

STATE OF HAWAII
DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
P. O. Box 3378
Honolulu, HI 96801-3378
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**Testimony COMMENTING on SB1531
RELATING TO MENTAL HEALTH.**

SEN. JOY DONOVAN M. DELA CRUS, CHAIR
SENATE COMMITTEE ON WAYS AND MEANS

Hearing Date: February 22, 2023

Room Number: 211

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

2 **Department Testimony:** The Department of Health (DOH) acknowledges the US Food and
3 Drug Administration's (FDA) Breakthrough Therapy Designation for psilocybin, as well as for
4 Methylenedioxymethamphetamine (MDMA).

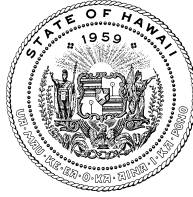
5 As a matter of routine, and of clinical, moral, and ethical responsibility, DOH clinicians seek the
6 best treatments for consumers that balance safety and efficacy, the gold standard for which is
7 approval by the FDA.

8 **In lieu of a psilocybin-focused task force, DOH proposes amending this measure to authorize**
9 **DOH to convene a temporary working group whenever the FDA makes a Breakthrough Therapy**
10 **Designation intended for mental health and substance abuse.**

11 Thank you for the opportunity to testify.

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

13



EXECUTIVE CHAMBERS
KE KE'ENA O KE KIA'ĀINA

JOSH GREEN, M.D.
GOVERNOR
KE KIA'ĀINA

Senate Committees on Ways and Means
Wednesday, February 22, 2023
9:30 a.m.
State Capitol, Conference Room 211 & Videoconference
In Strong Support of
S.B. No. 1531 SD1, Relating to Mental Health

Aloha Chair Dela Cruz, Vice Chair Keith-Agaran and members of the committee:

The Office of the Wellness and Resilience (OWR) in the Governor's Office **STRONGLY SUPPORTS** S.B. No. 1531, SD1, Relating to Mental Health.

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

Research being conducted on use of alternative therapies to treat mental health disorders has shown promising outcomes. Having the discussion in our state will assist in making data informed decisions on how we should address and resource attention on complex social issues, like mental health.

This advisory council can provide an ongoing venue to have the continuous conversation so when new therapies become known, the review of literature can occur through this mechanism and issues don't go unaddressed.

As negative impacts of the COVID-19 pandemic continue to show up in our daily lives, promising interventions for mental health disorders should be included in conversations relating to trauma. The OWR supports the purpose of SB1531, SD1 to establish a beneficial treatments advisory council to review mental health treatment information.

Mahalo,

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



Testimony in Support of Measure (Beneficial Treatments Advisory Council)

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

Committee Hearing | 2023 Legislative Session

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

My name is Ashley Lukens. For the past 17 years, I have worked as a community organizer and advocate in Hawaii. I received my PhD in Political Science from UH Manoa in 2013. Today, I am writing in strong support of **SB 1531**, a bill which begins an important conversation around therapeutic access to psilocybin in Hawaii. For the past 3 years you have advanced similar measures out of this committee and I'm hoping you do so again today.

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

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

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

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

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

Mahalo for your time,

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

SB-1531-SD-1

Submitted on: 2/20/2023 10:57:54 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
LeAnn Neilson	Testifying for Aloha Integrative Mental Health	Support	Written Testimony Only

Comments:

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

My name is LeAnn Neilson, I am a Psychiatric Mental Health Nurse Practitioner living on Big Island and providing mental health care to the residents of Hawaii through my company, Aloha Integrative Mental Health, and I am writing in strong support of SB1531, which will establish the Beneficial Treatments Advisory Council.

Recently we had two suicides in one week here in Hawaii that caught my attention and has increased my desire to find more ways to help end the suffering of others. I don't know if these individuals sought out mental health care prior to ending their lives, but I can tell you the issues I encounter when trying to provide care to people suffering from mental illness.

The treatment options I have available are limited, statistically take several medication trials, and come with multiple side effects that are difficult to navigate and live with. There are no medications currently able to be prescribed that can claim the healing and permanent improvement that the research of psychedelic treatment currently shows.

I can understand the caution taken when considering expanding access to psilocybin, MDMA or other psychedelic therapy. What I want to convey to you is that I and many of my counterparts who would be on the front lines of treatment will engage in safe, therapeutic delivery of care. We will participate in research, follow guidelines, and seek fervently to improve the mental health of those we treat. The opportunity to bring psychedelic therapy into practice with those patients who do not respond to traditional medication management is one I believe will save lives. Psychedelic therapy has the potential to bring a level of healing that I have not been able to offer through traditional methods and mean the difference between surviving misery and living an engaged life with purpose. The effects of which will positively impact all of our lives, our neighborhoods, and our families.

Researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that scientists

and medical professionals are now working with policymakers to bring safe medicines like psilocybin and MDMA above ground for therapeutic uses.

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

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

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

Mahalo,

LeAnn

THE KŪPUNA CAUCUS



February 20, 2023

To: The Honorable Donovan M. Dela Cruz, Chair
The Honorable Gilbert S.C. Keith-Agaran, Vice Chair, and Members of the Senate
Committee on Ways and Means

Re: **SB1531HB — Relating to Beneficial Treatments Advisory Council; DOH; Mental Health**
Hearing: February 22, 2023, 9:30 am, Room 211 & Videoconference
Position: **Support**

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

The Kūpuna Caucus of the Democratic Party of Hawai'i has more than 1,000 enrolled members who are politically active and greatly interested in all issues affecting seniors in the State of Hawai'i and nationally. We **support SB1531**.

The “Beneficial Treatments Advisory Council” shall be established to review the mental health treatment information and advise the Department of Health on their findings and recommendations. Many new and alternative treatments for Mental Health Diagnosis have been proven to be effective. We must look to the future for more alternative and organic treatment options. Current studies of using MDMA and psilocybin to treat chronic PTSD, depression, addictions and other mental health diagnosis are showing to be quite effective. These psychotropic medications would be prescribed by licensed MD or APRN's within the scope of their Mental Health practices. The Beneficial Treatments Advisory Committee members would operate on a volunteer basis with only related expenses being reimbursed..

Thank you very much for the opportunity to testify on this bill.

Barbara Penn
on behalf of the
Kūpuna Caucus of the Democratic Party of Hawai'i
bpenn200@outlook.com
(808)652-9478



Hawai'i Psychological Association

For a Healthy Hawai'i

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Honolulu, HI 96808

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Phone: (808) 521 -8995

COMMITTEE ON WAYS AND MEANS

Senator Donovan M. Dela Cruz, Chair

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

February 22, 2023 9:30 A.M. - VIA VIDEO CONFERENCE – ROOM 211

TESTIMONY IN SUPPORT OF SB 1531 SD1, RELATED TO MENTAL HEALTH

The Hawaii Psychological Association supports support of SB1531 SD1, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information on therapeutic psychedelic modalities (psilocybin, MDMD, etc) and advise the Department of Health.

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

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

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

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

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

Sincerely,

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

SB-1531-SD-1

Submitted on: 2/21/2023 9:24:04 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Ben Lillibridge, I live in Holualoa, Hawai'i Island and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

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

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

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

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

Additionally, a decision to not support safe medical access to psilocybin, a naturally occurring compound, inadvertently disregards those suffering from mental health disorders, including but not limited to veterans, police officers, & others in our community suffering from post-traumatic-stress-disorder from the sacrifice they made for us

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

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

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

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

Mahalo,
Ben Lillibridge

SB-1531-SD-1

Submitted on: 2/19/2023 3:18:04 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

My name is Ruta Jordans, I live in Wailua Homesteads on Kauai, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

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

Mahalo,
Ruta Jordans

SB-1531-SD-1

Submitted on: 2/19/2023 4:11:49 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Mary Marinaro	Individual	Support	Written Testimony Only

Comments:

Aloha,

I live on Hawaii island and believe this bill is important for all the people of Hawaii. I personally have mental health issues as well as other family members with mental health issues that will benefit from this bill. The option to have therapies that are demonstrated to be safe and effective is extremely important for those of us that deal with issues such as PTSD, depression, anxiety, etc.

As a veteran and senior citizen, I urge you to support this bill to allow better treatment options for all of us in Hawaii.

Mahalo

Testimony in Support of Measure (Beneficial Treatments Advisory Council)
[SB1531](#)

Committee Hearing | 2023 Legislative Session

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

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

There are three main topics in which I have used psychedelic modalities to change my life and positively impact the life of those around me. Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder.

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

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

Please support this measure.

Mahalo,
Tony Santini

February 19, 2023

Aloha Chair Dela Cruz, Vice Chair Keith-Agaran, 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 SB1531**, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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

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

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

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

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

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

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

Sincerely,

A handwritten signature in black ink, appearing to read 'A. Blaine Williams', with a stylized flourish at the end.

A. Blaine Williams, M.D.

ablainewilliams@gmail.com

808.798.1176

SB-1531-SD-1

Submitted on: 2/19/2023 11:58:51 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Emilie Bierly	Individual	Support	Written Testimony Only

Comments:

Thank you, Ways and Means Committee for this opportunity to testify in support of bill SB 1531. My name is Emilie Bierly and I reside on Kauai. I am a registered nurse. As we all know, mental health is a hugely under resourced area in our government and society. We hear many tragic stories and know loved ones who suffer with mental health but have limited capacity to navigate and manage their own treatment. It is costly and preventable. Insurance hardly covers therapy with therapists. There is simply not enough. Psilocybin therapy that is supported by professionals who can follow these individuals and provide an alternative, deeply healing treatments versus pharmaceutical medications is a phenomenal opportunity for our society and those individuals who will benefit. Mental health limitations either it be mild and occasional or severe will greatly benefit from psilocybin. I have witnessed psilocybin's effects in small quantities to someone with anxiety and depression. The effect was a wonder. I wish this person could be able to openly go to a clinic and receive care and monitor progress by a professional. Mahalo for reading my testimony in support of this bill.

SB-1531-SD-1

Submitted on: 2/20/2023 6:41:02 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

Strongly support!

SB-1531-SD-1

Submitted on: 2/20/2023 8:18:52 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

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

I'm diagnosed with generalized anxiety disorder and was on antidepressants since I was 16. I attempted to wean off them several times unsuccessfully due to intense withdrawal symptoms and lack of medical support when it comes to weaning off medications. After 23 years on prozac I was able to successfully get off the meds thanks to microdosing psilocybin. I was consistently told by doctors that I should consider myself like a diabetic that needs medication every day. I now can take a small dose (.150mg) of psilocybin a few times a week and experience little to no anxiety, as well as greater clarity and focus. In addition, the unpleasant side effects from SSRI's such as low sexual drive, have disappeared, and I am significantly more satisfied in my romantic partnership than ever before.

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,

Nicole

SB-1531-SD-1

Submitted on: 2/20/2023 11:44:45 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is John Ward and I am a Licensed Marriage and Family Therapist as well as a Certified Psychedelic-Assisted Therapy Provider. I have a private practice in Honolulu and live in Kakaako.

I am fully in support of this bill and any bill that promotes this treatment. I have experienced both personally and with others its effectiveness. Few treatments have the potential to help as many people suffering from mental health issues as this.

As the media is producing more and more stories of the curative abilities of these treatments more of my clients are asking for information and options. So many people are eagerly awaiting this help.

Please support this effort.

Mahalo,

John Ward

Testimony in Support of [SB1531](#)

Senate Way and MeaFeb Committee [Hearing](#) | Wednesday, FEB 22, 2023 @ 9:30am
Aloha Chair, Vice Chair, and Members of the Committee,

My name is Raymond Kemp I live in Ainaloa, in Puna on the island of Hawaii and I am writing in **strong support of SB1531**, which permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information on therapeutic psychedelic modalities (psilocybin, MDMA, etc.) and advise the State.

As a Father and friend of many who have suffered the ravages of Depression, Anxiety, Grief, PTSD, Addiction and other debilitating conditions. I have witnessed these emotional states, the trauma and frustration, fear and breakdowns of these loved but ravaged souls attempting to navigate therapy and pharmaceutical efforts to find the right combination of medication just to maintain a semblance of a normal life. Oft times, the efforts at balancing these people are futile. It is gut wrenching and heartbreaking to be a person trying to provide support for those, in need only to watch them struggle so profoundly. One step forward and two steps back. Absolutely heartbreaking. I am asking you to pass **SB1531** and allow this treatment to be available and within reach of our loved ones, regardless of economic or social standing.

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 SB1531

Mahalo,
Raymond Kemp

SB-1531-SD-1

Submitted on: 2/20/2023 1:36:59 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
SyriSSa Sacca	Individual	Support	Written Testimony Only

Comments:

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

My name is SyriSSa Sacca,, I live in Hakalau, 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 state.

I am an herbalist & student of many indigenous cultures who work with these sacred medicines for generations. I have seen it not only change my own life for the better but many people who suffer from PTSD, mental health and general lack of purpose. I have seen these medicines save lives, marriages, families, etc. We are just now as a western world, beginning to understand what other cultures have always known- we must live as one with Nature & she does provide everything we need. The Mycellium network under our feet holds great benefit to help rewire our neuropathways and as spaceholders we can help guide the journey in a conducive way that allows each person to feel safe enough to heal. The reality is that these medicines are being sought out and used regardless of it's legality, so let us move forward together to bring safe spaces for people to experience their magic. It would be a grave injustice to not pass these bills.

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 Sacca

SB-1531-SD-1

Submitted on: 2/20/2023 1:48:28 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

INSUPPORTOF SB1531

My name is Amanda Lillibridge and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state., which will effectively expand access to psilocybin in Hawaii.

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

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

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

Thank you so much for your time and consideration - Please support SB1531. With aloha,
Amanda Lillibridge

SB-1531-SD-1

Submitted on: 2/20/2023 4:23:19 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Paulina Smith, I am a resident of Hawaii County, and I am writing in strong support of SB1531, which will establish the Beneficial Treatments Advisory Council.

As a licensed psychotherapist, I believe in supporting people to have legal access to all healing modalities that can support their overall wellness for mind, body, soul and spirit. Each individual that is able to experience peace, wholeness, and joy has the potential to be an active, empathic, and positive citizen within our own Hawaii community, which also has the potential to ripple out into the world to produce healthy engagements with self and others.

The use of our natural world and plant allies have been tools for healing that have long preceded our current existence. It is time to be the wayshowers and bridges from ancient wisdom into modern life. Major research and academic institutions around the world have shown psilocybin and MDMA to be promising and even ground-breaking clinical treatments for a wide range of mental and psychiatric diagnoses.

The Scientific American reported: A Johns Hopkins [2006 double-blind study](#) (meaning neither trial participants nor researchers knew if a subject was receiving psilocybin or placebo), published in the journal *Psychopharmacology*, demonstrated that psilocybin could give healthy volunteers “experiences having substantial and sustained personal meaning.” “What is different about psilocybin, compared to other mood-altering drugs or pharmaceuticals, is the enduring meaning and belief changes that can occur. People feel ‘reorganized’ in a way they don’t with other drugs,” says Johns Hopkins neuropharmacologist Roland Griffiths, lead author of the initial 2006 study as well as the latest one on depression. “It’s almost like reprogramming the operating system of a computer.” Griffiths now leads the new, \$17 million-funded [Center for Psychedelic and Consciousness Research at Johns Hopkins Medicine](#). Also, Johns Hopkins University researchers published results in *JAMA Psychiatry*, found 71 percent of patients experienced a “clinically significant response” (an improvement that lasted at least four weeks after treatment). And 54 percent met the criteria for total “remission of depression.”

Hawaii has the opportunity to be a positive pioneer of embracing individual and community wholeness in world that is ready for grounded, aware, and centered people to pull forward what we all know to be true- a world centered around connection and empathy, and not separation and fear. That all begins within each individual. As within, so without. Embracing, loving,

and accepting oneself is how we can create the change needed within our community that is riddled with addiction, PTSD, depression, anxiety, low self-esteem, low motivation, and a lack of meaning or purpose. When people are in a constant state of trauma response flight, fight or freeze, they aren't able to access their core functioning, which inevitably leads them to experience a myriad of the above mentioned symptomologies. This also leads to strain on the community systems within schools, prisons, local businesses, housing when there are people within them that aren't able to function in their best or even highest potential. We are in gratitude of the systems that have needed to be created to help people to the best of their ability, and it is also just simply not enough with increasing rates of suicide and dysfunction within society. That is why we are here having this conversation today. Having healthy, loving, stable parents and community members, leads to healthy, loving stable children within our communities- our future leaders as police chiefs, lawmakers, doctors, store managers, etc.

As a psychotherapist here to be in service to our communities, it is my professional and personal mission to provide the best care for clients utilizing integrative and ground-breaking evidence-based treatment that is personally tailored to suit each individual's therapeutic needs. As it is being shown in research studies, it is through utilizing holistic and natural psychedelic therapies to break through debilitating trauma that has kept people functioning at subpar. More and more people are ready to release multigenerational trauma and are seeking their empowerment, wellbeing, and self-acceptance. Released from their trauma response, people can be better equipped and more engaged to lead and direct their lives. This has the amazing potential to result in a positive impact on the community's direction into the improved and empowered individual health and wellness needed to create lasting change throughout humanity.

Please support this measure SB1531 for therapeutic psilocybin.

Thank you kindly for your time and energy put towards this matter.

Mahalo,

Paulina Smith, LMFT



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

2-20-2023

I am a board certified psychiatrist in Honolulu, testifying in support of:

**SB1531 re. Beneficial Treatments Advisory Council
SB1454 Therapeutic Psilocybin Working Group**

My expertise is in suicide risk, the additivity of substances, and in the treatment of mental health disorders. I treat suicidal or depressed people who have failed medications.

They clamor for official info on psychedelics, after they read the news that they work better than medications.

I cannot refer these patients to anywhere to try these substances, as they are federally illegal. Even though it could save their life. It pains me not to be able to help them in that way.

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

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

Physicians cannot recommend these substances since they are still Schedule I, which means "no medical use", which the FDA has now admitted is false.

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www.beyondmentalhealth.com

Patients have committed suicide while they wait for the long, slow research to be finished.

Most standard antidepressants can increase the risk of suicide. They can cause an array of other problems, such as an increased risk of glaucoma, Parkinsonism, or risk of stroke in the elderly due to thinning of the blood.

Struggling patients here in Hawaii need our legislators to advocate for them, to get ahead of outdated federal laws forbidding their use.

Cordially,

Thomas Cook, M.D.

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

www.beyondmentalhealth.com

SB-1531-SD-1

Submitted on: 2/20/2023 6:49:22 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Kathy Southard	Testifying for Honolulu Psychotherapy	Support	Written Testimony Only

Comments:

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

My name is Kathy Southard LCSW, a psychotherapist in private practice in Honolulu, a former psychiatric social worker at Queens Medical Center, and a former clinician of a Harvard Medical School's psychiatry department. I live in the Ala Moana neighborhood of Honolulu, and I am writing in strong support of SB1531, which permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information on therapeutic psychedelic modalities (psilocybin and MDMA, etc) and advise the state.

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

Many research institutions at this time are publishing scientific evidence of the efficacy and benefits of psychedelic medicine on the brain and body. The FDA calls Psychedelic Psilocybin a "Breakthrough Therapy" for severe depression. There have been phase III trials for MDMA and it's likely to be approved for use later this year by the FDA. Many institutions including Johns Hopkins, Yale, Harvard, and NYU are publishing much research demonstrating the efficacy of these psychedelic medicines to treat depression, anxiety, and PTSD. I hope the state of Hawaii, would agree and allow a working group to look into these medicines.

Sincerely,

Kathy Southard LCSW

Honolulu Psychotherapy

SB-1531-SD-1

Submitted on: 2/20/2023 7:54:36 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Michal Cohen and I live in Kaka'ako, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

I am a psychotherapist who specializes in PTSD and trauma. I see first hand every day how people struggle to fully participate in their lives due to the impact of trauma. We now have ample evidence that shows how psychedelic medicine can help people heal trauma. Trauma creates a disconnection from the self. Psychedelic medicine helps people connect to their true essence and realize they are not their trauma. It helps give them another vantage point and from this vantage point, they are able to see new possibilities for their life.

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

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

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

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

Mahalo,
Michal Cohen, LCSW

SB-1531-SD-1

Submitted on: 2/20/2023 9:17:11 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

Aloha,

My name is Doorae Shin, and I am testifying in strong support of SB1531. 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. It has also granted MDMA the same designation and is well on track to re-schedule both MDMA & Psilocybin for its medical benefits. This FDA designation expedites research of a substance and indicates that psilocybin offers substantial improvements over existing treatments. Given that 1 in 5 people in the U.S. suffer from a mental illness and that existing treatments are unreliable and often fail to provide relief, new therapeutic modalities must be explored.

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

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

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

Griffiths, Roland R et al. “Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial.” *Journal of Psychopharmacology* (Oxford, England) vol. 30,12 (2016): 1181-1197.
doi:10.1177/0269881116675513

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

Psilocybin Helps Treat Major Depressive Disorder

Carhart-Harris, R L et al. “Psilocybin with psychological support for treatment-resistant depression: six-month follow-up.” *Psychopharmacology* vol. 235,2 (2018): 399-408.
doi:10.1007/s00213-017-4771-x

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

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

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

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

Psilocybin Decreases Obsessive-Compulsive Disorder Symptoms

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

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

Academic & Medical Institutions

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

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

Conclusion

As you can see, the movement to create safe therapeutic access to psilocybin, MDMA, and other psychedelic therapies is one that is growing across cities, states, at a federal level, and within academic and medical institutions. The passage of SB1531 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 SB1531. I can be available for any questions.

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

SB-1531-SD-1

Submitted on: 2/20/2023 9:56:28 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
shayne pung	Individual	Support	Written Testimony Only

Comments:

Aloha I support the mental health side of this bill and will testify that it works better than pharmaceutical drugs.. I would love to see Hawaii lead the way again in being the best in something again.

SB-1531-SD-1

Submitted on: 2/20/2023 10:30:45 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Amelia Morgan-Rothschild, I live in Haiku on Maui, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

As a Psychedic-Assisted Psychotherapist, I am passionate about bringing Psylicibin and MDMA to my work in a safe and ethical way.

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

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

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

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

Mahalo,
Amelia Morgan-Rothschild

SB-1531-SD-1

Submitted on: 2/20/2023 11:07:22 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

Aloha Chair Dela Cruz, Vice Chair Keith-Agaran, 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, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

While psilocybin is what I am currently specializing in due to Oregon laws, I would gladly be holding space for MDMA sessions if that substance would have been included in the measure.

MDMA has incredible healing potential not only for individuals but also for interpersonal relations. When we fortify ourselves and our relations not only do we personally benefit from the outcomes, but so does our community at large as bonds are deepened.

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

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

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

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

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

Mahalo,

Mariah Moncada

SB-1531-SD-1

Submitted on: 2/20/2023 11:14:01 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Dr. Robin Martin, I am a psychiatrist who trained and now practice in Honolulu, and am also assistant clinical faculty with the Department of Psychiatry at UH, and I am in strong support of SB1531 which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

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

Please support this measure.

Mahalo,

Dr. Robin Martin

SB-1531-SD-1

Submitted on: 2/20/2023 11:22:59 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Erica Yamauchi	Individual	Support	Written Testimony Only

Comments:

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

My name is Erica Yamauchi, I live in Honolulu, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

Mahalo for the opportunity to testify.

Erica Yamauchi, Kaimukī/Wilhelmina Rise

SB-1531-SD-1

Submitted on: 2/21/2023 5:32:02 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Alyssa Kratz, I live in Kailua-Kona on Hawaii Island, and I am writing **in strong support of SB1531 Relating to Mental Health**, which will establish the beneficial treatments advisory council to review new treatments for mental health such as therapeutic MDMA and psilocybin.

I am graduating in May with my Master’s of Social Work from the University of Hawaii at Manoa. I work in behavioral mental health in Kona on Hawaii Island. It is imperative that Hawaii stay current on effective practices in the treatment of mental health. As a mental health professional, I have personally experienced the benefits of psilocybin therapy which has had profound effects on states of depression for myself. Additionally, I have worked with patients who have also had the opportunity to participate in therapeutic experiences with MDMA and psilocybin, all of whom have reported positive effects on their mental health. One patient who struggles with depression due to a debilitating medical condition reported that their use of therapeutic psilocybin was one of the only therapies that helped to give him reason to keep on living due to the mental shift in his depression symptoms. When current therapies like SSRI’s for depression are only minimally effective, it is of utmost importance that Hawaii open itself up to new and emerging treatments.

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

With mental health becoming a more present issue in our communities, everyone knows

someone who stands to benefit from access to therapeutic psilocybin or MDMA. Thank you for the opportunity to write testimony for this bill. Please support this measure.

Mahalo,
Alyssa Kratz

SB-1531-SD-1

Submitted on: 2/21/2023 6:16:57 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Chloe Groom	Individual	Support	Written Testimony Only

Comments:

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

My name is Chloe Groom, I live in Kaneohe, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

Over the past two decades, researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring plant-based medicines like psilocybin above ground for therapeutic uses. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

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,

Chloe Groom

SB-1531-SD-1

Submitted on: 2/21/2023 7:51:26 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
SEAN LESTER	Individual	Support	Written Testimony Only

Comments:

Aloha Chair and Committee,

I strongly support SB1531.

As a 6 year active duty disabled veteran, I have seen too many of my brothers and sisters who have paid the price during service to our Country be overwhelmed with drug addiction and mental challenges.

I urge you to look at the volumes of data and studies regarding psilocybin worldwide. The opioid crisis has been a huge burden on our society, and this modality holds very high possibility to help alleviate much suffering and cost to our society. And unlike marijuana and other drugs it does not have the addictive or long term side affects – quite amazing and cost affective – as it has the capacity in a short term treatment and with psychotherapy to be able to actually break the addiction cycle.

Please allow our local professionals to have the opportunity to study and utilize this directly so they can report to this body with their findings.

The association of psychedelic use and opioid use disorders among illicit users in the United States

Show all authors

[Vincent D Pisano](#), [Nathaniel P Putnam](#), [Hannah M Kramer](#), ... First Published February 14, 2017
Research Article [Find in PubMed](#)

<https://doi.org/10.1177/0269881117691453>

Preliminary studies show psychedelic compounds administered with psychotherapy are potentially effective and durable substance misuse interventions. However, little is known about the association between psychedelic use and substance misuse in the general population. This study investigated the association between psychedelic use and past year opioid use disorders within illicit opioid users.

Methods:

While controlling for socio-demographic covariates and the use of other substances, the relationship between classic psychedelic use and past year opioid use disorders was analyzed within 44,000 illicit opioid users who completed the National Survey on Drug Use and Health from 2008 to 2013.

Results:

Among respondents with a history of illicit opioid use, psychedelic drug use is associated with 27% reduced risk of past year opioid dependence (weighted risk ratio = 0.73 (0.60–0.89) $p = 0.002$) and 40% reduced risk of past year opioid abuse (weighted risk ratio = 0.60 (0.41–0.86) $p = 0.006$). Other than marijuana use, which was associated with 55% reduced risk of past year opioid abuse (weighted risk ratio = 0.45 (0.30–0.66) $p < 0.001$), no other illicit drug was associated with reduced risk of past year opioid dependence or abuse.

Conclusion:

Experience with psychedelic drugs is associated with decreased risk of opioid abuse and dependence. Conversely, other illicit drug use history is largely associated with increased risk of opioid abuse and dependence. These findings suggest that psychedelics are associated with positive psychological characteristics and are consistent with prior reports suggesting efficacy in treatment of substance use disorders.

SB-1531-SD-1

Submitted on: 2/21/2023 8:54:39 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Travis Smith, I live in Waimanalo, Oahu, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

Mahalo,

Travis Smith

Testimony in Support of Measure (Beneficial Treatments Advisory Council)
SB1531 SD1

Aloha, and thank you, Chair, Vice Chair, and Members of the Committee for the opportunity to submit testimony in support of **SB 1531 SD1**.

My name is Hueina Hemaloto, and I am currently a student pursuing my Master's Degree in Social Work, specializing in Behavioral Mental Health. I have also worked for and received two degrees, a Bachelor's in Social Work and a Bachelor's of Arts in Anthropology and Cultural Sustainability.

As a mental health practitioner, focused on cultural competency, in the state of Hawaii, I have witnessed the vast needs of effective mental health interventions, especially amongst Native Hawaiian and Pacific Islander communities within the state. Psilocybin and MDMA provide many health benefits, especially concerning depression, anxiety, and PTSD.

I also suggest that the committee considers:

- Providing cultural training to ensure ethical sourcing of psilocybin, which have been preserved by indigenous communities in North America.
- Ensuring the ethical administration and accessibility for diverse populations within the State of Hawaii to participate in fully researched based treatment.

SB 1531 SD1 will establish and allow the Beneficial Treatments Advisory Council to review mental health treatment and provide appropriate advisory to the Department of Health. I trust that they will work towards making the culturally competent decisions that will benefit the communities where these treatments are sourced from, as well as providing accessible care to the communities facing disparities in mental health treatment within Hawaii.

Mahalo,
Hueina Hemaloto

Gerald S. Clay
Attorney at Law

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

LATE

February 21, 2023

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

I am a 50-year resident of Oahu living in Nuuanu. I am a practicing attorney where I have witnessed a growth in personal mental problems particularly of folks involved in person-to-person disputes. I predict this trend will grow unless better medical treatments are discovered, determined, and actually used.

I have researched medicines including medical investigations of psilocybin, I believe psilocybin holds a positive key to recovering from Anxiety, Depression, ADD, Bi-polar afflictions, Chronic Pain, and Street Drug Addiction.

However, I believe we must go slow. I believe we must allow Hawaii's medical community to use present psilocybin research and knowledge to find new paths to better Hawaii's mental health problems.

I support bill no SB1531 as the starting point to better our Hawaiian society. The states of Oregon and Colorado have already determined this is a good starting point for their states afflicted residence.

Remember, this is just a starting point and not a state sanctioned free-for-all to use psychedelics. I believe it is in Hawaii's best interest to be the next state to begin **medical** study of psilocybin, and I believe SB1531 is a good and safe starting point.

Thank you.



LATE

Aloha Chair Dela Cruz, Vice Chair Keith-Agaran, 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 SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

With mental health becoming a more pressing issue in our communities, 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

LATE

SB-1531-SD-1

Submitted on: 2/21/2023 11:17:57 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

Please support this bill. We need all available tools for mental health and to reduce destructive behaviors

LATE

SB-1531-SD-1

Submitted on: 2/21/2023 1:59:30 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

Submitted By	Organization	Testifier Position	Testify
Melissa Sanchez	Individual	Support	Written Testimony Only

Comments:

I am in support of SB1531. I want The Beneficial Treatments Advisory Council established. I support psychedelic assisted therapy and I believe that we should have access to it in our State of Hawai'i. I think that Hawai'i is a model State of Wellness and we should follow the lead of other states in the country like Oregon that have adopted a legal framework for people to safely access psychedelic assisted therapies. The Beneficial Treatments Advisory Council will help citizens of Hawai'i access necessary life saving treatments as soon as possible.

LATE

SB-1531-SD-1

Submitted on: 2/21/2023 2:21:16 PM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

My name is Stefano, I live in Pahoā, Hawai'i Island, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

I've experienced a number of people, specifically parents of friends, that have stopped their addictive habits related to smoking and alcohol. Addictions that have plagued them for decades, stopped within a mere month over the course of psychological dialogues and professionally mediated psychedelic therapy(ies). I have seen firsthand the radical change and the profound effect of hope rise within my friends from their parent's triumph. Psychedelic therapy can be a method for to break multi-generational inherited addictions and create a brighter future.

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

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

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

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

Mahalo,
Stefano Quarta

LATE

SB-1531-SD-1

Submitted on: 2/22/2023 12:36:02 AM

Testimony for WAM on 2/22/2023 9:30:00 AM

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

Comments:

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

As a United States Army combat veteran, former military trauma nurse and medical officer, emergency first responder x 17 yrs, health care worker, and now caregiver to my 34 yo spouse with a severe traumatic brain injury I am writing to you in hopes you will allow my story to resonate with you to see why these essential plant medicines are needed desperately NOW. I have lost brothers and sisters in arms to suicide, I have taken care of one too many soldiers and veterans in the emergency dept at tripler army medical center and on overseas deployments, and have lost a dear best friend to my family to suicide in college, I need you to understand this is not a recreational debate, this is lives being taken due to mental health crisis and the pain sustained from war at home and abroad. We are living in a time that mental health does not discriminate, everyone is at risk. I have worked with postpartum Mothers, suicidal young children as young as 5, professional athletes, everyone is suffering and the time is now to allow us have access to therapeutic use of medicines that could help combat the traumas within. Victims of traumatic brain injury often lead to addiction, depression, and the number one reason they die- death by firearm. This is not a concern for "if the world is ready" it is essential NOW as we cannot afford to lose any more to suicide.

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

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

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

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

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

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

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

LATE

Jadu Jagel, Psy.D. Clinical Psychologist

Jadu Jagel
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Kaneohe, CA 96744
415.846.2511
jadujagel@comcast.net

FEBRUARY 20th, 2023

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

My name is Jadu Jagel, I live in Kaneohe, Oahu, and I am writing in strong support of SB1531, which will establish the Beneficial Treatments Advisory Council.

I've been a licensed clinician in California for almost 13 years and in practice for over 20 years. I am now a resident of Hawaii currently pursuing state licensure here as a psychologist. As I seek to effectively serve the mental health needs of my community I urge you to sign this bill into law. The research is robust and consistent: when applied with expertise psychedelics help change the brain. Psychedelic assisted therapy is a breakthrough treatment in behavioral medicine offering long term benefits. The medicine itself is a catalyst while careful guidance is provided by the clinician with expertise in psychological preparation and integration. Psychedelic assisted therapy treats both the roots and the symptoms of longstanding disorders and provides ease to challenging aspects of our human condition. Interest in psychedelic medicine is growing as more and more existing and prospective patients inquire. In public, the topic comes up and when I mention I've done psychedelic research people listen. This innovation in healthcare is clearly gaining steam in the national conversation and will in my view become of great value to society as a whole. My patient population is ready. Americans are ready. Clinicians like myself are ready and we are preparing for the inevitability of legal psychedelic assisted therapy becoming available in this country. Granted, nothing can happen without your help. If this bill passes, not only will it directly benefit patients in Hawaii who suffer from chronic, treatment resistant conditions it will also pave the way toward new legislation in other US states. The two-fold foundation of science and well constructed laws will make it possible for healthcare providers to do justice to the technologies we now have at our disposal.

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

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

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

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

Mahalo,

Jadu Jagel, Psy.D.