

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

**Testimony COMMENTING on HB1337
RELATING TO PSILOCYBIN.**

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

Hearing Date: February 10, 2023

Room Number: 329

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



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

Date: 2/7/2023

I am a board certified psychiatrist testifying in support of:
SB1531 RELATING TO MENTAL HEALTH and
HB1337 RELATING TO PSILOCYBIN

We have strong data suggesting psilocybin lowers suicide risk.

The FDA has declared psilocybin a “breakthrough therapy” for that reason.

In my private practice, I get phone calls from the public pleading for psilocybin treatments. These people are hearing in the news about how psilocybin is possibly life saving. Or they hear about studies, like the 2015 one at *Johns Hopkins University* by Dr. Roland Griffiths, which found even a one-time use of psilocybin makes you around **half as likely** to have suicidal thoughts, as compared with someone who has never tried it.

I have to tell these patients that the substance is still Schedule I as per the DEA, which means **no medical use**.

Which is obviously false. Psilocybin is non-toxic, and can be very beneficial. But I still can't officially recommend it, because of the Controlled Substances Act. Some of these patients decide to break the law on their own, or try ketamine in my clinic, in an attempt to save their life.

So long as psilocybin remains Schedule I, there is nothing I can do about it. They could join a study on the mainland, but USONA Institute is a small research company in Wisconsin. The FDA declared it a “breakthrough therapy”, but it remains Schedule I. Until we get Cory Booker and Rand Paul's *Breakthrough Therapies Act* to pass nationally, the FDA is powerless to change a drug's legal status until a well funded company pays them enormous sums of money to fund approvals and a decade or more of expensive trials.

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

www.beyondmentalhealth.com

Some patients have committed suicide during the waiting process.

This rends my heart as a psychiatrist... to be the one responsible for my patients well being, knowing we have a solution that we cannot utilize here locally in Hawaii due to outdated federal laws.

Keep in mind that most standard antidepressants can actually increase the risk of suicide. They also come with an array of other problems, such as an increased risk of glaucoma, Parkinsonism, heart defects in a fetus, and strokes in elderly patients from thinning of the blood.

Another substance, MDMA, is very effective for PTSD, about to be approved by the FDA in stage III trials, yet... it is again still Schedule I, as per outdated laws enforced by the DEA.

Patients here locally in Hawaii need you, the legislators, to advocate for them by allowing a special advisory council for these substances, to advise legislators about these substances so that we can get ahead of federal outdated laws forbidding their use medicinally. (As we achieved with cannabis.)

Cordially,

Thomas Cook, M.D.

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

www.beyondmentalhealth.com

HB-1337

Submitted on: 2/8/2023 9:03:43 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Michelle Ha	Wellness Kuleana	Support	In Person

Comments:

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

My name is Michelle Ha, I am a Ph.D. Clinical Psychology practicum student at Wellness Kuleana, a private practice in Hawaii. I have served the community of Hawaii for over 6 years and I reside in the Kahala/Kaimuki area of Honolulu with two children. I am writing in strong support of HB1337, which will establish the therapeutic psilocybin working group.

I first became interested in the use of psychedelics in therapeutic settings after selecting this topic for a psychopharmacology class in my PhD program. After a considerable amount of examination on this topic, I was impressed at the current research that has shown the positive and promising effects of therapeutic psilocybin, and I strongly believe that access to psilocybin should be available to patients who are suffering from debilitating mental health problems. During my work in the community, I witnessed countless people who suffered severely from these mental health conditions and were not able to seek relief through traditional SSRIs. Thus, many afflicted people turn to maladaptive substance abuse which is reflected in the state-wide concern of homelessness and drug abuse.

There is considerable scientific research from countless reputable institutions that shows the benefits of psychedelic medicine on the brain and body. The FDA recently called psychedelic psilocybin a "Breakthrough Therapy" for severe depression, as research has shown 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-effective, 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,

Michelle Ha with Wellness Kuleana

HB-1337

Submitted on: 2/9/2023 8:46:14 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Kathy Southard LCSW	Honolulu Psychotherapy	Support	In Person

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 member of a Harvard Medical School teaching hospital's psychiatry department. I live in the Ala Moana neighborhood of Honolulu and I am writing in strong support of HB1337, supporting the use of psilocybin in mental health care.

The FDA has designated psychedelic psilocybin a "breakthrough therapy" for severe depression. Our Hawaii Senator Brian Schatz supports psychedelic drugs including psilocybin for therapeutic use as demonstrated by a letter he and Cory Booker (D-NJ) wrote to the National Institutes of Health and the FDA requesting their support into more research into thereapeutic uses of psychedelics. The Biden-Harris Administration recently announced support for expanding research into these substances as well. Scientific evidence from institutions including Johns Hopkins, King's College London, University of London, Duke University, University of Texas, UCSF has shown that psychedelic treatment with psilocybin relieved major depression, including treatment resistant depression, anxiety, and PTSD in adults better than SSRIs.

I first learned about the healing powers of psychedelics and psilocybin when I was working in the psychiatry department of The Cambridge Hospital, of Cambridge Health Alliance, a Harvard Medical School teaching hospital. I was able to attend a Harvard sponsored workshop back in 2016 in Psychedelics in Psychiatry which sparked my interest in these medicines. Today, I have completed further certification courses in psychedelic assisted psychotherapies through Naropa University and PRATI (the Psychedelic Research and Training Insitute) and am officially a MAPS (the Multidisciplinary Association of Psychedelic Studies) trainee therapist. I am hoping to be among the first mental health practitioners able to use these medicines with clients in a therapeutc capacity here in Hawaii.

There is a mental health crisis, our new pandemic, which COVID exacerbated. We need new and more effective tools to care for people suffering from record levels of depression, anxiety, and PTSD. These medicines offer these tools. These medicines are transformative. They are not needed to be taken long-term, but instead offer transformative experiences as a therapeutc tool for self-awareness and healing unlike traditional SSRIs, leading to rapid resolution of depression, anxiety, and PTSD symptoms.

Thank you for your attention in this matter.

Sincerely,

Kathy Southard LCSW



HEROIC
HEARTS
PROJECT

Testimony in Support of HB1337

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 HB1337, 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

HB-1337

Submitted on: 2/8/2023 4:22:40 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Joanne King	Joanne King Counseling	Support	Written Testimony Only

Comments:

Aloha,

My name is Joanne King, and I am a Licensed Mental Health Counselor in Hawaii.

I favor using psilocybin to assist people with mental health issues. World-renowned research institutes, including John Hopkins and academia, have found that psilocybin, even administered once, can have long-lasting positive effects on mental health, sustaining response for more than a year.

The active ingredients work with some of your brain's neurotransmitters, and the effects can include a mental distancing or rephrasing of old narratives, philosophical and emotional processes, and opening up to new ways of perceiving things. It helps people to relax their mind and allow them to disengage from their familiar thought patterns temporarily.

These medicines should be used under medical supervision only by a licensed psychotherapist trained in facilitating the experience and integrating the process for participants.

Should you like to discuss this with me, I am happy to meet with you. You can reach me at 808.385.7513.

With warmest aloha,

Joanne King, LMHC



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

TESTIMONY IN SUPPORT OF HB 1337

TO: Chair Belatti, Vice Chair Takenouchi & Committee Members

FROM: Nikos Leverenz
DPFH Board President

DATE: February 10, 2023 (10:00 AM)

Drug Policy Forum of Hawai'i (DPFH) **strongly supports** HB 1337, 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, including PTSD.

[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.

ILWU Local 1000

99-079 Kauhale Street, Aiea HI 96701

January 25, 2023

Honorable Chair, Rep. Della Au Belatti
Honorable Vice-Chair, Rep. Jenna Takenouchi
and

Health and Homelessness Committee Members:

Rep. Terez Amato; Rep. Greggor Ilagan; Rep. Bertrand Kobayashi; Rep. John Mizuno; Rep. Scott Nishimoto;
Rep. Diamond Garcia

Re: Support for Bill(s) HB1309, HB1489/HB1357, HB1490/HB1356, HB1491, HB1488, HB 1308

Aloha! We are writing to you today to support House Bill(s) which supports fairness for licensed home operators/providers in Hawaii. Licensed home operators/providers give daily care for the most vulnerable population in our State, the medicaid benefit recipient clients. We provide medicaid clients with their essential daily needs, as well as comfort, companionship, and supervision.

Licensed home providers have received no significant pay increases for medicaid recipient clients under our care for fourteen years (2008-2022). We are seeking fair compensation for those years and the years going forward. We are also seeking reimbursement for Covid-19 related expenses for ARCH and DDD licensed home operators/providers. Also, we seek the reinstatement of State funded "Respite Care" so that licensed home operators/providers could rest and recuperate for one week per year. Investment by the State in the improved compensation and fair treatment for our licensed home operators/providers will draw more interest in this profession and result in more new home operators/providers which will relieve some stress on hospital ER usage and reduce homelessness.

Licensed home providers are subject to unannounced inspections which could be any time of the day or night, and last for hours at a time. These unannounced inspections are very disruptive to our home environment and create tension and anxiety for home providers and clients/patients. Unannounced inspections should be limited to credible complaints of health or safety.

Licensed home providers (and our household family members) are also burdened with annual fingerprinting which is costly, inconvenient, and unnecessarily repetitive. Fingerprinting should be limited to initial licensing.

On behalf of our members, we, the executive board of ILWU Local 1000, ask for your support of the aforementioned Bills that promote fair treatment and compensation for all licensed home operators/providers in Hawaii.

Susan Quinabo
President

Helen Sapla
1st Vice President

Esther Pascual
2nd Vice President

Rosemarie Sebastian
Treasurer

Joenalyn Solmerin
Secretary

Delia Cabingabang
Trustee

Maria Corazon Cariaga
Trustee

Levy Vargas
Trustee

Juanita Ulep
Trustee

Marilyn Villar
Trustee



ILWU Local 1000 represents licensed Community Care Foster Family Home (CCFFH) operators, Adult Residential Care Home Operators, Expanded ARCH operators, Developmentally Disabled Domiciliary Home operators.

**RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
HB1491, HB 1488/HB 1358 & HB 1308**

TO: HEALTH & HOMELESSNESS (HLT) COMMITTEE

Dear Chair Della Au-Belatti, Vice-Chair Jenna Takenouchi, Rep. Terez Amato, Rep. Greggor Ilagan, Rep. Bertrand Kobayashi, Rep. John M. Mizuno, Rep. Scott Y. Nishimoto and Rep. Diamond Garcia:

Hello:

I am writing to you to ask for your support for the licensed home operators in Hawaii. We are health care contractors for the State of Hawaii. We care for the impoverished and the Medicaid benefit recipients—who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, 27/7, 365 days/year supervision, and in some cases, medical care where we provide transportations and also provide daily medicine monitoring.

Inflation in costs to provide and care for and feed our clients/patients has skyrocketed but we have received NO significant increase in payments from the State in fourteen of the last 15 years.

We, licensed caregivers, also are burdened with over-regulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members—including substitute/volunteer caregivers—even disabled family member—who's in a wheel chair is required to do so.

The State has also eliminated benefits to licensed home operators like respite care time and continuing education/training.

Your kind support/vote for the aforementioned bills would be greatly appreciated.

Sincerely yours,

Name: Juanita A. Ulep

Address: 2817 Nini St

Hon. HI 96819

Date: February 08, 2023

RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
HB1491, HB 1488/HB 1358 & HB 1308

TO: HEALTH & HOMELESSNESS (HLT) COMMITTEE

Dear Chair Della Au-Belatti, Vice-Chair Jenna Takenouchi, Rep. Terez Amato, Rep. Greggor Ilagan, Rep. Bertrand Kobayashi, Rep. John M. Mizuno, Rep. Scott Y. Nishimoto and Rep. Diamond Garcia:

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Sincerely yours,

Name: Gloria Picto

Address: 2504 Likini St. Hon. HI 96819

Date: February 08, 2023

RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
HB1491, HB 1488/HB 1358 & HB 1308

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Your kind support/vote for the aforementioned bills would be greatly appreciated.

Sincerely yours,

Name: Cionita Salvador

Address: 1533 Ala Iolani Place

Hon. HI 96819

Date: February 08, 2023

**RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
HB1491, HB 1488/HB 1358 & HB 1308**

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Sincerely yours,

Name: Eusebia Ibero

Address: 99-603 Alia Place
Alia, HI 96701

Date: February 08, 2023

RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
HB1491, HB 1488/HB 1358 & HB 1308

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Sincerely yours,

Name: MARCELO IBERA

Address: 99-603 ALIA PLACE

AIHA, HI 96701

Date: February 08, 2023

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HB1491, HB 1488/HB 1358 & HB 1308

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Your kind support/vote for the aforementioned bills would be greatly appreciated.

Sincerely yours,

Name: Esther B. Pascual

Address: 1802 Wabine Pl
Honolulu, HI 96819

Date: February 08, 2023

RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
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Your kind support/vote for the aforementioned bills would be greatly appreciated.

Sincerely yours,

Name: OFELIA C. SIMPLICIANO

Address: 94-106 KAUPU PLACE

WAIPIAHU, HI. 96797

Date: February 08, 2023

RE: SUPPORT FOR BILL(S) HB 1309, HB 1489/HB 1357, HB 1490/HB1356,
HB1491, HB 1488/HB 1358 & HB 1308

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The State has also eliminated benefits to licensed home operators like respite care time and continuing education/training.

Your kind support/vote for the aforementioned bills would be greatly appreciated.

Sincerely yours,

Name:

ANGELITA A. SORIA / Angelita A. Soria

Address:

94-346 Hene ST.
Waipahu, HI 96797

Date: February 08, 2023

Mr. [Name] [Address] [City] [State] [Zip]

Dear Rep. [Name]:

Help. I am writing to you to ask for your support for [Issue]. We are health care contractors for the State of [State]. We care for the millions of people who are unable to support themselves. We provide housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs for food and food service has skyrocketed but we have had no significant increase in payments from the state in the last 10 years.

We licensed caregivers who are burdened with a heavy load of state mandated inspections of our homes and justify expenses by their responsibility for the care of the state.

The State has also eliminated benefits for women in child care, but they continue with continuing education/training.

Please show your support and vote for me and my bill.

Sincerely yours,

Jim E. Baker (Name)
69 Meloni St., Hilo 96720 (Address)

date 2/7/23

Re: Support for Bill(s) HB 1388, HB 1389, HB 1390, HB 1391, HB 1392, HB 1393, HB 1394, HB 1395, HB 1396, HB 1397, HB 1398, HB 1399, HB 1400, HB 1401, HB 1402, HB 1403, HB 1404, HB 1405, HB 1406, HB 1407, HB 1408, HB 1409, HB 1410, HB 1411, HB 1412, HB 1413, HB 1414, HB 1415, HB 1416, HB 1417, HB 1418, HB 1419, HB 1420, HB 1421, HB 1422, HB 1423, HB 1424, HB 1425, HB 1426, HB 1427, HB 1428, HB 1429, HB 1430, HB 1431, HB 1432, HB 1433, HB 1434, HB 1435, HB 1436, HB 1437, HB 1438, HB 1439, HB 1440, HB 1441, HB 1442, HB 1443, HB 1444, HB 1445, HB 1446, HB 1447, HB 1448, HB 1449, HB 1450, HB 1451, HB 1452, HB 1453, HB 1454, HB 1455, HB 1456, HB 1457, HB 1458, HB 1459, HB 1460, HB 1461, HB 1462, HB 1463, HB 1464, HB 1465, HB 1466, HB 1467, HB 1468, HB 1469, HB 1470, HB 1471, HB 1472, HB 1473, HB 1474, HB 1475, HB 1476, HB 1477, HB 1478, HB 1479, HB 1480, HB 1481, HB 1482, HB 1483, HB 1484, HB 1485, HB 1486, HB 1487, HB 1488, HB 1489, HB 1490, HB 1491, HB 1492, HB 1493, HB 1494, HB 1495, HB 1496, HB 1497, HB 1498, HB 1499, HB 1500

Dear Rep./Sen. Della Ai Beloff, Chair, Japanese American Citizens League
T. Amato G. Ilogua B. Kobayashi J. M. ... E. ... D. Garcia

Hello. I am writing to you to ask for your support for the licensed home operators in Hawaii. We are health care contractors for the State of Hawaii. We care for the elderly and the Medicaid benefit recipients who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and feed our clients/patients has skyrocketed but we have received no significant increase in payments from the State in fourteen of the last 15 years.

We licensed caregivers also are burdened with overregulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed home operators: free meals care time and continuing education/training.

Please show your support and vote for the aforementioned bills.

Sincerely yours,

Victor L. Baker (Name)

69 Melani St. Hilo, HI 96720 (Address)

date 02/7/23

Re: Support for HHR 1309, HHR 1310, HHR 1311, HHR 1312, HHR 1313, HHR 1314, HHR 1315, HHR 1316

Dear Rep. Sen. Della Ai Delatti - chair James Toke now chair Vice Chair
T. Amato G. Hagan A. Kobayashi L. Nguyen S. Siskind D. Garcia

Hello. I am writing to you to ask for your support for the proposed bills operation in Hawaii. We are health care contractors for the State of Hawaii. We care for the impoverished and the Medicaid benefit recipients who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and train our elderly clients has skyrocketed but we have received no significant increase in payments from the State in the last 10 years.

We licensed caregivers also are burdened with the regulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed nurses and other staff in order to fund continuing education/training.

Please show your support and vote for the above mentioned bills.

Sincerely yours,

Maki Pedersen (Name)
13 Kaopuni Pl. Hale #1520 (Address)
Date 2/8/23

Re: Support for Rep. Della Au Bokoff - chair, Joint Legislative Committee on Health Care

Dear Rep. Della Au Bokoff - chair, Joint Legislative Committee on Health Care
T.A. Moore, G. Hagan, B. Kobayashi, L. Williams, S. Wainwright, D. Garcia

Hello. I am writing to you to ask for your support for the licensed home operators in Hawaii. We are health care contractors for the State of Hawaii. We care for the impoverished and the Medicaid benefit recipients who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and treat our clients/patients has skyrocketed but we have received no significant increase in payments from the State in the last 10 years.

We licensed caregivers also are burdened with overregulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed home operators like tuition assistance and continuing education/training.

Please show your support and vote for the appropriate legislation.

Sincerely yours,

Bradford Baker (Name)

13 Kooiuni Pl. #16, HI 96720 (Address)

Date 2/7/23

Re: Support for HB1328, HB1400, HB1381, HB1400, HB1388, HB1401, HB1400, HB1388, HB 1388

Dear Rep./Sen. Della Au Beketh - chair Jenna Takeouchi Vice Chair
T. Amato G. Ilogan G. Kobayashi J. Mizuno S. Nishimoto D. Garcia

Hello. I am writing to you to ask for your support for the licensed home operators in Hawaii. We are health care contractors for the State of Hawaii. We care for the impoverished and the medicaid benefit recipients who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and feed our clients/patients has skyrocketed but we have received no significant increase in payments from the State in fourteen of the last 15 years.

We licensed caregivers also are burdened with over-regulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed home operators like respite care time and continuing education/training.

Please show your support and vote for the aforementioned bills.

Sincerely yours,

Marilyn Shindo (Name)

117 Melrose St, Hl Hl 96720
(Address)

Date Feb 9, 2023

Re: Support for SB/CA HR1306, HR1307, HR1308, HR1309, HR1310, HR1311, HR1312, HR1313, HR1314, HR1315, HR1316, HR1317, HR1318, HR1319, HR1320, HR1321, HR1322, HR1323, HR1324, HR1325, HR1326, HR1327, HR1328, HR1329, HR1330

Dear Rep. Sen. Della Au Poofti - chair Janna Takanouchi Vice Chair
T. Amato B. Dagon B. Kameyoshi J. Mizuno S. Nishimoto D. Garcia
Hello. I am writing to you to ask for your support for the licensed home operators in Hawaii. We are health care contractors for the State of Hawaii. We care for the impoverished and the Medicaid benefit recipients who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and feed our clients/patients has skyrocketed but we have received no significant increase in payments from the State in fourteen of the last 15 years.

We licensed caregivers also are burdened with over-regulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed home operators like respite care time and continuing education/training.

Please show your support and vote for the aforementioned bills.

Sincerely yours,

Ernesto Tedero (Name)

15-2710 Kaniwa St, Honolulu HI 96776 (Address)

Date 2/8/23

Re: Support for (Hawaii) HB1303, HB1480, HB1387, HB1400, HB1398, HB1481, HB1408, HB1385, HB1386

Dear Rep. Hon. Della Ai Bebbi - Chair, Jesma Takeouchi Vice Chair
T. Amato, G. Ilogan, B. Kobayashi, J. Mizuno, S. Nishimoto, D. Garcia
Hawaii, I am writing to you to ask for your support for the licensed home operators in Hawaii. We
are health care contractors for the State of Hawaii. We care for the impoverished and the
medicaid benefit recipients who are unable to care for themselves. We provide for their
housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and feed our clients/patients has skyrocketed but we have received
no significant increase in payments from the State in fourteen of the last 15 years.

We licensed caregivers also are burdened with over-regulation in the form of unannounced
inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed home operators like respite care time and
continuing education/training.

Please show your support and vote for the aforementioned bills.

Sincerely yours,

Thelma Lopez (Name)

920 Wai'ale'ale Hwy #111 (Address)

Date 2/2/23

Re: Support for Bill(s) HB1309, HB1489/HB1357, HB1490/HB1366, HB1491, HB1488/HB1358, HB 1308

Dear Rep./Sen. Della Au Belatti - chair Jenna Takeuchi Vice Chair
T. Amato G. Ilagan B. Kobayashi J. Mizuno S. Nishimoto D. Go
Hello. I am writing to you to ask for your support for the licensed home operators in Hawaii. We are health care contractors for the State of Hawaii. We care for the impoverished and the medicaid benefit recipients who are unable to care for themselves. We provide for their housing, meals and snacks, daily needs, supervision, and in some cases, medical care.

Inflation in costs to care for and feed our clients/patients has skyrocketed but we have received no significant increase in payments from the State in fourteen of the last 15 years.

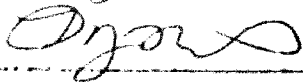
We licensed caregivers also are burdened with over-regulation in the form of unannounced inspections of our homes and yearly fingerprinting of all our family household members.

The State has also eliminated benefits to licensed home operators like respite care time and continuing education/training

Please show your support and vote for the aforementioned bills.

Sincerely yours,

Phyllis Stando



(Name)

Hilo, Hawaii

1562 Lanikai Pl.

(Address)

Date 02/08/2023

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

My name is Oriana Filiaci, I live in the ahupua‘a of Honolulu on the island of O‘ahu and I am writing in strong support of HB1337, which will establish the Therapeutic Psilocybin Working Group.

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

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

Major research and academic institutions around the world have shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval. With mental health becoming a more pressing issue in our communities, we all know someone who stands to benefit from access to therapeutic psilocybin. Please support this measure.

Mahalo,

Oriana Filiaci, MA
Director of Admissions & Cultural Programming

soundmind



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 Ashley Lukens. For the past 17 years, I have worked as a community organizer and advocate in Hawaii. I received my PhD in Political Science from UH Manoa in 2013. Today, I am writing in strong support of **SB 1454**, a bill which begins an important conversation around therapeutic access to psilocybin in Hawaii. For the past 3 years you have advanced similar measures out of this committee and I'm hoping you do so again today.

In 2017, I was diagnosed with brain cancer. Because brain cancer is treatable but not curable, I was faced very immediately with the prospect of my own early death. As a 36 year old single mother to a then 9 year old little girl, you can imagine the amount of stress a diagnosis like this caused. Luckily, having read many of the popular books like Michael Pollan's *How to Change your Mind*, I was familiar with the research on psilocybin assisted treatment for end of life anxiety and chose to experience first hand the power of this plant medicine in reducing the negative effects of the stress related to a cancer diagnosis. I am not alone in this experience.

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

The relationship between stress and cancer is clear; we know that stress in the body prevents it from healing. So, as someone who needs to heal, reducing my stress around my diagnosis has been instrumental in my maintaining my health and healing. Not all patients have the means to access legal psilocybin. Regulations in place in the United States require that if you want to seek access to it you either participate in a limited clinical trial or you travel abroad to places where you can access this medicine legally. Traveling abroad can complicate the patient's experience

because not all legal access is in a clinical setting, something the research shows us is critical for impact.

As a trained political scientist, I can also confirm that Hawaii is a part of a national movement for expanding safe legal access to psilocybin. Oregon has just launched its Oregon Psilocybin Services with the State's Oregon Health Authority, which licenses & regulates psilocybin for therapeutic use. And Colorado voters just voted to approve the decriminalization and legal therapeutic use of psilocybin and other psychedelics. Many expect California, Vermont, Washington and New York to follow suit. [Decriminalization of psilocybin](#) and other psychedelics has already been approved in at least 15 counties across 5 states, including California, Massachusetts, Michigan, Washington, and Washington D.C.

We also know that Federal re-listing of psilocybin is coming in the next 3 years, particularly due to its efficacy in treating treatment-resistant depression. Given this reality, as a State, we need to be prepared to create supportive frameworks for practitioners to be able to provide these medicines to patients like myself. This taskforce enables that to happen. Let's be the leaders and support our communities and their mental health. Everyone knows someone who stands to benefit from this transformative medical break-through. I co-founded Clarity Project because we believe Hawai'i can be a safe, healing refuge for cancer patients like myself.

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



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



HB1337 Psilocybin Work Group to Study Medicinal Value
COMMITTEE ON HEALTH & HOMELESSNESS
Rep. Della Au Belatti, Chair
Rep. Jenna Takenouchi, Vice Chair
Friday, Feb 10, 2023: 10:00: Room 329 Videoconference

Hawaii Substance Abuse Coalition Comments HB1337 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 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.

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.¹
- It’s important because some people do not respond well to current medications.

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.

¹ 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)²
- Phase 3 trial began December, 2022. Soon, we will have safe protocols approved by the FDA.

Science is doing its part to study illegal drugs and their medical use. Let's give them time to minimize risk to our community.

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.³ 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

² 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>

³ 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>

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.

HB-1337

Submitted on: 2/8/2023 9:51:16 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

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

My name is Dooraе Shin, and I am testifying in strong support of HB1337. 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.

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

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.

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

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.

Thank you for your consideration of this testimony in support of HB1337. I can be available for any questions.

Mahalo,

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

February 9, 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 HB1337**, which will establish the Therapeutic Psilocybin Working Group.

There is a growing body of scientific literature demonstrating that many substances classified broadly as “psychedelics,” notably 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, 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 areas of the country are working to allow legal therapeutic use. Just last week, the Australian government declared that Australian physicians will be able to legally prescribe MDMA and psilocybin 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 who end up in the ER. 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).

Most current medical treatments for mental illnesses and addiction are inadequate, at best, with large percentages of people remaining “treatment resistant.” Typical psychiatric drugs currently being used essentially just numb people and don't produce insight or significant lasting change. Psychedelic therapy is a completely different approach that gives people a chance to actually heal by journeying inward and helping individuals to address the root causes of why they are depressed, anxious, traumatized, addicted, etc.—why they are wounded in the first place.

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.

Psilocybin and other related medicines have incredible potential to help people heal psychologically, emotionally, and spiritually. These medicines are incredibly safe, especially when taken under the supervision of experienced professionals. Many scientific 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, affordable, and legal access to these medicines, notably psilocybin.

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

HB-1337

Submitted on: 2/8/2023 12:15:27 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Amanda Lillibridge	Individual	Support	Remotely Via Zoom

Comments:

IN SUPPORT OF HB1337

My name is Amanda Lillibridge and I am writing in strong support of HB1337, which will effectively expand access to psilocybin in Hawai'i.

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 HB1337. With aloha,
Amanda Lillibridge

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

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 we 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 suffer like I have, especially with addiction and generational trauma. I believe the question that legislative representatives must ask themselves is, "Do I want to be part of the healing that could happen for the people of Hawaii, or will I choose for them to wait?" There are a lot of people that don't even know their suffering could

have an end. It would be an incredible gift if you could open the door to a pathway for them to end it.

Please support this measure.

Mahalo,
Tony Santini

HB-1337

Submitted on: 2/9/2023 9:49:09 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Syrissa Sacca	Individual	Support	Remotely Via Zoom

Comments:

Syrissa Sacca:

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

My name is Syrissa, I live along the Hamakua Coast on the Big Island of Hawaii, and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

My life has been completely changed for the better because of therapy with psychedelic allies. I am an herbalist, trauma informed facilitator and activist who has had the privilege of working with indigenous communities around the world. The power that these natural medicines hold is key to restoring balance within the human psyche which can and will ripple out into those around you and then your community and world- If done in the proper set and setting. Knowing that these medicines rewire the neuropathways in the brain, we are able to create long lasting effects in the mind and emotional body and spirit. This alignment creates a healing energy. Western Science is beginning to quantify the benefits of these allies and it is only a matter of time before the world catches on. Let us be clear, these practices are being done whether or not it is made legal so let us be ahead of the curve and support those looking for help.

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.

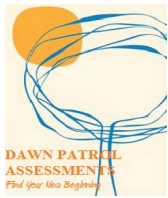
Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly 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,

Syrissa



DAWN PATROL ASSESSMENTS

Find Your New Beginning

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

My name is Dawn Martin and I am writing **in strong support of HB1337**, 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.

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,

Dawn Martin, LMHC

HB-1337

Submitted on: 2/8/2023 1:29:11 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Sunny Savage	Individual	Support	Written Testimony Only

Comments:

In strong support!

HB-1337

Submitted on: 2/8/2023 1:42:34 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

My name is Linda Sakamoto, I live in Aiea (Oahu) and I am writing **in strong support of HB1337**, 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 safe medicines like psilocybin above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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

HB-1337

Submitted on: 2/8/2023 1:55:09 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Lauren Ampolos	Individual	Support	Written Testimony Only

Comments:

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

My name is Lauren Ampolos, PhD, I live in Maui, and I am writing **in strong support of HB1337**, which will establish the Therapeutic Psilocybin Working Group.

I am a psychologist who treats trauma and other psychological disorders, and based on the research work with a number of patients who could benefit from psychedelic-assisted therapies.

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 above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,
Lauren Ampolos, PhD

HB-1337

Submitted on: 2/8/2023 2:56:49 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Alyssa Kauanoë	Individual	Support	Written Testimony Only

Comments:

My name is Alyssa Kauanoë. I live in Honolulu and I am writing in strong support of this measure.

I would like to have a safe alternative to SSRIs to treat depression and anxiety. Psilocybin is documented as being extremely effective in treating these conditions without any of the same side effects of SSRIs (weight gain, numbing all emotions, needing to ween off on a schedule to prevent suicide, etc.) I've read that just one or two sessions of psilocybin is often times enough to get patients feeling themselves again.

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,

Alyssa Kauanoë

HB-1337

Submitted on: 2/8/2023 3:09:38 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Lucas Morgan	Individual	Support	Written Testimony Only

Comments:

Aloha kākou,

I am writing to express my strong support for Bill HB 1337 and the establishment of the the Therapeutic Psilocybin Working Group in Hawai'i. I am a clinical psychologist licensed and practicing in Hawai'i, and over my years of treating patients with severe depression, addiction, and PTSD, I have had many cases where traditional psychopharmacology and psychotherapy did not lead to significant improvement in symptoms and life functioning. I was not familiar with psilocybin in the past or personally, but due to the growing research showing the potential benefits of psilocybin in mental health contexts, I believe we should be looking into the potential of psilocybin to help patients who have otherwise not benefited from existing treatments. Cultural biases against psilocybin have hindered this process, and I strongly believe we need to change these outdated views with research and evidence, and explore what could help many people in our communities. HB 1337 will be a positive step in this direction. Mahalo for your consideration.

Lucas Paul Kawika Morgan, PhD

Licensed Clinical Psychologist (Hawaii PSY#1630)

HB-1337

Submitted on: 2/8/2023 3:19:23 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

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

My name is Nicelle Herron, I live in Kailua-Kona on Hawai'i Island, and I am writing **in strong support of HB1337**, which will establish the Therapeutic Psilocybin Working Group.

As a long time sufferer of anxiety, OCD and panic attacks, I would love to have access to this as a part of my healing journey. I have a great therapist but this is years of work and I know this could be a way to go much deeper into the process.

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 above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,
Nicelle Herron

HB-1337

Submitted on: 2/8/2023 4:01:14 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Nicolas Steinemann	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of the SB1531

Committee Hearing | 2023 Legislative Session

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

My name is Nicolas Steinemann, I live in Kailua, Oahu, and I am writing in strong support of this measure, which will Permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

As a first responder, I have struggled with mental health issues a lot throughout my life. For at least a year, I struggled with depression and anxiety brought about in large part due to the stresses of the job. I tried varying antidepressants, with limited success, many of which had numerous negative side effects. The legalization of Psilocybin, let alone research into it, should be an obvious priority given it's proven efficacy and potential to help many others in the future that might find themselves in my position.

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,

Nicolas Steinemann

HB-1337

Submitted on: 2/8/2023 4:10:14 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Nicole Loria	Individual	Support	Written Testimony Only

Comments:

When I was 16 years old I was prescribed prozac for my anxiety. For 23 years, I was unable to wean off due to intense withdrawal symptoms including imminent return of panic attacks that were much worse than my original symptoms and which I later learned were part of withdrawal. No doctor or psychiatrist was willing to successfully support me through a weaning process. One day I read about people successfully weaning themselves off antidepressants through microdosing psilocybin. I was skeptical, but tried it, and it worked. I am now antidepressant free, experiencing mild to no anxiety daily, and feeling open to healing the repressed trauma that caused my anxiety disorder in the first place. I only wish I could have known about this sooner. People are healing mental health disorders through psilocybin that were once considered incurable. I have personally experienced the benefits and everybody deserves safe and legal access to this medicine.

HB-1337

Submitted on: 2/8/2023 5:13:06 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Me	Individual	Support	Written Testimony Only

Comments:

Thank you for hearing testimony on this important matter. Creating a working group is so important, especially when it comes to breakthrough therapies. Although Psilocybin has been used for thousands of years in traditional medicine practices, the western medical model has finally caught up. Establishing a working group to do a literature review and create best practices from a legislative and clinical standpoint, is integral to understanding how these entheogenic plants work and how they can be utilized for mental health and resiliency.

Thank you,

Me Fuimaono-Poe

HB-1337

Submitted on: 2/8/2023 5:49:21 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Angelique Axelrode	Individual	Support	Written Testimony Only

Comments:

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

My name is Angelique Kalani Axelrode, I live in Wailuku, Maui, and I am writing **in strong support of HB1337**, which will establish the Therapeutic Psilocybin Working Group.

My experience with Psilocybin helped me overcome sexual abuse and PTSD- I truly believe that without the medicine, I would not be where I am today.

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 above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,
Angelique Kalani Axelrode

HB-1337

Submitted on: 2/8/2023 6:38:43 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Lauren Adler	Individual	Support	Written Testimony Only

Comments:

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

My name is Lauren Adler, I am a board certified Family Nurse Practitioner licensed in Hawaii. I live in Kailua-Kona and I am writing in strong support of HB1337, which will permanently establish the therapeutic psilocybin working group to review mental health treatment information on therapeutic psilocybin and advise the State.

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

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

I believe that medical-assisted psilocybin therapy has the potential to revolutionize the way we approach mental health treatment. Recent studies have shown that psilocybin, the active

ingredient in "magic mushrooms," can provide rapid and sustained relief for patients with depression, anxiety, and other mental health conditions. In fact, a 2020 study published in the *Journal of Psychopharmacology* found that two-thirds of patients with treatment-resistant depression had a significant reduction in symptoms after just two doses of psilocybin.

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

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

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

Mahalo,

Lauren Adler

HB-1337

Submitted on: 2/8/2023 7:01:46 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Tane Datta	Individual	Support	Written Testimony Only

Comments:

Please support this bill. All options should be available so a therapist can best help a patient.

Thank you

HB-1337

Submitted on: 2/8/2023 7:04:20 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Dylan Ramos	Individual	Support	Written Testimony Only

Comments:

Aloha,

My name is Dylan Ramos and I am testifying in strong support of HB1337. I was born and raised in Honolulu, but during my time in different states, I have seen firsthand the positive impacts psilocybin and other psychedelic medicines have had on people with serious mental health issues. Not only have many of these often plant-based medicines been used safely and effectively throughout history, but modern research from around the world, including the United States, has shown major clinical benefits and proven the feasibility and effectiveness of policy reform.

Mahalo,
Dylan Ramos
96816

HB-1337

Submitted on: 2/8/2023 8:15:18 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Dani Douglass	Individual	Support	Written Testimony Only

Comments:

February 9, 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 HB1337, 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 distributing thing is that these medications are outdated and take several weeks to take effect if the patient will even find relief. When you are struggling just to stay alive day in and day out, time is of the essence.

I'm sure you have seen recent headlines about the initiatives in favor of therapeutic psilocybin that are occurring nationwide, including Oregon's new therapeutic psilocybin program, which just launched this year, along with Colorado and recently decriminalizing and partially legalizing psilocybin, in addition to counties across the nation decriminalizing psilocybin and other similar psychedelics. Just 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

HB-1337

Submitted on: 2/8/2023 8:35:04 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Ana Giliberti-Ippel	Individual	Support	Written Testimony Only

Comments:

For the past three years I have been a graduate student of psychology. I think the one of the most pressing concerns in the mental health field is the prevalence of anxiety and depression. Most individuals living in our modern society are struggling due to elevated levels of stress, and when left unchecked this can lead to a chronic state of stress leading to depression. Anti-depressants are widely described for depression and for chronic pain states such as fibromyalgia, but these drugs long term effects can be detrimental. Antidepressant medication was not designed for long term use, and this can lead to a number of complications such as memory loss, cognitive impairment, and loss of libido. Antidepressants in my opinion have a numbing effect that can lead to a life less worth living and not to one's best potential. Studies have been proving psychedelics to be a safe alternative for such cases, including persistent depression due terminal illness, and PTSD. The only drug that is currently legalized under medical supervision is ketamine, which is very costly. I believe that Hawaii residents deserve options and alternatives to support the treatment of this disabling and debilitating illness. Thank you for your time.

HB-1337

Submitted on: 2/8/2023 8:53:42 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

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

My name is Michael Walker, I live in Waialua on Oahu, and I am writing **in strong support of HB1337**, 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 safe medicines like psilocybin above ground for therapeutic uses.

Major research and academic institutions around the world have shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,
Michael Walker

HB-1337

Submitted on: 2/8/2023 9:29:57 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Tiare Gray	Individual	Support	Written Testimony Only

Comments:

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.

HB-1337

Submitted on: 2/8/2023 9:46:32 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Corey Champagne	Individual	Support	Written Testimony Only

Comments:

Dear Chair, Vice Chair, and Members of the Senate Committee, I am Corey Champagne, a Marine Corps Veteran, I live in Washington State, and I'm a volunteer with Fireside Project, a psychedelic peer support line. I will also start training to become an integration coach for Heroic Hearts Project, which provides veterans and first responders with psychedelic-assisted therapy. These thoughts and opinions are my own and do not reflect these organizations. Still, I write to you today with a strong desire to express my support for the permanent establishment of the Beneficial Treatments Advisory Council.

As a veteran, I have struggled with anxiety and depression and found it even harder to push forward with ineffective resources. Therefore, I strongly advocate for alternative treatments, including psychedelics like psilocybin, which have shown great promise in treating mental health conditions like depression, anxiety, addiction, end-of-life anxiety, and post-traumatic stress disorder. This is evident from the recent research conducted by major institutions worldwide, including the Breakthrough Therapy designation granted to psilocybin by the U.S. Food & Drug Administration for treatment-resistant depression.

I have personally experienced the transformative power of psychedelics through participating in an Ayahuasca ceremony in Peru, facilitated by Heroic Hearts Project. This experience was life-changing and helped me in ways traditional treatments could not. I have also recently testified in person to support SB 5263, which would provide access to psychedelic-assisted therapy in Washington State. I'm grateful for Measure 109 in Oregon, and Proposition 122 in Colorado, which allowed safe and legal access to psilocybin for therapeutic purposes,

Hawaii's citizens should not be left behind in this movement toward better mental health. By establishing the Beneficial Treatments Advisory Council, we can ensure that the latest information and treatments, including the potential of psilocybin, are available to all. I appreciate your time and consideration, and I hope you will support this measure.

Mahalo,
Corey Champagne

HB-1337

Submitted on: 2/8/2023 10:18:10 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Tia-Amanda Carrasco	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of the SB1531

Committee Hearing | 2023 Legislative Session

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

My name is Tia-Amanda Carrasco, I live in Kailua-Kona, and I am writing in strong support of this measure, which will Permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

I personally beleive in allowing access to psilocybin for theraputic uses. The medical benefits of psychedelics are being shown through studies and will make a great tool to add to the medicinal toolbox.

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,

Tia-Amanda Carrasco

HB-1337

Submitted on: 2/8/2023 11:48:51 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Leilani Laranio	Individual	Support	Written Testimony Only

Comments:

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

My name is Leilani Laranio, I live in Wailua on Kaua'i and I am writing in strong support of this measure, which will permanently establish the beneficial treatments advisory council to review mental health treatment information and advise the Department of Health pertaining to psilocybin and it's therapeutic benefits and legal uses.

After graduating college in 2014, being in a toxic relationship lead me down a path of illicit drugs which eventually landed me in jail in 2018. While getting clean in jail I also began having these dizzy spells or auras, which I didn't know at the time were actually focal aware seizures. After 4 months I was released on my own recognizance. I had one year of adult probation, outpatient drug rehab classes, and legal fees to pay. Still stuck in my old mentalities, I relapsed a year later. My new clean date began on November 21st, 2019 and I've been strong ever since! Although I did have three major seizures. My first seizure was on 10/6/2020, my second one was 2/3/2021, and my most recent one was on 1/9/2023. During my second seizure I dislocated my right knee 4 times which led me to getting knee surgery 6 months later. I was put on Keppra, an anti seizure medication. The medication did more harm than good. It caused my nervous system to go into fight or flight constantly. I was having panic attacks out of nowhere. There were times I barely went outside my home. I stopped taking the anti seizure meds and I decided to experiment with psilocybin and other functional mushrooms. These mushrooms became pivotal in the quality of my healing. Psilocybin mushrooms along with other intentional healing practices allowed me to holistically stabilize myself. Micro-dosing psilocybin daily allowed my mind and body to flow ever so synchronistically with all of life's perspectives while macro-dosing psilocybin evoked a vast concept of multiple realities and their coexistences. I was able to expand my mentality in ways that allowed me to see the distortions that were hindering my growth/healing. It allowed me to focus and face my reality so I could adjust and function adequately.

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. I can whole heartedly say that psilocybin has saved my life. That is why I am pursuing my MA in Counseling Psychology, in hopes to change the stigma and heal the world.

If you absolutely care about the well being of our community, please support this measure at all costs.

Mahalo,

Leilani Laranio

HB-1337

Submitted on: 2/9/2023 5:58:01 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Adina Ingram	Individual	Support	Written Testimony Only

Comments:

I fully support continued study of the benefits of psilocybin for mental health conditions. I have read studies that have shown that it helps Post Traumatic Stress Disorder, Depression resistant to current meds available, and end of life care for existential depression. As a registered nurse, I want the Legislature to know that this resident of Hawaii fully supports HB1337. Thank you for your consideration of my testimony.

HB-1337

Submitted on: 2/9/2023 8:43:16 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Katherine Wong	Individual	Support	Written Testimony Only

Comments:

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

My name is Katherine Wong, I live in Mililani, Oahu. I am writing in strong support of HB1337, 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 safe medicines like psilocybin above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,

Katherine

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

Gerald S. Clay

Attorney at Law

700 Bishop Street, Suite 2100
Honolulu, HI 96813
Phone: (808)535-8405
Email: gclay@paclawteam.com

February 9, 2023

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

My name is Gerald S. Clay, I live in our Nuuanu neighborhood on Oahu.

I am writing about my strong support of HB1337, which will establish the Therapeutic Psilocybin Working Group.

It is my belief that HB1337 could have the greatest positive impact for the people of Hawaii. Colorado and Oregon have already recognized the positive changes in society who would benefit from psychedelics.

Personally, starting about 3 years ago (I am 81) I have investigated and tried to use the benefits promised which in the following order:

1) Meditation - I have learned to slow my mind and I have momentary periods where my mind is silent // On the other hand, I have not experienced many of the benefits which friends have described.

However, I continue to try to quiet my mind. This has not been easy for me.

2) I began investigating and studying individuals who have erased the effects of childhood trauma.

3) I have studied and listened to successful teachers/practitioners who have changed their and the lives of patients burdened with anxiety, depression, and ADD, etc.

4) I was introduced to psychedelics through teachers such as :

- 1) Eknath Easwaran - First full-time professor of spiritual growth at University of California at Berkeley.
- 2) Ram Dass – Former professor of Educational Psychology at Harvard (redirected his life to overcome effects of childhood trauma).
- 3) Gabor Maté – Medical doctor/ Family Practitioner in Vancouver Canada decided about 15 years ago to care for Vancouver's drug addicted population.

He developed a very logical explanation of why drug addicted persons would continue to use street drugs like heroin, in spite of knowing there would be no long-term relief.

Dr Maté concluded after thousands of interviews, that patients said it was more important to take the drug than want relief from physical addiction. He statistically supported this explanation with interview answers that the psychic pain they were living through was so uncomfortable that even a momentary relief was the most important. Dr Maté also talks about the positive use of psychedelics as a legal treatment.

- 4) "The Reality Of Truth" – follows a group of successful Hollywood businessmen and producers who made a group trip to Peru to experience psychedelics. Being Hollywood people, they brought a documentary film crew which resulted in "The Reality Of Truth". After watching the movie I decided I wanted to experience that.
- 5) Stay at "Rythmia" – I attended a government licensed health care facility in Costa Rica to participate in the appropriate treatment of childhood trauma through a medically licensed health facility. It was a start of a life changing experience.
- 6) I think what Oregon and Colorado is witnessing is the start of public acceptance of Medically supervised psychedelic treatment.

Rather than focusing on all the possible things that can go wrong, I ask you to support bill number HB1337 as I believe and want you to believe that for the greatest majority of people, psilocybin treatment under medically approved conditions is in all our citizen's best interest.

Very truly yours,

/s/ Gerald S. Clay

HB-1337

Submitted on: 2/9/2023 10:08:34 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Clare Dawn	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of the SB1531

Committee Hearing | 2023 Legislative Session

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

My name is Clare Dawn, I live in Kilauea on Kaua'i, and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

As someone with complex PTSD and debilitating anxiety and depression, I can personally testify to the healing nature of this plant medicine - psilocybin. I have witnessed loved ones on their journey to healing through the use of psilocybin, including veterans and those with traumatic brain injury. Because of my personal experiences, I believe it is important that people have legal access to psilocybin.

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,

Clare Dawn

HB-1337

Submitted on: 2/9/2023 10:21:38 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

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

My name is Robert Patterson, I live in Honolulu, and I am writing **in strong support of HB1337**, which will establish the Therapeutic Psilocybin Working Group.

The State of Hawai‘i 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:** Hawai‘i 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

HB-1337

Submitted on: 2/9/2023 10:24:33 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

Testimony in Support of the HB1337

Committee Hearing | 2023 Legislative Session

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

My name is Chris, I live in Kaimuki on Oahu, and I am writing **in strong support of this measure**, which permanently establishes the Therapeutic Psilocybin Working Group to review mental health treatment information surrounding the therapeutic use of psilocybin and advise the Department of Health.

Evidence shows that psilocybin has a broad range of therapeutic applications. It seems to have an anti-addictive effect to a variety of drug dependencies, has been seen to be extremely effective to treat depression, PTSD, anxiety, and the existential fears of end of life. Furthermore, psilocybin has been determined to be far safer than any “traditional” treatment currently available. 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. 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 dangerous prescription medications and legally getting behind the wheel.

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

The FDA calls psilocybin a "Breakthrough Therapy" for severe depression. Hawaii’s 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. I have hope that the state of Hawaii would agree and allow a working group to look into these medicines on a state level as well.

A decision to not support safe medical access to psilocybin, a naturally occurring compound is to disagree with medical findings of renowned research facilities around the nation. Decisions to not support safe medical access to psilocybin is to turn our back on police officers, veterans,

EMTs and others who suffer from PTSD in their service to the community. I greatly urge the passage of this Bill through committee, for the future of a healthier Hawaii.

With Regards,

Chris Frohlich

HB-1337

Submitted on: 2/9/2023 10:37:24 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Stuart Coleman	Individual	Support	Written Testimony Only

Comments:

Feb. 9, 2023

**In Support of HB1337 Relating to Psilocybin
House Committee on Health (HLT)**

Hearing on Feb. 10, 10:00am, Rm. 329

Aloha, Chair Au Bellati, Vice-Chair Takenouchi and Members of the Committee:

I am writing in support of this bill, which would create a Therapeutic Psilocybin Working Group to help patients recover from PTSD and other severe psychological illnesses. As the brother of a recovering addict who has undergone this kind of therapy, I have seen firsthand that it works. I have also read a lot on this issue, and researchers agree that this is more effective than traditional pharmaceuticals, which can have lots of negative side effects. Mahalo for your consideration of this important bill.

Aloha, Stuart Coleman, 2927 Hibiscus Pl., Hon., HI 96815.

HB-1337

Submitted on: 2/9/2023 2:10:25 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Joe Michaloski	Individual	Support	Written Testimony Only

Comments:

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

My name is Joe, I live in Honolulu, Oahu and I am writing **in strong support of HB1337**, 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 safe medicines like psilocybin above ground for therapeutic uses.

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,
Joe Michaloski

HB-1337

Submitted on: 2/9/2023 2:33:24 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Caterine Picardo Diaz	Individual	Support	Written Testimony Only

Comments:

Dear Health Committe,

My name is Caterine Picardo and I live in Waialua, Oahu. I am writing in strong support of HB1337 to establish a Therapeutic Psilocybin Working Group.

Our community needs to have available these important tools to keep healing and thriving, as researchers around the world are proving over and over again the many benefits of psychedelic therapies.

Mahalo!

Caterine

HB-1337

Submitted on: 2/9/2023 3:12:19 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

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

Comments:

Please support the formation of a Therapeutic Psilocybin Working Group who can work with the Department of Health to determine if and when the use of psilocybin in a therapeutic setting is feasible and can be done in a safe manner in Hawaii.

Thank you,

Wendy Gibson-Viviani RN/BSN

Kailua (808) 321-4503

HB-1337

Submitted on: 2/9/2023 8:27:42 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Joy Shih	Individual	Support	Written Testimony Only

Comments:

Aloha Chair Della Au Belatti and Members of the Committee,

I write in strong Support of HB 1337. 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 nonprescription 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!

HB-1337

Submitted on: 2/9/2023 9:29:26 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Alexis Muller	Individual	Support	Written Testimony Only

Comments:

Everyone knows someone who could benefit from psychedelics. Mushrooms have been an integral part of the healing proces from those who suffer from depression, alcohol and addiction. I personally know multiple people that psilocybin. I encourage the state to look at creating a committee to continue more research into the amazing benefits that this fungi has to offer so many. Pharmaceuticals are the 3rd number killer after cancer and heart diease. Let people make the choice of what medicine works for them.

HB-1337

Submitted on: 2/9/2023 9:41:52 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

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.

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.

The FDA has granted psilocybin breakthrough therapy designation for treatment resistant depression, 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.

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

REQUIREMENTS & INSTRUCTIONS PSYCHOLOGIST LICENSE

LATE Testimony submitted late may not be considered by the Committee for decision making purposes.

Access this form via website at: cca.hawaii.gov/pvl

This application is to be used by psychologists seeking a **permanent psychologist (PSY) license or requesting a temporary permit to practice in the state of Hawaii**. Currently, there are six (6) methods to qualify for psychologist licensure in Hawaii. Use this form if you wish to apply by:

⇒ Examination ⇒ Examination Waiver ⇒ Temporary Permit

If you wish to apply by Certificate of Professional Qualification in Psychology (CPQ), National Register of Health Service Providers in Psychology Credential (NR), Diplomate by the American Board of Professional Psychology (ABPP), or Senior Psychologist a separate application is available. You may download the fillable form from our website cca.hawaii.gov/pvl/psychology or contact the Board's office at (808) 586-3000.

Please be advised that all applicants are subject to the requirements in effect the at time of filing. Be further advised there is **no reciprocity** or recognition of a psychologist license from another state to bypass these requirements.

APPLICATION FORMS Complete and sign the online fillable application forms or type/print legibly in black ink. **Failure to provide all requested information will delay the processing of your application.**

Depending on your chosen pathway to licensure as well as your education, training, and professional history, you will be required to submit some or all of the following forms (attached to these instructions) and supporting information:

- 1) Application for License-Psychologist (PSY-01)
- 2) Training Report-Psychologist (PSY-02)
- 3) Pre-doctoral Internship Verification-Psychologist (PSY-03)
- 4) Postdoctoral Verification-Psychologist (PSY-05)
- 5) Verification of Licensure-Psychologist (PSY-06)
- 6) Official transcripts directly from your institution of higher education
- 7) Photostat or certified copy of diploma
- 8) Examination for Professional Practice in Psychology (EPPP) score transfer directly from the Association of State and Provincial Psychology Boards (ASPPB)

SOCIAL SECURITY NUMBER

Your Social Security Number is used to verify your identity for licensing purposes and for compliance with the below laws. **For a license to be issued, you must provide your Social Security Number, or your application will be deemed deficient and will not be processed further.**

The following laws require that you furnish your Social Security Number to our agency:

FEDERAL LAWS:

42 U.S.C.A. §666(a)(13) requires the Social Security Number of any applicant for a professional license or occupational license be recorded on the application for license; and

If you are a licensed health care practitioner, **45 C.F.R., Part 61, Subpart B, §61.7** requires the Social Security Number as part of the mandatory reporting we must do to the Healthcare Integrity and Protection Data Bank (HIPDB), of any final adverse licensing action against a licensed health care practitioner.

HAWAII REVISED STATUTES ("HRS"):

§576D-13(j), HRS requires the Social Security Number of any applicant for a professional license or occupational license be recorded on the application for license; and

§436B-10(4), HRS which states that an applicant for license shall provide the applicant's Social Security Number if the licensing authority is authorized by federal law to require the disclosure (and by the federal cites shown above, we are authorized to require the Social Security Number).

FEES

Application Fee (non-refundable) is \$50. **Attach** check made payable to: Commerce & Consumer Affairs. (check must be in U.S. dollars and be from a U.S. financial institution.)

NOTE: *One of the numerous legal requirements that you must meet in order for your new license to be issued is the payment of fees as set forth in this application. You may be sent a license certificate before the payment you sent us for your required fees is honored by your bank. If your payment is dishonored, you will have failed to pay the required licensing fee and your license will not be valid, and you may not do business under that license. Also, a \$25.00 service charge shall be assessed for payments that are dishonored for any reason.*

(CONTINUED ON PAGE 2)

APPLICATION FOR EXAMINATION

The EPPP is developed and owned by ASPPB and is available through Pearson VUE testing centers throughout the United States. For general information regarding the EPPP examination, go to: www.asppb.net. In Hawaii, the test center is located on the island of Oahu and exam facilitations are scheduled throughout the year. Therefore, applications for examination are accepted year-round with no specific filing deadline.

After the Hawaii Board of Psychology (Board) has reviewed your application and determined you are eligible to sit for the examination, you will be mailed a Notice of Approval by the Professional Vocational Licensing (PVL) Division. The notice will contain information regarding your approval, its expiration date, and how to contact the PVL Examination Branch to initiate exam registration. **Please be advised, you will not be able to register within the ASPPB EPPP registration portal hosted by Certemy without first initiating the process with the Examination Branch.**

NOTE: If you do not hold a current license or certificate to practice psychology in another state, but have passed the EPPP examination with a score that was equal or higher than the Board's passing score at the time that you took the EPPP, you will be seeking licensure via "examination". This goes both for those who have never been licensed in another state, and those who have historically held a license or permit in another state.

REQUIREMENTS To be considered by the Board for licensure by examination, applicants must meet the following requirements set forth by §465, HRS, and §16-98, HAR.

DEGREE

Applicants must hold a doctoral degree awarded by one of the following:

- 1) An American Psychological Association approved program in clinical psychology, counseling psychology, school psychology, or programs offering combinations of two or more of these areas; or
- 2) A professional psychology training program, awarded by an institution of higher education, or from a regionally accredited institution.

GRADUATE LEVEL TRAINING

Applicants must have completed graduate level training leading to a doctoral degree and have a minimum of 6 or more graduate semester hours (or 9 graduate quarter hours) in each of the following areas:

- A) Biological bases of behavior; physiological psychology, comparative psychology, neuropsychology, sensation and perception, psychopharmacology.
- B) Cognitive-affective bases of behavior; learning, thinking, motivation, emotion.
- C) Social bases of behavior; social psychology, group processes, organizational and systems theory, community psychology.
- D) Individual differences; personality theory, human development, abnormal psychology.
- E) Psychodiagnosis and individual assessment; intellectual, personality and behavioral assessment.
- F) Therapy; child or adult intervention or both.

Have a minimum of 3 or more graduate semester hours (or 4.5 graduate quarter hours) in each of the following areas:

- G) Scientific and professional ethics and standards.
- H) History and systems.
- I) Research design and methodology.
- J) Statistics and psychometrics.

INTERNSHIP

Have completed at least 1 year (1,900 hours) of pre-doctoral internship approved by the APA or one year (1,900 hours) of supervised experience in health service in psychology in a pre-doctoral internship or residency program in an organized health service training program. The pre-doctoral internship must be part of the doctoral program and must be under the supervision of:

- 1) A licensed psychologist, or
- 2) A psychologist who holds an ABPP diplomate certificate, or
- 3) A person who holds a doctoral degree in psychology from an accredited institution who has had two years of postdoctoral experience in the work supervised.

(CONTINUED ON PAGE 3)

POSTDOCTORAL EXPERIENCE

Have completed at least 1 year (1,900 hours) of postdoctoral experience in health service in psychology under the supervision of:

- 1) A licensed psychologist, or
- 2) A psychologist who holds an ABPP diplomate certificate, or
- 3) A person who holds a doctoral degree in psychology or educational psychology from an accredited institution, granted prior to 1970, and is listed in the National Register of Health Service Providers in Psychology.

REQUIRED DOCUMENTS

The following forms and supporting information must be submitted to the Board before being considered for review. Not providing the required documentation in its entirety may prolong the application review process.

DOCUMENTS TO BE SENT BY APPLICANT: The following documents should be submitted to the PVL together in the order provided using one of the methods listed in the general information section below.

- APPLICATION FOR LICENSURE-PSYCHOLOGIST form (PSY-01)

Complete and sign the online fillable application form *or* type/print legibly in black ink.

- PHOTOSTAT OR CERTIFIED COPY OF DIPLOMA

The photostat or certified copy should fit a standard 8.5" x 11" size page and be legible.

- TRAINING REPORT-PSYCHOLOGIST form (PSY-02)

ATTENTION: Applicants with doctoral degrees from APA approved programs in Clinical Psychology may disregard this form.

If you graduated with a doctoral degree from a regionally accredited institution you are required to complete the Training Report. You will find the instructions for completing the form on the form itself.

- PRE-DOCTORAL INTERNSHIP VERIFICATION-PSYCHOLOGIST form (PSY-03)

Complete Section I of the "*Pre-doctoral Internship Verification*" form and have your supervisor complete Section II. Your supervisor is required to sign the form before a Notary Public and will need to attach a signed affidavit providing a brief summary of duties performed during the internship in the field of psychology. **Please note**, the Board will not accept internship agreements; job/position descriptions; or other documents that do not attest to your supervisor's direct experience of the internship duties you completed under their direction.

For reference and completing the signed affidavit, you may wish to have your supervisor review the following excerpt from the definition of "Practice of Psychology" from Section 1, Chapter 465, HRS:

...The practice of psychology includes, but is not limited to, psychological testing and the evaluation or assessment of personal characteristics, such as intelligence, personality, abilities, interests, aptitudes, and neuropsychological functioning; counseling, psychoanalysis, psychotherapy, hypnosis, biofeedback, and behavior analysis and therapy; diagnosis and treatment of mental and emotional disorder or disability, alcoholism and substance abuse, and disorders of habit or conduct, as well as of the psychological aspects of physical illness, accident, injury, or disability; and psychoeducational evaluation, therapy, remediation, and consultation. Psychological services may be rendered to individuals, families, groups, organizations, institutions, and the public...

- POSTDOCTORAL VERIFICATION-PSYCHOLOGIST form (PSY-05)

Complete the "*Postdoctoral Verification*" form using the internship verification instructions above. Please note, your supervisor's signed affidavit must provide a brief summary of duties you performed during the postdoctoral supervision in the field of psychology and may not be a postdoctoral experience agreement; job/position description; or other document that does not attest to your supervisor's direct experience of postdoctoral duties you completed under their direction.

NOTE: The one-year postdoctoral experience need not be met if you:

- 1) Enrolled in an APA-approved program or regionally accredited school prior to January 1, 1986, and
- 2) Meet all the other requirements established by the Board of Psychology

(CONTINUED ON PAGE 4)

REQUIRED DOCUMENTS
(Cont'd)

DOCUMENTS TO BE SENT BY 3rd PARTY ON BEHALF OF APPLICANT: The following documents must be sent directly to the PVL using the means described for each item.

- **OFFICIAL TRANSCRIPTS**

Arrange to have official transcripts which verifies successful completion of your doctoral degree directly to the Board by your institution of higher learning using the Board's email: psychology@dcca.hawaii.gov, or the address located in the general information section below.

- **EPPP SCORE TRANSFER***

If you are applying for authorization to take the EPPP examination, please disregard.

Visit ASPPB's website asppb.net for information on how to begin the process of requesting a score transfer. Please note ASPPB will send your score transfer directly to the Board and may require payment for the transfer service.

- **LICENSE VERIFICATION***

If you have never held a psychology license or similar licensure in any state or territory, please disregard.

If you have ever held a license or similar licensure in another state, you are required to provide a verification for each license held. To verify your license in another state, complete the applicant section of the "Verification of Licensure - Psychologist" form (PSY-06), then send the form to the original state of licensure to have them complete the licensing agency section according to their own requirements and return directly to PVL using the address at the bottom of the form.

APPLICATION FOR LICENSURE-EXAMINATION WAIVER or TEMPORARY PERMIT

IN ADDITION to meeting the requirements for "Application for Examination", you will also need to meet the following for licensure by Examination Waiver, which are also valid for Temporary Permit applications.

REQUIREMENTS To be considered by the Board for licensure by Examination Waiver or for Temporary Permit, applicants must meet the following requirements set forth by §465, HRS, and §16-98, HAR

LICENSE Hold a current license or certificate, in good standing, to practice psychology in another state, deemed by the Board of Psychology to have standards equivalent to Hawaii's requirements.

EXAMINATION Have passed the EPPP examination with a score that was equal to or higher than the Board's passing score at the time the you took the EPPP.

NOTE: If you do not hold a current license or certificate to practice psychology in another state, and you have passed the EPPP examination with a score that was equal to or higher than the Board's passing score at the time that you took the EPPP, you will be seeking licensure via "examination".

REQUIRED DOCUMENTS

IN ADDITION to submitting the required documents under "Application for Examination", the following forms and supporting information must be submitted to the Board before being considered for review. Not providing the required documentation in its entirety may prolong the application review process.

- **EPPP SCORE TRANSFER**

*Please see instructions above on this page.

- **LICENSE VERIFICATION**

*Please see instructions above on this page.

(CONTINUED ON PAGE 5)

GENERAL INFORMATION

BOARD'S ADDRESS

Mail all required items to:

Board of Psychology
DCCA, PVL Licensing Branch
P.O. Box 3469
Honolulu, HI 96801

OR

Deliver to office location at:

335 Merchant Street, Room 301
Honolulu, HI 96813
Phone: (808) 586-3000

RELEASE OF INFORMATION

If an agency or individual is assisting you with the licensure process, we will not be able to release any information to them unless you provide us with authorization. If you wish to do so, please complete the **Release of Information to Third Party** section found on the second page of the application form (PSY-01). Do not forget to sign and date.

LICENSURE

After all requirements are fulfilled, license fees will be due. Notification of amounts will be sent to you at the appropriate time.

BIENNIAL RENEWAL

All licenses, regardless of issuance date, **expire on June 30 of each even-numbered year** and are subject to renewal. Renewal applications are mailed to current licensees at their last known address about 2 months prior to the license expiration date. To ensure receipt of the renewal application, keep the Board informed of your address.

LAWS AND RULES

To obtain a copy of the laws, Chapter 465, Hawaii Revised Statutes, and rules, Chapter 98, Hawaii Administrative Rules, send a written request to: *Board of Psychology, Commerce and Consumer Affairs, P.O. Box 3469, Honolulu, Hawaii 96801*. Chapter 436B, Hawaii Revised Statutes, the Professional and Vocational Licensing Act should be read in conjunction with Chapter 465 and Chapter 98.

Please refer to the Psychologist laws (Chapter 465, HRS) and rules (Chapter 98, HAR) for additional information on the licensing requirements.

The laws and rules are also posted on our website at: cca.hawaii.gov/pvl. Click on "Psychologist".

APPLICANTS WITH DISABILITY

If you are requesting special testing arrangements due to a disability, call (808) 586-2711 immediately to obtain a Disability Certification Form which must be completed by an approved professional, and submitted preferably prior to your exam application, but no later than the exam filing deadline. Determination of qualification for special testing arrangements will then be made and if so, the type of special testing arrangements to be provided.

No action will be taken to provide special testing arrangements until your exam application has been approved.

ABANDONMENT OF APPLICATION

Pursuant to HRS §436B-9 your application shall be considered abandoned and shall be destroyed if you fail to provide evidence of continued efforts to complete the licensing process for two consecutive years. The failure to provide evidence of continued efforts includes but is not limited to: (1) failure to submit any required information and documents requested by the licensing authority within two consecutive years from the last date the documents and information were requested, or (2) failure to complete any additional requirements for licensure that remain after approval of your application, such as attempting to complete an exam requirement, within two consecutive years from the date your application was approved, or (3) failure to provide the licensing authority with any written communication during two consecutive years indicating that you are attempting to complete the licensing process. If an application is deemed abandoned the applicant shall be required to reapply for licensure and comply with the licensing requirements in effect at the time of the reapplication.

APPLICATION FOR LICENSE - PSYCHOLOGIST

Access this form via website at: cca.hawaii.gov/pvl

Legal Name (First, Middle) Jadu Malcolm		(Last) Jagel	Approved: <input type="checkbox"/>	Initials/Date:
Other Names Used (include maiden name):		Date of Birth: 11/10/69	Effective Date:	License No.: PSY -
Residence Address (include apt. no., city, state and zip code): 47-506 Hio PI Kaneohe, HI 96744		Social Security No.: 017-46-0467	FOR OFFICE USE ONLY	
Mailing Address (ONLY if different from above):				
Phone No. (days): (415) 846-2511	PERSONAL E-mail Address: jadujagel@comcast.net			

Applying for: (check one only)

- Examination (never passed EPPP)
 Temporary Permit
 Examination (passed EPPP but not licensed in any state)
 Licensure - Examination Waiver

If you are licensed in another state(s), please answer the following:

- a. What State(s): California
c. Was a written exam required? No
 b. Effective date of licensure: 04/15/10
d. Name of the exam you took: CSPE

If you have taken the EPPP Examination, please provide the date you requested ASPPB to send verification to HI: 02/18/22

Check your answers and provide details as needed:

- 1) Are you at least 18 years of age? YES NO
 2) Are you a U.S. citizen, a U.S. national, or an alien authorized to work in the United States? YES NO
 3) Have you ever been denied a certificate or license to practice psychology? YES NO
 4a) Has any license ever been suspended, revoked or otherwise subject to disciplinary action? YES NO
 b) Are there any disciplinary actions pending against you? YES NO
 c) Have you ever been disciplined for an ethical violation by a professional association or institution? YES NO
 5) Have you ever been convicted of a crime in any jurisdiction that has not been annulled or expunged? YES NO

If any of your responses to questions #3, #4a, b or c, and #5 were "YES", provide information on date, place, and type of conviction or disciplinary action on a separate sheet and submit pertinent documents.

(SIGNATURE REQUIRED ON PAGE 2)

Appl. 563	\$50	Lic. 565	\$38
Temp. 566	\$30	CRF 567	\$74/\$148
		1/2 Renewal 560	\$65
		Service Fee BCF	\$25

EDUCATION	Name of Institution	Major Course of Study	Date Graduated	Name of Degree Conferred	Program APA Approved
	Alameda Institute of Integrative Health	Clinical Psychology	07/20/07	PsyD	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	UC Santa Cruz	Psychology	06/17/95	BA	<input type="checkbox"/> YES <input type="checkbox"/> NO
					<input type="checkbox"/> YES <input type="checkbox"/> NO
					<input type="checkbox"/> YES <input type="checkbox"/> NO

EXPERIENCE	Name & Address of Employer	Duties	Dates (mo/yr)		Position
			From	To	
	Private practice Walnut Creek, CA Oakland, CA Telehealth*	Individual psychotherapy- adults & children, assessment, consultation, couples therapy, administrative/billing/documentation	05/12	present	Licensed Psychologist, sole proprietor
	Psychiatric Alternatives & Wellness Center 1942 University Ave, suite 306 Berkeley, CA 94704	Individual psychotherapy- adults & children, couples therapy, family therapy,	09/14	12/20	Licensed Psychologist, contractor
	California Youth Authority OH Close Youth Correctional Facility	Individual psychotherapy, group therapy, intake & assessment, court-ordered evaluation, psychological testing, documentation, parole board testimony	07/10	04/12	Licensed Psychologist, contractor

Affidavit of Applicant:

I certify that the statements, answers and representations made in this application and the documents attached are true and correct. I understand that any misrepresentation is grounds for refusal or subsequent revocation of license and is a misdemeanor (Section 710-1017, and Sections 436B-19 and 465-13, Hawaii Revised Statutes).

I further certify that I have read, understand, and will abide by the provisions of Chapter 465, Hawaii Revised Statutes, and Chapter 98, Hawaii Administrative Rules concerning Psychologists in the State of Hawaii.

Signature of Applicant

01/22/23

Date

Release of Information to Third Party:

To assist me in the licensing process, I authorize DCCA's staff to release any and all information regarding my application (including, but not limited to application status) to the following third party:

Print Name of Individual who is assisting you: _____

Name of Organization: _____

Signature of Applicant

Date

TRAINING REPORT - PSYCHOLOGIST

(Applicants with doctoral degrees from APA approved programs in clinical psychology may disregard this form.)

Access this form via website at: cca.hawaii.gov/pvl

PRINT NAME OF APPLICANT (First, Middle, LAST): _____

Social Security No.: _____ Date of Birth: _____ Date: _____

1. In accordance with Section 16-98-9 of the Board's Rules, an applicant must show a minimum of **6 or more graduate semester hours** (or 9 graduate quarter hours) in each of the following substantive content areas (A - F). A course may be applied only once and may not be repeated in any of the other areas.

List Course Number	Brief Description of Course Content	AMOUNT OF:	
		Graduate Semester Hrs.	Graduate Qtr. Hrs.
	A. <u>BIOLOGICAL BASES OF BEHAVIOR;</u> PHYSIOLOGICAL PSYCHOLOGY, COMPARATIVE PSYCHOLOGY, NEUROPSYCHOLOGY, SENSATION AND PERCEPTION PSYCHOPHARMACOLOGY:		
	TOTAL HOURS (6)		(9)
	B. <u>COGNITIVE-AFFECTIVE BASES OF BEHAVIOR;</u> LEARNING, THINKING, MOTIVATION, EMOTION:		
	TOTAL HOURS (6)		(9)
	C. <u>SOCIAL BASES OF BEHAVIOR;</u> SOCIAL PSYCHOLOGY, GROUP PROCESSES, ORGANIZATIONAL AND SYSTEMS THEORY, COMMUNITY PSYCHOLOGY:		
	TOTAL HOURS (6)		(9)

(CONTINUED ON PAGE 2)

PRINT NAME OF APPLICANT (First, Middle, LAST): _____

Social Security No.: _____ Date of Birth: _____ Date: _____

1. In accordance with Section 16-98-9 of the Board's Rules, an applicant must show a minimum of **6 or more graduate semester hours** (or **9 graduate quarter hours**) in each of the following substantive content areas (A - F). A course may be applied only once and may not be repeated in any of the other areas.

List Course Number	Brief Description of Course Content	AMOUNT OF:	
		Graduate Semester Hrs.	Graduate Qtr. Hrs.
	D. INDIVIDUAL DIFFERENCES ; PERSONALITY THEORY, HUMAN DEVELOPMENT, ABNORMAL PSYCHOLOGY:		
	TOTAL HOURS (6)		(9)
	E. PSYCHODIAGNOSIS AND INDIVIDUAL ASSESSMENT ; INTELLECTUAL, PERSONALITY AND BEHAVIORAL ASSESSMENT:		
	TOTAL HOURS (6)		(9)
	F. THERAPY ; CHILD OR ADULT INTERVENTION, OR BOTH:		
	TOTAL HOURS (6)		(9)

PRINT NAME OF APPLICANT (First, Middle, LAST): _____

Social Security No.: _____ Date of Birth: _____ Date: _____

2. In accordance with Section 16-98-9 of the Board's Rules, an applicant must show a minimum of **3 or more graduate semester hours** (or **4.5** graduate quarter hours) in each of the following areas (G - J). A course may be applied only once and may not be repeated in any of the other areas. **Incomplete or illegible form will not be accepted.**

List Course Number	Brief Description of Course Content	AMOUNT OF:	
		Graduate Semester Hrs.	Graduate Qtr. Hrs.
	G. <u>SCIENTIFIC AND PROFESSIONAL ETHICS AND STANDARDS:</u>		
	TOTAL HOURS (3)		(4.5)
	H. <u>HISTORY AND SYSTEMS:</u>		
	TOTAL HOURS (3)		(4.5)
	I. <u>RESEARCH DESIGN AND METHODOLOGY:</u>		
	TOTAL HOURS (3)		(4.5)
	J. <u>STATISTICS AND PSYCHOMETRICS:</u>		
	TOTAL HOURS (3)		(4.5)

Pre-doctoral Internship Verification - PSYCHOLOGIST

Access this form via website at: cca.hawaii.gov/pvl

Instructions to the Applicant: Complete Section I, **have your supervisor complete Section 2 to verify your pre-doctoral internship**, then attach the completed form to your application before submitting it to the Board. Please note that your supervisor must sign the form before a notary public.

Section I. APPLICANT			
Name (First, Middle)	(Last)	Address (include apt. no., city, state & zip code)	
Social Security No.	Phone No.	Date of Birth	
Sign Here:		Date:	

Section II. SUPERVISOR ONLY
<p>TO THE SUPERVISOR: <i>The person named above is applying for a psychologist license in Hawaii.</i></p> <p>Step 1: Please complete Section 2 to verify the applicant completed the pre-doctoral internship under your supervision and sign the form before a notary public.</p> <p>Step 2: Please attach a <u>signed</u> affidavit providing a brief summary of the duties that the applicant performed in the <u>field of psychology</u> during the pre-doctoral internship. The board will not accept internship agreements; position/job descriptions; or other documents that do not attest to your direct supervision of the duties performed. Not providing the signed affidavit may prolong the application process.</p> <p>Step 3: Return the completed form to the applicant.</p> <p style="text-align: center;">IMPORTANT: To correct an error in Section 2, please draw a single line through the incorrect information and initial. DO NOT use correction fluid or write over incorrect information.</p>

Internship Dates		Length of Internship	Total Hours	Position Held	Name of Internship Agency Address, City, State	APA Accredited at the time?
From	To					
____ / ____ mo. yr.	____ / ____ mo. yr.	yrs. mos.	Hrs.			

I hereby attest that I supervised the internship experience of the individual listed above and that the information in Section 2 is accurate. I further certify that I am: (check one)

A licensed psychologist.
 A psychologist who holds an ABPP diplomate certificate.
 A person who holds a doctoral degree in psychology from an accredited institution who has had two years of postdoctoral experience in the work supervised. _____
(School doctoral degree was received from)

Supervisor Signature: _____

Print your Name: _____

License No. and State: _____

Phone No.: _____ Address: _____

Subscribed and sworn before me this _____ day of _____ A.D. 20_____.

Notary Signature: _____

Notary Public, State of: _____

My commission expires: _____

Print Name: _____

Doc. Date: _____ No. of Pages: _____

Notary Name: _____ Circuit Court: _____

Doc. Description: _____

Notary Signature: _____

Date: _____

This material can be made available for individuals with special needs. Please call the Licensing Branch Manager at (808) 586-3000 to submit your request.

Postdoctoral Verification - PSYCHOLOGIST

Access this form via website at: cca.hawaii.gov/pvl

Instructions to the Applicant: Complete Section I, **have your supervisor complete Section 2 to verify your postdoctoral experience**, then attach the completed form to your application before submitting it to the Board. Please note that your supervisor must sign the form before a notary public.

Section I. APPLICANT			
Name (First, Middle)	(Last)	Address (include apt. no., city, state & zip code)	
Social Security No.	Phone No.	Date of Birth:	
Sign Here:		Date:	

Section II. SUPERVISOR ONLY
<p>TO THE SUPERVISOR: <i>The person named above is applying for a psychologist license in Hawaii.</i></p> <p>Step 1: Please complete Section 2 to verify the applicant completed the postdoctoral experience under your supervision and sign the form before a notary public.</p> <p>Step 2: Please attach a <u>signed</u> affidavit providing a brief summary of the duties that the applicant performed in the <u>field of psychology</u> during the postdoctoral experience. The board will not accept postdoctoral training agreements; position/job descriptions; or other documents that do not attest to your direct supervision of the duties performed. Not providing the signed affidavit may prolong the application process.</p> <p>Step 3: Return the completed form to the applicant.</p> <p style="text-align: center;">IMPORTANT: To correct an error in Section 2, please draw a single line through the incorrect information and initial. DO NOT use correction fluid or write over incorrect information.</p>

Post Doctoral Experience Dates		Length of Post-Doctoral Training	Total Hours.	Position Held	Name of Postdoctoral Agency Address, City, State	APA Accredited at the time?
From	To					
____/____ mo. yr.	____/____ mo. yr.	yrs. mos.	Hrs.			

I hereby attest that I supervised the postdoctoral experience of the individual listed above and that the information in Section 2 is accurate. I further certify that I am: (check one)

- A licensed psychologist.
- A psychologist who holds an ABPP diplomate certificate.
- A person who holds a doctoral degree in psychology from an accredited Institution, granted prior to 1970, and is listed in the National Register of Health Service Providers in Psychology. _____
(School doctoral degree was received from)

Supervisor Signature: _____

Print your Name: _____

License No. and State: _____

Phone No.: _____ Address: _____

Subscribed and sworn before me this _____ day of _____ A.D. 20____.
Notary Signature: _____
Notary Public, State of: _____
My commission expires: _____
Print Name: _____

Doc. Date: _____	No. of Pages: _____
Notary Name: _____ Circuit Court: _____	
Doc. Description: _____	
Notary Signature: _____	
Date: _____	

This material can be made available for individuals with special needs. Please call the Licensing Branch Manager at (808) 586-3000 to submit your request

VERIFICATION OF LICENSURE - PSYCHOLOGIST

Board of Psychology
 P.O. Box 3469
 Honolulu, HI 96801

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I hereby authorize the psychology licensing agency in the State of _____ to furnish to the Department of Commerce and Consumer Affairs, State of Hawaii, the information below.					
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	<input type="checkbox"/> The license/certificate was issued upon the passing of the Examination for Professional Practice in Psychology (EPPP)			
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TESTIMONY IN STRONG SUPPORT OF HB1337

I am a person who is successfully self-treating a severe, lifelong, treatment-resistant case of chronic depression with psilocybin mushrooms. I wish to express my STRONG SUPPORT for HB1337.

I support this measure because it is a baby step in the right direction, but it doesn't go nearly far enough. Hawai'i citizens are suffering and even dying from mental illnesses that could potentially be treated if psilocybin mushrooms were legalized.

I want to preface my remarks with two points that I believe ought to be central to this discussion:

The first concerns the social stigma around mental illness. This stigma is so great that people are inhibited from even using the words "mental illness", usually substituting the exact opposite phrase "mental health" as a euphemism.

For example, the very first sentence of the proposed act reads:

"The legislature finds that there is heightened awareness of the detrimental effects of untreated and maltreated mental health in our population." [emphasis mine]

In point of fact, there is a crisis of untreated and maltreated mental *illness* in our state, and people need to start speaking plainly and clearly about the subject of mental *illness* before any real progress can be made on the mental illness front.

Although I am unable to volunteer for the role, I find it arrogantly absurd that there is no requirement for a person with a mental illness who has been treated with psilocybin to be part of the body to be created by this act, as if it is inconceivable that such a person could ever possibly make a meaningful contribution to this discussion. Such is the stigma around mental illness.

My second prefatory point concerns the role of government in general, and the proper role of the Legislature, in particular.

The *Declaration of Independence* speaks plainly and clearly on the purpose of government, albeit in antiquated and sexist language:

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men...”

The chief purpose of and *raison d'être* for government is then to secure fundamental human rights, and the core rights to life, liberty, and the pursuit of happiness are specifically enumerated as crucial rights every government is *duty-bound* to protect.

I will speak clearly and plainly myself:

Untreated mental illness takes lives. Criminalizing any effective treatment for illness of any kind unjustly and immorally threatens the liberty of sick people simply for attempting their pursuit of happiness.

The current hysterical laws criminalizing therapeutic psilocybin and other psychedelics are a perversion of justice and constitute malfeasance and dereliction of duty by government when viewed through this lens. These laws are ethically unjustifiable and must be changed.

Of necessity, I have personally defied these draconian laws in order to save my own life. Magic mushrooms literally *have* saved my life, and I am sure there are many others whose suffering could be relieved through a simple, common-sense change in policy. I want you to know my story.

I originally drafted the substance of following essay in early 2021 as a never published open letter to the Hawai'i officials on this important subject of therapeutic psychedelics, 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. As I began to write, I realized that this is an issue of so national importance. With this understanding, I refrained from publishing my thoughts until now 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.

Here is my story:

“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 - all with unsatisfactory results. Some of these medications have had side effects that harmed my body in irreversible ways.”

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

“A few years ago a friend of mine told me that he was using psilocybin mushrooms to successfully treat his own stubborn depression and suggested I look into the latest science on the matter for myself. I balked at this scandalous idea: ‘I don’t use any illicit drugs. I don’t even drink alcohol! And I’m 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 mushrooms mixed in with my morning coffee or oatmeal. I am now able to function effectively and experience the joy of living for the very first time in my entire 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 loaded phrase 'drug use'. I would much prefer she write 'self-medicates his depression with psilocybin mushrooms', as that is far more accurate, specific, objective, and much less biased: I take no recreational drugs other than caffeine, sugar, and chocolate, and I have 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 eskatamine (a ketamine or 'special K' derivative) 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.”

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

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

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, and I believe it is your ethical duty to do so.

I strongly support HB1337 because it is a small step in the right direction, but this measure 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
9 February 2023

HB-1337

Submitted on: 2/9/2023 11:56:34 PM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Jeanette Qablawi	Individual	Support	Written Testimony Only

Comments:

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

My name is Jeanette Qablawi, I am a physician, I live and practice in kaka'ako Oahu, and I am writing **in strong support of HB1337**, which will establish the Therapeutic Psilocybin Working Group.

As a primary care physician who works with multiple veterans and patients suffering from severe depression, substance use disorders and PTSD, I urge you to really look at the current promising evidence of psychedelics benefits on these conditions. I seen the first hand effects of these disease being poorly treated by our current medications and the devastation it causes on these patients lives. We have the opportunity to turn the tide and bring much needed care to our community.

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

Major research and academic institutions around the world has shown psilocybin 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.

These impressive results have led the U.S. Food & Drug Administration to twice grant psilocybin their Breakthrough Therapy designation to expedite research and potentially approval.

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,
Jeanette Qablawi M.D.

HB-1337

Submitted on: 2/10/2023 6:44:36 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

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 use legal substances (alcohol, cigarettes, prescription drugs) as an aid for mental health, and the sucess rate is near 0. Our society is long over due to open our minds and start using every tool to begin to fix this mental health crisis. So please start by passing this bill.

Thx

Stan Olsen

HB-1337

Submitted on: 2/10/2023 8:57:44 AM

Testimony for HLT on 2/10/2023 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Mariah Moncada	Individual	Support	Written Testimony Only

Comments:

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

My name is Mariah Moncada, I currently live in Portland, Oregon but from 2013-2017 I lived in Waimanalo, Manoa, and Kahalu'u on Oahu. I am writing in **strong support of this measure**.

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

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,

Mariah Moncada