

EXECUTIVE CHAMBERS
KE KE'ENA O KE KIA'ĀINA

JOSH GREEN, M.D.
GOVERNOR
KE KIA'ĀINA

Senate Committees on Health and Human Services
Friday, March 24, 2023 at 1:02 p.m.
State Capitol, Conference Room 225 & Videoconference
In Strong Support of
SCR No.69, SR62, Requesting the Department Health to Establish a Beneficial
Treatments Advisory Council to Review, Evaluate, and Recommend New Medicinal
Mental Health Treatments.

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

The Office of the Wellness and Resilience (OWR) in the Governor's Office STRONGLY SUPPORTS SCR No.69, SR62, Requesting the Department of Health to establish a beneficial treatments advisory council to review, evaluate, and recommend new medicinal mental health treatments.

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

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

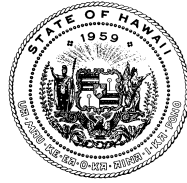
As negative impacts of the COVID-19 pandemic continue to show up in our daily lives, promising interventions for mental health disorders should be included in conversations relating to trauma.

Mahalo,

Tia L R Hartsock, MSW, MSCJA

Executive Director,

Office of Wellness & Resilience Office of the Governor



STATE OF HAWAII
DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
P. O. Box 3378
Honolulu, HI 96801-3378
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Testimony COMMENTING on SCR69

REQUESTING THE DEPARTMENT OF HEALTH TO ESTABLISH A BENEFICIAL TREATMENTS ADVISORY COUNCIL TO REVIEW, EVALUATE, AND RECOMMEND NEW MEDICINAL MENTAL HEALTH TREATMENTS.

SENATOR JOY SAN BUENA VENTURA, CHAIR
SENATE COMMITTEE ON HEALTH & HUMAN SERVICES

Hearing Date: March 24, 2023

Room Number: 229

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

2 **Department Testimony:** The Department of Health (DOH) has no opinion on the efficacy of
3 methylenedioxymethamphetamine (MDMA) and psilocybin on consumers in Adult Mental
4 Health Division and Child and Adolescent Mental Health Division. Division medical leadership
5 will review relevant literature if approved by the US Food and Drug Administration and apply,
6 as appropriate, on an individual basis.

7 Insofar as potential access and use in the general population of Hawaii as prescribed by licensed
8 health care provider, chapter 329, Hawaii Revised Statutes, Uniform Controlled Substances Act,
9 will need to be amended, which is the jurisdiction of the Department of Law Enforcement, and
10 that may accelerate local research at academic centers and private healthcare.

11 The department opines that the quickest way to bring these promising substances to patients is to
12 enact a bill to de-schedule them. This would provoke a more meaningful community
13 conversation on access than a working group since it would produce genuine action.

14 Thank you for the opportunity to testify.

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

SCR-69

Submitted on: 3/23/2023 11:26:32 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

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

Comments:

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

My name is Michal Cohen, I live in Kaka'ako, and I am writing in strong support of SCR 69 / SR 62, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

I am a licensed clinical social worker and most of the people I treat have some type of trauma. We now know that psychedelic therapy can greatly facilitate the healing of trauma. I believe people deserve to have the best options available to them when it comes to healing from trauma.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA and other psychedelic therapies. Groundbreaking

initiatives in favor of psychedelic therapies—like the passage of Measure 109 in Oregon (2020) and Natural Medicine Health Act of 2022 in Colorado—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Mahalo,
Michal Cohen, LCSW



Hawai'i Psychological Association

For a Healthy Hawai'i

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COMMITTEE ON COMMERCE AND CONSUMER PROTECTION

Rep. Mark M. Nakashima, Chair
Rep. Jackson D. Sayama, Vice Chair

Tuesday, February 28, 2023 2:00 P.M. - VIA VIDEO CONFERENCE – ROOM 329
TESTIMONY IN SUPPORT OF HB 1340, RELATED TO THERAPEUTIC PSYCHEDELIC
MODALITIES

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

Researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring safe medicines like psilocybin and MDMA above ground for therapeutic uses.

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

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

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

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

Sincerely,

Alex Lichton, Ph.D.

Alex Lichton, Ph.D.

Chair, HPA Legislative Action Committee

SCR-69

Submitted on: 3/23/2023 11:40:37 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

Submitted By	Organization	Testifier Position	Testify
Doorae Shin	Individual	Support	In Person

Comments:

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

My name is Doorae Shin, and I am testifying in **strong support of SCR69 / SR62**. I am a resident of Kaimuki, and I also serve as the Project Manager of Clarity Project, which advocates for legal access to therapeutic psilocybin and other psychedelic therapies in Hawai‘i. This measure will establish the Beneficial Treatments Advisory Council.

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

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

Psilocybin Overview:

- Natural Fungi - Psilocybin is a naturally occurring compound found in more than 200 species of mushrooms which collectively can be [found on all continents](#) in varying potencies. In clinical studies and psychedelic-assisted therapies, the synthetic version of pure psilocybin is administered to control dosing standards, not the mushroom in its natural or dried form.
- Not Addictive - [Psilocybin does not lead to physical dependence](#), and studies have found that adolescent use of hallucinogenic drugs, including psilocybin, [does not increase the](#)

[risk of drug dependence](#) in adulthood (unlike cannabis, cocaine, inhalants, stimulants - all of which were associated with “an excess risk of developing clinical features associated with drug dependence.”)

- Safe - [The toxicity of psilocybin is very low](#). A person would have to eat nearly one-third of his/her weight in psilocybin mushrooms to reach a lethal dose. This amount is approximately 1.5 times that of caffeine. Psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses](#).
-

The Science of Psilocybin & MDMA

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

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

Griffiths, Roland R et al. “Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial.” *Journal of Psychopharmacology* (Oxford, England) vol. 30,12 (2016): 1181-1197.

doi:10.1177/0269881116675513

- The effects of psilocybin were studied in 51 cancer patients with life-threatening diagnoses and symptoms of depression and/or anxiety. The study found that when administered under psychologically supportive, double-blind conditions, a single dose of psilocybin produced substantial and enduring decreases in depressed mood and anxiety along with increases in quality of life and decreases in death anxiety in patients with a life-threatening cancer diagnosis.

Psilocybin Helps Treat Major Depressive Disorder

Carhart-Harris, R L et al. “Psilocybin with psychological support for treatment-resistant depression: six-month follow-up.” *Psychopharmacology* vol. 235,2 (2018): 399-408.

doi:10.1007/s00213-017-4771-x

- In this study, Twenty patients (six females) with (mostly) severe, unipolar, treatment-resistant major depression received two oral doses of psilocybin (10 and 25 mg, 7 days apart) in a supportive setting. Treatment was generally well-tolerated. Overall results suggest that psilocybin represents a promising paradigm for unresponsive depression.

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

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

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

Psilocybin Decreases Obsessive-Compulsive Disorder Symptoms

Moreno FA, Wiegand CB, Taitano EK, Delgado PL. Safety, tolerability, and efficacy of psilocybin in 9 patients with obsessive-compulsive disorder. *J Clin Psychiatry*. 2006; 67 11: 1735- 40. PubMed PMID: 17196053

- In a controlled clinical environment and modified double-blind study, psilocybin was safely used in subjects with OCD and was associated with acute reductions in core OCD symptoms. Nine subjects with OCD were administered a total of 29 psilocybin doses. Marked decreases in OCD symptoms of variable degrees were observed in all subjects during 1 or more testing sessions.

Academic & Medical Institutions

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

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

Conclusion

As you can see, the movement to create safe therapeutic access to psilocybin, MDMA, and other psychedelic therapies is one that is growing across cities, states, at a federal level, and within academic and medical institutions. The passage of HB1340 would allow for our community members who are in need to have access to this therapeutic option and find relief. We all know someone who stands to benefit from effective therapies to depression, addiction, PTSD, anxiety, and more. That's why we support this bill, and we ask that you pass this bill so we can adequately prepare Hawai'i to offer safe access to these therapeutic options for those who need it.

Thank you for your consideration of this testimony in support of SCR69 / SR62. I can be available for any questions.

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

SCR-69

Submitted on: 3/23/2023 12:05:30 PM

Testimony for HHS on 3/24/2023 1:02:00 PM

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

Comments:

Ioha 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 with the Kahala Clinic for Children and Family, and am also assistant clinical faculty with the Department of Psychiatry at UH, and I am **in strong support of SCR69/ SR62** which will establish the Beneficial Treatments Advisory Council.

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

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

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

Many municipalities around the country and around the world are moving forward with making these treatments available to the patients who need it most. Hawaii should not fall behind in

bringing innovative and effective treatments to its people. This bill is an important step in that direction.

Please support this measure.

Mahalo,

Dr. Robin Martin

SCR-69

Submitted on: 3/22/2023 3:12:47 PM

Testimony for HHS on 3/24/2023 1:02:00 PM

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

Comments:

Aloha members of the committee,

My name is Amanda Lillibridge, I live in Kailua-Kona, Hawai'i and I am writing in strong support of SCR 69 / SR62, which will effectively expand access to psychedelics in Hawaii.

To speak to psilocybin, outside of the scientifically proven, transformative impact psilocybin has had on pressing mental health issues such as clinical depression, addiction, OCD, and beyond, Psilocybin has played a monumental role in my own personal health journey and trauma.

I can say without a doubt I would not have found the hope, perspective shift, or healing from debilitating adolescent trauma without having encountered this medicine. This medicine has offered me a fresh start. It is not a drug, it is a tool and an opportunity for growth and evolution. When offered safely and in therapeutic contexts, it can serve as an incredible catalyst for change in what has been proven to be a broken mental health system.

I believe everyone deserves to explore better mental health solutions. Please move forward with this initiative and empower the citizens of Hawai'i by offering them a safe and equitable spaces to heal.

Thank you so much for your time and consideration - Please support SCR 69 / SR62. With aloha,

SCR-69

Submitted on: 3/22/2023 11:03:47 PM

Testimony for HHS on 3/24/2023 1:02:00 PM

Submitted By	Organization	Testifier Position	Testify
Sarah Daigle	Individual	Support	Written Testimony Only

Comments:

Evolution of our mental health system and overall health system is an absolute must. It's obvious what's been being done is not working / it's missing some pieces of the puzzle, and there are proven methods that work what we might consider to be miracles, sometimes with one treatment.

A lot of these methods have been vilified, hidden, made illegal and /or were made out to be something to be feared. The truth is out, and this was never the case. There are plenty of studies showing that these alternative therapies work for many people of all walks of life. This is what we need.

There isn't enough money to go around, or at least money that's allotted to support the amount of people dealing mental and physical illness. If we want people to contribute to and be part of society, to work and be able to provide for themselves and their families, we need them to be healthy and motivated. Some of the therapies below have proven to lift people out of suffering and set them on a positive path so much more quickly than most current western medicinal 'solutions'.

When there are more willing and able contributors to society, the society is offered more opportunities to thrive.

May hawaii be part of the brave ones that embark on this path less traveled to bring solutions, relief and hope to the people of the island and beyond.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA and other psychedelic therapies. Groundbreaking initiatives in favor of psychedelic therapies—like the passage of Measure 109 in Oregon (2020) and Natural Medicine Health Act of 2022 in Colorado—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Mahalo,

Sarah Daigle

SCR-69

Submitted on: 3/23/2023 7:14:38 AM

Testimony for HHS on 3/24/2023 1:02:00 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 SCR 69 / SR 62, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

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

Researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring safe medicines like psilocybin and MDMA above ground for therapeutic uses.

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

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

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

Mahalo,
Ruta Jordans

SCR-69

Submitted on: 3/23/2023 7:53:14 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

Submitted By	Organization	Testifier Position	Testify
Stan Olsen	Individual	Support	Written Testimony Only

Comments:

Aloha from Kona,

Stan Olsen here; as a veteran and commercial boat captain, I've seen way too many colleagues unsuccessfully treat their mental health with booze and scrips. Our society is way overdue for a new system of healthcare. This is a great first step. Please pass this resolution.

Thx

SCR-69

Submitted on: 3/23/2023 8:42:55 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

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

Comments:

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

My name is Noelani Love, I live in Haleiwa, and I am writing in strong support of SCR 69 / SR 62, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

Plant medicines have been used for centuries before pharmaceuticals took over the health industry. I have experienced major healing through the use of psilocybin, including recovering from depression and anger issues, amongst many others. I've also seen immediate family and friends healed through the use of these alternative medicines and would love to see them available and legal for others to use.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA and other psychedelic therapies. Groundbreaking initiatives in favor of psychedelic therapies—like the passage of Measure 109 in Oregon (2020) and Natural Medicine Health Act of 2022 in Colorado—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Mahalo,

Noelani Love

SCR-69

Submitted on: 3/23/2023 10:51:56 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

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

Comments:

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

I am writing in strong support of SCR 69 / SR 62, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

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

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We do not want the citizens of Hawai‘i to miss out on these healing modalities. With mental health becoming a more present issue in our communities, everyone knows someone who stands

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

Mahalo

SCR-69

Submitted on: 3/23/2023 10:54:09 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

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

Comments:

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

My name is Nicelle Herron, I live in Kailua-Kona on Hawaii Island, and I am writing in strong support of SCR 69 / SR 62, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

As someone who has suffered from panic attacks, OCD and anxiety, things can be very difficult and hard. Often times the treatments are pharmaceutical with poor side effects and effectiveness or nervous system management which is helpful at times but still leaves you struggling. I believe that these approaches are safer and look more promising. It's important to develop these and research them further to help people like myself and others manage their mental health.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

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

Nicelle Herron

SCR-69

Submitted on: 3/23/2023 10:44:30 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

Submitted By	Organization	Testifier Position	Testify
Marilyn Mick	Individual	Support	Written Testimony Only

Comments:

Aloha 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 SCR 69 / SR 62**, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

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

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin, MDMA and other psychedelic therapies. Groundbreaking initiatives in favor of psychedelic therapies—like the passage of Measure 109 in Oregon (2020) and Natural Medicine Health Act of 2022 in Colorado—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Mahalo,

Oriana Filiaci, MA
Director of Admissions & Cultural Programming

soundmind

SCR-69

Submitted on: 3/23/2023 5:08:17 PM

Testimony for HHS on 3/24/2023 1:02:00 PM

Submitted By	Organization	Testifier Position	Testify
Aaron Deterding	Individual	Support	Written Testimony Only

Comments:

My name is Aaron, I live in Denver, CO, and I am writing in strong support of SCR 69 / SR 62, which requests the DOH to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new mental health treatments.

I served two 12-month combat tours in Iraq and Afghanistan as an armed-reconnaissance helicopter pilot in the US Army, where I flew almost 2000 combat flight hours and over 500 missions. After leaving the Army, I struggled with combat-connected PTSD, depression and anxiety that progressed for over a decade before finding relief in the form of psychedelic medicine - psilocybin in particular. Through an on-going protocol of periodic larger-dose sessions and regular microdosing, I have been able to manage my symptoms and to find a sense of joy in the present, which I was never able to attain through more traditional western pharmaceuticals or counseling sessions. After my first experience with these medicines I saw an immediate impact and it continues to help me grow and cope every day.

This experience has also given me a greater respect for natural medicines in general, and for the ancient indigenous cultures that understood the power of these gifts. It is unfortunate that this wisdom has been pushed aside by the modern dominate culture of the past many years, but it is not too late to correct course and begin to heal so we can move forward. Please do not let the citizens of Hawai'i miss out on these healing modalities. With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to psilocybin, MDMA and other psychedelic therapies. Please support this measure.

Mahalo,
Aaron

March 19, 2023



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

My name is Blaine Williams and I am a board certified emergency physician practicing in Honolulu. I am writing in **strong support of HB1340** to establish the "Temporary Breakthrough Therapy Designation Advisory Council."

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

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

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

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

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

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

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

Sincerely,

A handwritten signature in black ink, appearing to read 'A. Blaine Williams', written in a cursive style.

A. Blaine Williams, M.D.

ablainewilliams@gmail.com

808.798.1176

SCR-69

Submitted on: 3/23/2023 11:07:10 AM

Testimony for HHS on 3/24/2023 1:02:00 PM

Submitted By	Organization	Testifier Position	Testify
Kate Paine	Individual	Comments	Written Testimony Only

Comments:

Advisory is necessary? Time & money need is now.