454.

**SB-1454**

Submitted on: 2/4/2023 2:30:02 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

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

My name is Nicci Herron, I live in Kailua-Kona on Hawaii Island, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

As someone who has long suffered from OCD and anxiety and panic attacks, I fully support this resource. I have been hoping to use it myself but feel far more comfortable in a regulated setting. I am not comfortable with typical prescription treatment or synthetic alternatives like ketamine. I don't want to just treat the symptoms but to actually heal from the root cause. From all of the studies done, it seems like this is a genuinely safe and effective treatment and I hope to have access to this someday.

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.

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,  
Nicci Herron

February 6, 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 SB1454, which will establish a therapeutic psilocybin working group. 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 disturbing 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 last week, 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



**SB-1454**

Submitted on: 2/4/2023 3:06:17 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Crystal Charkowski	Individual	Support	Written Testimony Only

Comments:

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

My name is Crystal Charkowski, I live in Kailua-Kona on the island of Hawaii, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

As an MSW candidate who plans to serve the Kailua-Kona community toward the goal of healthy connection, I believe that our current heavily medicated mental health interventions should be continually scrutinized, and policies should be challenged for effectiveness and consumer protection. Our current available medications to treat mental health and substance used disorders have limited prescribing providers, are costly, and the side-effects of the SSRI's and anti-psychotic medications prescribed to people suffering from mental health needs can be just as harmful as the original disorder. Studying psychedelic medicine in a strengths-based, client focused, safe environment with protocols could provide another avenue of treatment of mental health in our community.

Research from multiple countries has shown psilocybin to be affective for a wide range of mental and psychiatric diagnoses including treatment-resistance depression, 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.

My personal goal for community service in Hawaii will include future referrals to those who prescribe medications for the treatment of mental health and substance use disorders. I hope that psilocybin treatment providers will be available in my list of referrals in the future.

Please support SB1454 for the future treatment of mental health in our beautiful state.

Mahalo,  
Crystal Charkowski

**SB-1454**

Submitted on: 2/4/2023 3:06:28 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Appelusa McGlynn	Individual	Support	Written Testimony Only

Comments:

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

My name is Appelusa, I live in Koloa, Kauai and I am writing in strong support of SB1454, which will establish the therapeutic psilocybin working group.

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 plant-based medicines like psilocybin above ground for therapeutic uses.

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,

Appelusa

**SB-1454**

Submitted on: 2/4/2023 3:14:55 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Chris Frohlich	Individual	Support	Written Testimony Only

Comments:

**Testimony in Support of the Psilocybin Working Group ([SB1454](#) / [HB1337](#))**

Committee Hearing | 2023 Legislative Session

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

My name is Chris Frohlich, I live in Kaimuki, and I am writing **in strong support of this measure**, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I have seen the healing benefits of this medicine in my friends and family and strongly believe that it may hold the key to revolutionize our approach to mental health. Research has shown after one treatment patients report a decrease in anxiety and a greater connection to family and community. I feel that psilocybin may hold the key to treating not just the symptoms of our mental challenges but may address the root causes of these debilitating conditions. Psilocybin needs to be reevaluated for its groundbreaking potential.

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 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,

Chris Frohlich

**SB-1454**

Submitted on: 2/4/2023 7:18:43 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

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.

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,

Linda Sakamoto

**SB-1454**

Submitted on: 2/4/2023 10:35:05 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Alyssa Kauanoë	Individual	Support	Written Testimony Only

Comments:

Citizens of Hawaii should have safe and legal access to psilocybin. Psilocybin has been recognized by other governments (domestic and international) as an effective medicine to treat numerous mental health conditions, most notably depression and anxiety.

World famous mycologist Paul Stamets has co-authored numerous studies in support of psilocybin as a cure for depression in as little as one or two sessions. Paul Stamets also states that psilocybin can even be consumed on a microdose level (with no hallucinogenic "trip" effects). Microdosing is known to be an effective medicine against negative thought patterns, depression and anxiety. It has also been documented as making people more focused, creative, and productive at their work. Stamets has also been quoted saying psilocybin makes people "smarter, kinder, and more courageous."

According to Stamets, psilocybin is not a physically addictive substance, and also not a medicine that is typically abused due to its intensely emotional therapeutic qualities. There is also no danger in stopping this medication abruptly. SSRIs on the other hand can be deadly if not weened on a schedule.

Please pave way to legalize this safe & natural plant medicine so the people of Hawaii have a much safer and effective alternative to SSRIs. SSRIs have numerous known side effects such as numbing of all emotions, weight gain, reduced libido, suicidal ideation, etc. Psilocybin is mostly likely more effective than SSRIs without any of the dangers. We deserve to have safe & legal access to psilocybin as a natural plant based alternative to treat our mental health conditions. I believe it will make the people of Hawaii happier, thus making our state a safer and more productive place to live in.

Mahalo for your consideration,

Alyssa Kauanoë

**Testimony in Support of the Psilocybin Working Group ([SB1454](#) / [HB1337](#))**  
Committee Hearing | 2023 Legislative Session

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

My name is Sergi Gimenez Cervello, I live in O’ahu, and I am writing **in strong support of this measure**, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I’m personally interested in this measure because of the history of mental health issues in my family – my dad and grandma have been struggling with depression for years, particularly my grandma is struggling with trauma, loss and fear of death and current treatments are only numbing her mental capabilities and don’t seem to be very effective.

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,  
Sergi Gimenez Cervello



**SB-1454**

Submitted on: 2/4/2023 1:56:29 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Stuart Coleman	Individual	Support	Written Testimony Only

Comments:

Dear Chair, Vice Chair & Committee Members,

I'm writing to express strong support for SB1454 to create a psilocybin working group. This kind of therapy has substantial scientific evidence and research to show its effectiveness, and it is desperately needed in Hawaii. We have so many soldiers and vets suffering from PTSD, anxiety and depression, and this proven treatment could help save lives and save lots of tax dollars spent on treatments and pharmaceuticals that don't have the healing powers and success rates of psilocybin therapy. Mahalo for your support of this bill to create a working group forward.

Aloha, Stuart Coleman

2927 Hibiscus Pl., Hon., HI 96815

**SB-1454**

Submitted on: 2/5/2023 10:06:51 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Stan Olsen	Individual	Support	Written Testimony Only

Comments:

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

My name is Stan Olsen , from Kailua Kona, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group. As a Veteran, and commercial boat captain, I've seen way to many colleagues use alcohol to help their mental health. This is rarely successful. We need open minds, and all available tools for this problem. Our society has wasted decades and many lives . Time to change our thinking & behavior. Please take this small step now.

Thx

Stan Olsen

**Testimony in Support of the Psilocybin Working Group ([SB1454](#) / [HB1337](#))**  
Committee Hearing | 2023 Legislative Session

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

My name is Tiare, I live in Kalama Valley- Hawaii Kai, on the island of Oahu, and I am writing **in strong support of this measure**, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

Having access to therapeutic psilocybin treatment in which to help patients and the people of Hawaii who are living with trauma related to PTSD would be life changing. I strongly believe it would help my father and brother who suffer from PTSD related to near death experiences. My father was rendered quadriplegic and still suffers from debilitating nerve pain. My brother suffers from anxiety, PTSD, and extreme pain from a work related accident. Having access to these treatments will provide more options for therapy, research plus a possibility for a better life after healing from their physical and emotional trauma.

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,  
Tiare Gray

**SB-1454**

Submitted on: 2/5/2023 11:21:26 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Anela Bird	Individual	Support	Written Testimony Only

Comments:

I hope you all are having a good day Chair, Vice Chair, and Members of the Committee,

My name is Anela Bird, I live in Honolulu on Oahu and was born and raised on Maui. I am writing in strong support of SB1454, which will establish the therapeutic psilocybin working group.

I grew up helping my dad in his family practice on Maui, where he has helped generations of families as a primary care physician. As he grew in his practice, the increasing demand for medications and the copays got higher. He started trying to help patients more with medications and paying for these medications. Many people with mental health issues. The support around working through the psychiatric conditions is minimal and the funding is minimal. You are either well or crazy. The medications gave people many side effects worse than the conditions. I have seen people since I was young, trapped on medications they don't want to take. That they feel there is no way out of taking. The understanding of the science of the brain and mind are progressing and so should the legislation and legality. It is undeniable that many natural medicines used by generations and generations, can help us with the epidemic of pharmaceuticals. The loops of medicines people are on and really address the core wounds in a more sustainable way. I personally have been able to work through my own childhood trauma with the use of psilocybin and get to a workable place with these core wounds. Working with support with these medicines is necessary. I am so grateful to the ones stewarding these medicines and sustaining the traditions of utilizing them with respect.

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.

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, cancer depression treatment, 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 for being and hearing us all out,

Anela Bird

**SB-1454**

Submitted on: 2/5/2023 11:29:01 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
John Ward	Individual	Support	Written Testimony Only

Comments:

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

I am a licensed Marriage and Family Therapist in Honolulu. I am also a Certified Psychedelic-Assisted Therapy Provider.

I strongly support legislation that provides therapeutic access to this medicine. This class of medicines is showing evidence of one of the biggest breakthroughs in mental health in decades. The need for better mental health treatment in our community has been well documented. The cost of mental illness to our communities has been well documented. The research indicating the effectiveness is becoming more and more overwhelming.

I have personally seen the effects of this medicine and its accompanying treatments on the lives of people. It should be an option for the people of Hawaii. Many of my local clients are waiting patiently for the ability to access this treatment.

This issue has a lot of populous, scientific, and bipartisan support. Please stand with this revolution. One day we will look back on this as a breakthrough turning point in mental health. Please help the lives of thousands of Hawaiians suffering and help champion this bill.

Mahalo,

John Ward, LMFT

**SB-1454**

Submitted on: 2/5/2023 12:14:32 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Harvey Arkin	Individual	Support	Written Testimony Only

Comments:

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

My name is Harvey Arkin, I live in Manoa Oahu, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

Unfortunately, psilocybin mushrooms were put on the federal schedule 1 list during the Nixon administration;

“You understand what I’m saying? We knew we couldn’t make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin. And then criminalizing both heavily, we could disrupt those communities,” Ehrlichman said. “We could arrest their leaders. raid their homes, break up their meetings, and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course we did.” former Nixon domestic policy chief John Ehrlichman

There had been a lot of positive research being done in the 1960s that came to a stop because of the criminalization of psilocybin and other Psychedelic drugs.

While in a foreign country where it is legal I have gained significant help with my anger and feeling of well-being.

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.

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,  
Harvey Arkin

**SB-1454**

Submitted on: 2/5/2023 12:34:42 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Marya Grambs	Individual	Support	Written Testimony Only

Comments:

I am writing in strong support of S1454. It's time that we as a society embrace the value of psilocybin. There's substantial evidence that it can be an important and effective treatment for a variety of mental health issues -- depression, anxiety, PTSD. It's especially important for treatment-resistant depression, for whom all other treatments have failed - which means it can be a tool in preventing suicide.

Please pass this bill and establish a therapeutic psilocybin working group, so that Hawaii can join the growing number of localities that are enabling people to get help from this treatment.

Thank you.

**SB-1454**

Submitted on: 2/5/2023 12:44:48 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

**Testimony in Support of the Psilocybin Working Group ([SB1454](#) / [HB1337](#))  
Committee Hearing | 2023 Legislative Session**

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

**My name is Kristina Rodriguez, I live in Kihei, Maui, and I am writing in strong support of this measure, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.**

**Having experienced early childhood sexual trauma, my destiny was set on the path of healing and 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, Hawai'i, and indigenous tribal nations of North America. It was through these beautiful traditions that I discovered the healing power of sacred plant/fungi medicines, ceremony, prayer, and ritual. These lineages & traditions informed not only my personal healing, but also my life path as an individual called to help facilitate the healing processes of others. It is my deep prayer that access to these healing medicines be made available to the people of Hawai'i. If I can heal from sexual trauma, so can others, and that gives me hope for a brighter tomorrow.**

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

**Please support this measure.**

**Mahalo,**

**Kristina M. Rodriguez, RN-BSN, LMT**

**SB-1454**

Submitted on: 2/5/2023 12:47:35 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Stefano Quarta	Individual	Support	Written Testimony Only

Comments:

**Model Testimony**

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

My name is Stefano, I live in [share neighborhood & island], and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

After psilocybin therapeutic treatment: I know three people who have stopped smoking after a decades long addictions. I know multiple people that have put down their drinking problems after therapeutic psilocybin treatment. This is therapy and far more than simply a drug with a history of hippies.

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.

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,  
Stefano

**SB-1454**

Submitted on: 2/5/2023 12:51:22 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

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

My name is Grant Miyashiro, OD, I live in Hilo, Hawaii, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

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

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

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

Please support this measure.

Mahalo nui loa,

Grant Miyashiro, OD

**LATE**

**SB-1454**

Submitted on: 2/5/2023 1:05:29 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Jamie Fries	Individual	Support	Written Testimony Only

Comments:

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

My name is Jamie Fries, I live in Hawaiian Acres on the Big Island, and I am writing in strong support of SB1454, which will establish the therapeutic psilocybin working group.

I have experienced the use of psilocybin in therapeutic settings, and it has helped me in immeasurable ways with my mental health. I have also seen how it's impacted others that have used this medicine for therapeutic purposes.

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.

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.

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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,

Jamie

2/5/2023

**LATE**

Aloha Chair, Vice Chair and Members of the Committee.

My name is Sean Munnely. I am a board-certified child & adolescent and adult psychiatrist with specialty training in addictions. I have been living and practicing medicine in Hawaii since 2008. I write in support of SB1454 Relating to Psilocybin.

It is currently estimated that over 350 million people worldwide suffer with depression. (World Health Organization 2017). By 2030, it is expected that depression will be the leading cause of disability worldwide. WHO (Lapine: The Increasing Burden of Depression). Current interventions have significant limitations. Psychopharmacology shows weak efficacy for both depression and post-traumatic stress disorder (PTSD). Despite the efforts of conventional treatments, there is an alarmingly high rate of treatment refractory individuals. These individuals often have chronic suicidal ideations, attempts and tragically, completed suicides.

We are now well into a renaissance of studying and understanding states of consciousness. Johns Hopkins University and NYU have completed, or currently completing, clinical trials specifically looking at psilocybin. There is already compelling evidence of psilocybin use in end-of-life care. Specifically for existential distress in palliative care. The NYU Psilocybin/Cancer Anxiety Research Study--FDA and DEA approved clinical trial. Examined effectiveness of one psilocybin session upon individual with existential and psycho-spiritual distress associated with cancer or end of life. (Ross et al, 2016). Showed rapid and sustained symptom reduction following psilocybin treatment for anxiety/depression in patients with life threatening cancer. Summary of NYU finding safety established with no medical or psychiatric serious adverse events. Rapid anti-anxiety and anti-depressant effects with a large magnitude of improvement. Decreased existential distress (demoralization and hopelessness). A testimonial from an individual in the trial. "This changed my life. I felt this constant state of becoming. I felt gratitude like I never felt before in my life. I felt totally welcome."

Another study: Psilocybin Assisted Therapy for Major Depressive Disorder from JAMA Psychiatry/Original Investigation. Effects of Psilocybin Assisted Therapy on MDD a Randomized Controlled Trial. Examines rapid and sustained antidepressant effects. Primary outcomes to demonstrate safety and feasibility. In summary: 71% of participants met criteria for clinically significant response. There was rapid and sustained clinically significant anti-depressant effect. Including over 50% remission of symptoms at 1 and 4

week follow ups. Interestingly, these effects were sustained and even improved at one year follow up as well.

In addition, there are completed or active clinical studies underway examining PTSD, opioid, stimulant, nicotine, alcohol use disorders, eating disorders, Alzheimer's and Lyme's disease. And this is currently a partial list.

More importantly, the current trajectory of this renaissance offers a potentially paradigm shifting moment in mental health care and larger community consciousness. The psychedelic assisted therapy model already has an established framework. Ideally, this model is already being implemented with ketamine assisted therapy. This is perhaps the greatest breakthrough treatment in psychiatry for treatment refractory depression and for individuals with acute suicidal ideations. I have personally witnessed the healing and transformative benefits of this medicine and therapy for such individuals.

Within this model, an individual is evaluated and screened for proper indications and to ensure medical safety. The provider then utilizes preparation sessions to build rapport and trust. And discuss other key aspects such as expectations for potential experience, a thorough informed consent discussion and review of safety measures. In the clinical studies, there are customarily three integration therapy sessions following the medicine session. During integration sessions, individuals process materials accessed, and insights gained to integrate into life over time. "Man is not destroyed by suffering; he is destroyed by suffering without meaning." Viktor Frankl in Man's Search for Meaning.

I have also witnessed the potential for healing on the group and community level. I was fortunate to participate in a yearlong training program in Psychedelic Assisted Therapy with the Integrative Psychiatry Institute (Boulder, CO). In this program I witnessed the potential that ketamine assisted therapy can have on an individual as well as group level. This experience was transformative and inspiring. It provides hope that a better and deeper form of healing, and a movement towards wellness is possible.

As Albert Einstein stated: "The most beautiful and profound emotion we can experience is the sensation of the mystical. It is the fundamental emotion that stands at the cradle of true art and true science."

Respectfully,

Sean W. Munnely, MD

Board Certified Psychiatrist

Addictions Psychiatry Specialist

[swmunnely22@gmail.com](mailto:swmunnely22@gmail.com)

**LATE**

**SB-1454**

Submitted on: 2/5/2023 1:28:34 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Isabella Dagher	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of the Psilocybin Working Group ([SB1454](#) / [HB1337](#))  
Committee Hearing | 2023 Legislative Session

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

Thank you for taking the time to read this. My name is Isabella Dagher, I live in Kanoeha on Oahu, and I am writing in strong support of this measure, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

As a person who has recovered from severe complex trauma and PTSD, psilocybin (microdosed) has helped me recover from persistent depression disorder and suicidality. I received treatment outside of the United States and have fully recovered from many of the previous psychological tensions, hardships, and distresses as a person of color and daughter of a refugee. Where some psychopharmaceutical interventions create side effects from the medication, psilocybin has not only provided a complete alleviation of my depressive symptoms but also came with no side effects. This seems like a simple understanding that this type of medical treatment is no doubt beneficial and I am still surprised how slowly the United States have prohibited such treatment to the point where I spent much of my money and seeking of treatment in central and south america. I think that medical and legislative support on diverse healthcare treatments should be considered not only for diverse populations with complex biochemical adaptations from trauma, but also for the support of populations who traditionally used this plant medicine as a sacred and controlled way of healing. Bringing this back to the public and in the medical model may also provide an extended trust to pharmaceutical intervention that is inclusive to natural healing modalities rather than the history of harmful effects from other medications (opioids). With minimal risk, psilocybin is my preferred treatment when medically necessary and has been a huge contributor to my psychological recovery and ability to rejoin the workforce. Hawaii's representation in this support, also supports mental health rehabilitation, especially those facing adversities, complex trauma from within the home, and heightened survival states. I feel like I can manage my experiences around societal shifts, personal changes, and community concerns

with more neurological stability and creative ways to address stress. I am supportive of this bill, because I believe all humans should have access to healthcare and that this medicine has been used for centuries in the sacred facilitation of healing. Restoring this medicine is also rehabilitating our mental health, connection to ancient healing practices, and reempowering the mental health care field with complementary psychedelic-assisted treatment for long lasting effects and benefits. To allow access should be a healthcare resource and human right.

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 for your time and hearing my story,

Isabella

**LATE**

TESTIMONY IN SUPPORT OF COMPANION MEASURES HB1337 and SB1454

I exhort the Hawai'i Legislature in the most strident and urgent terms to do everything within your power to make both natural and synthetic psychedelic medicines available to all those who would benefit from them at the earliest possible moment. 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.

I originally drafted the following essay in early 2021 in the hopes that I might someday have a chance to address the Hawai'i Legislature on this important subject. For a number of reasons, I decided not to share it until now. What follows is a slightly edited version of what I wrote about one year ago; the dates and timeframes mentioned are referenced to the beginning of 2021:

*"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 65 years of age. [now 66] 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 I have been prescribed literally dozens of pharmaceutical medications to treat my mental health difficulties - including such dangerous substances as Adderall® (mixed amphetamine salts) - 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 I certainly not going to try anything illegal!"*

*“After three or four years more of what turned out to be totally 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 over 45 years of treatment by qualified healthcare professionals works even remotely as well as 1/4 teaspoon of ground P. cubensis mushroom 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 adult life. Without doubt, this medicine immeasurably improves both my mental condition and my general quality of 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 to both afflicted individuals and 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 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 used both amphetamines and opioid narcotics without my becoming a drug abuser by scrupulously following the directions given to me on the occasions when they have been prescribed,*

*“Medical science now tells us that the fear and superstition that to this very day bars the medical use of psychedelics is exactly that - fear and superstition. A number of studies over the past decade 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 (ecstasy), and a ketamine (‘special K’) derivative (esketamine) are now showing great promise for providing relief for various mental health difficulties. Esketamine, in particular, has already been approved for tightly controlled in office use in treating depression, at \$240 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 own case represents clear proof of the pudding to me, although I acknowledge it is only one single anecdote. Yet it remains 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 psilocybin mushrooms.*

*“As a direct consequence of these self-administered treatments, I believe that I may no longer need the 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 thorny 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 literally dozens of 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 in doing what I find absolutely necessary to liberate myself from my life-threatening, lifelong depression and to finally experience a quality of life worth living 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 assisting me in ending my torment by nothing more than a set of laws grounded in ignorance and superstition.

“This essay began as a never published open letter to officials in my home state of Hawai’i 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, but as I began to write, I realized that this is an issue of national importance. Magic mushrooms have literally saved my life, and I am sure there are many others whose suffering could be relieved through a simple, common-sense change in policy. Consequently, I did not publish my thoughts, as prior publication would have foreclosed any hope of reaching a larger audience through any major newspaper’s op-ed pages.

“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.

Our Nation's founding Declaration clearly states that the purpose of government is to secure certain fundamental, inalienable human rights, specifically naming the right to the pursuit of happiness as one of these core fundamental human rights. Yet, because of hysterical anti-drug laws enacted more than a half-century ago, I could, in theory, go to prison just for possessing the only thing I have ever found that can set in place the first paving stone on my quest for happiness. This is a perversion of the proper function of the Legislative branch.

*“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.”*

I support HB1337 and SB1454 because they are a small step in the right direction, but these measures also doesn't go nearly far enough. Hawai'i citizens are suffering and dying unnecessarily *today*. The time to form a study commission has long past come and gone. It is now time to take meaningful and compassionate action with all deliberate speed: Human lives are at stake.

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

K.K., Kihei, HI  
5 February 2023

**LATE**

**SB-1454**

Submitted on: 2/5/2023 9:18:45 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Noelani Love	Individual	Support	Written Testimony Only

Comments:

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

My name is Noelani Love, I live in Sunset Beach on Oahu, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

Access to psilocybin has helped tremendously with my feelings of anxiety and depression. I have experienced deep healing by working with this plant medicine, a true gift from the earth. This medicine has supported me in having better relationships with my family, friends and community and also having a deeper sense of purpose in this life.

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.

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,  
Noelani Love



**LATE**

**SB-1454**

Submitted on: 2/5/2023 10:15:11 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Daniela Spoto	Individual	Support	Written Testimony Only

Comments:

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

Thank you for the opportunity to submit testimony in support of SB1454, opportunity to submit testimony, and support which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

I am supporting this measure because I have seen the healing effects that psilocybin can have for people suffering from trauma and depression. I believe that--when administered in a safe setting--psilocybin can be a much healthier and more effective option than many pharmaceuticals currently available to treat these conditions. I would love to see this medicine made widely available to the people of Hawaii. Thank you.

**LATE**

Dear Chair Buenaventura, Vice Chair Aquino, and committee members:

I strongly support SB 1454 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

**LATE**

**SB-1454**

Submitted on: 2/5/2023 10:53:33 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

Strong Support. This Task Force would be a great step for Hawaii to get informed on what is to come from the federal government on access to new medicines.

-Randy



**LATE**

**SB-1454**

Submitted on: 2/6/2023 8:12:43 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Alexa Deike	Individual	Support	Written Testimony Only

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Alexa Deike and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group.

I urge the legislators to pursue any avenue that could provide healing or betterment for our community members who are struggling from mental health issues and in the worst case take their own life. The statistics show that the suicide death rate for Native Hawaiians and Pacific Islanders are significantly worse than the overall value. We cannot afford to lose any more lives.

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.

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,  
Alexa Deike



**LATE**

**SB-1454**

Submitted on: 2/6/2023 9:11:18 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Michaela Nartia	Individual	Support	Written Testimony Only

Comments:

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

My name is Michaela Nartia, I live in Makiki, Oahu, and I am writing **in strong support of this measure**, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.

As a person that struggles with depression and anxiety, having a natural and non-addictive treatment option is essential. There have been many studies conducted that show the promising benefits of psilocybin as a mental and psychiatric treatment option.

The state and county now have a critical role to play in the movement toward safe, legal, therapeutic access to psilocybin. We do not want the citizens of Hawaii to miss out on this healing modality. With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to psilocybin. Please support this measure.

Mahalo,

Michaela Nartia

**LATE**

**SB-1454**

Submitted on: 2/6/2023 9:43:51 AM

Testimony for HHS on 2/6/2023 1:00:00 PM

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

Comments:

My name is Michael Gosney, graduate student of the Byron Thompson School of Social Work at the University of Hawaii Manoa and I support this bill. As a social worker, I specialize in the mental health field. As part of my graduate studies, I performed a systematic literature review on all available research of psilocybin for adults struggling with treatment resistant depression. All data suggested that for adults struggling with treatment resistant depression, psilocybin assisted therapy is an effective approach in decreasing depressive symptoms. The use of psilocybin in treating treatment resistant depression seems to be highly effective. I support this bill to establish a working group in order to determine the effectiveness of therapeutic uses of psilocybin so that we can continue to provide the highest mental health care for our population.

**Testimony of Jeffrey R. Stone  
Founder, Chief Executive Officer, President  
The Resort Group**

**LATE**

February 4, 2023

Committee on Health & Human Services

**RE: TESTIMONY IN SUPPORT OF SB 1454 RELATING TO PSILOCYBIN**

Aloha Chair San Buenaventura, Vice Chair Aquino and Committee Members,

I am submitting this testimony in full support of SB 1454 Relating to Psilocybin and the Act to establish a therapeutic psilocybin working group.

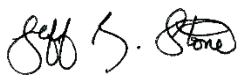
I strongly believe Hawai'i is ideally poised to establish itself as a leader in the health and wellness industries. I have personally invested in several leading institutions studying the benefits of plant-based therapeutics to effectively treat mental health disorders. Psilocybin has been found to be a natural, non-addictive and safe treatment alternative. Its availability in regulated settings in Hawai'i would positively contribute to the State's recognition as a global wellness community.

Major research and academic institutions around the world have 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. Establishing a therapeutic psilocybin working group in Hawai'i allows for research confirmation and continuing discussions on federal, state, and local laws, regulations, administrative rules and procedures for its use.

It is also important to note that Native Hawaiians and other indigenous cultures around the world have long used, and continue to use, plant-based medicines. Initiatives in favor of therapeutic psilocybin are occurring nationwide, with scientists and medical professionals working alongside policymakers to ensure plant-based therapeutics like psilocybin are considered and available as mental health treatment options. Oregon's new therapeutic psilocybin program, which launched this year, and Colorado recently, decriminalizes and partially legalizes psilocybin.

Mahalo for the opportunity to offer this testimony. I strongly encourage you to support this measure.

Aloha,



**SB-1454**

Submitted on: 2/6/2023 12:01:56 PM

Testimony for HHS on 2/6/2023 1:00:00 PM



Submitted By	Organization	Testifier Position	Testify
Jennifer Stikeleather	Individual	Support	Written Testimony Only

Comments:

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

**My name is Jennifer, I live in Diamond Head on Oahu, and I am writing in strong support of this measure, which will establish the therapeutic psilocybin working group to examine the therapeutic effects of psilocybin and develop a long-term strategic plan to ensure the availability of therapeutic psilocybin or psilocybin-based products that are safe, accessible, and affordable for adults 21 years of age or older.**

**My wish is for anyone who can benefit from this treatment, especially those that suffer severely and who's livelihoods are in jeopardy, not only have safe and legal access, but also a strong community built around them that's informed and supportive as they integrate and heal.**

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

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

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

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

**Mahalo,**

**Jennifer Stikeleather**

**LATE**

**SB-1454**

Submitted on: 2/6/2023 12:25:54 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Laura Rosas Leong	Individual	Support	Written Testimony Only

Comments:

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

My name is Laura Rosas Leong, MA, LMHC. I live in Kaimuki in Honolulu, and I am writing **in strong support of SB1454**, which will establish the therapeutic psilocybin working group. I am a licensed Mental Health Counselor here in the State of Hawaii. I have been in private practice for seven years and treat patients for Anxiety, Depression, PTSD and other mental health issues. I completed the Psychedelic Assisted Therapy Post Graduate Training Certificate Program through Naropa University (10 month program of study) last year. There has been so much amazing research on Psilocybin to help with these disorders, as well as helping End of Life Anxiety, Cancer patients coping abilities, suicidality in Veterans, PTSD. The treatment effects are often much better than the approved pharmaceuticals on the market, with less side effects and toxicity. In fact, psilocybin creates a window of neuroplasticity (brain growth and strengthening.) My clients expressed great interest and hope in being able to use psilocybin as a therapeutic tool.

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.

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,  
Laura Rosas Leong, LMHC

**LATE**

**SB-1454**

Submitted on: 2/6/2023 12:46:24 PM

Testimony for HHS on 2/6/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Kevin Martin	Individual	Support	Written Testimony Only

Comments:

Hi,

My name is Kevin Martin and I'm a 32 year old Project Manager here on Oahu. Most importantly, in 2011, while serving in the US Army in Afghanistan as a Cavalry Scout, I was wounded in combat after my vehicle was struck by an improvised explosive device (IED). As a result, I was awarded a Purple Heart for sustaining a Traumatic Brain Injury.

For years, I seriously struggled with suicidal ideations, substance abuse, depression, and PTSD. I was a wreck, and caused myself and my family so much pain. Moreover, I also cost the tax payers THOUSANDS of dollars in emergency room visits and hospital stays. None of those treatments were successful. I tried my best to get help, I took the meds I was prescribed, I went to talk therapy regularly for years -- but none of that worked, so I tried on three occasions to kill myself, and then I found help.

I sit here today the happiest, healthiest, and wealthiest I've ever been in my life. Why is that? Taking psychedelic drugs is the answer. More specifically, I found a psychiatrist online who operated a ketamine clinic. I began doing ketamine assisted psychotherapy and then went and began using psilocybin, LSD, MDMA, and DMT outside of his clinic. Ironically enough, at the same time, I quit drinking alcohol (and haven't resumed), I finished graduate school, started working, got promoted to Project Manager. It's incredible to think that in about four years I went from almost being homelessness to being a Construction Project Manager, with an annual income of \$187,000. Psychedelic drugs saved my life and now I'm a model citizen (other than the fact that I proudly and regularly consume psychedelic drugs in spite of this country's white trash and antiquated legal system.)

I believe this is the single most consequential bill in the state of Hawaii right now. How many people do you know that are suffering from mental health problems? It's about 1 in 4 American adults, and the number keeps growing. It's time for you to do something, the war on drugs has been a staggering failure. We have a raging homelessness crisis in Hawaii that I will personally guarantee would improve if you increased access to quality mental health treatments such as these.

Best,

Kevin Martin  
Purple Heart Recipient

# LATE

## Testimony in Support of SB1454

Senate HHS Committee | Monday, February 26, 2023 at 1pm

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the CPN Committee,

My name is Doorae Shin, and I am testifying in strong support of SB1454. 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 Therapeutic Psilocybin Working Group.

Federally, the FDA has twice granted psilocybin its [Breakthrough Therapy Designation](#) (in 2018 and 2019) for its efficacy in treating severe depression. 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 is one example of a [safe, natural, non-addictive, and effective way to treat depression and other mental illnesses](#). The best estimates give psilocybin another 3 years or so before it is rescheduled federally and allowed to be prescribed by medical professionals for treating depression and other disorders. Below are facts and research around psilocybin as a therapeutic treatment.

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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](#).

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### The Science of Psilocybin

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.*

### **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 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

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### **Conclusion**

As you can see, the movement to legalize and create safe, therapeutic access to psilocybin 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 SB1454 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.

Mahalo for your consideration of this testimony **in support of SB1454**. I can be available for questions.

Doora Shin

Community Member and Project Manager of Clarity Project  
team@clarityproject.org