



DISABILITY AND COMMUNICATION ACCESS BOARD

1010 Richards Street, Room 118 • Honolulu, Hawaii 96813
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February 14, 2024

TESTIMONY TO THE HOUSE COMMITTEE ON CONSUMER PROTECTION AND COMMERCE

House Bill 2630 HD1 – Relating to Mental Health Treatment

The Disability and Communication Access Board (DCAB) supports House Bill 2630 HD1 – Relating to Mental Health Treatment.

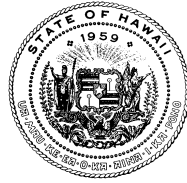
This bill authorizes, and establishes a regulatory framework for, the administration of psilocybin for therapeutic use.

Psilocybin has shown great potential in treating individuals with mental health conditions. DCAB encourages the Legislature to consider other products that have similar potential.

Thank you for considering our position.

Respectfully submitted,

KIRBY L. SHAW
Executive Director



STATE OF HAWAII
OFFICE OF WELLNESS AND RESILIENCE
KE KE'ENA KŪPA'A MAULI OLA
OFFICE OF THE GOVERNOR
415 S. BERETANIA ST. #415
HONOLULU, HAWAII 96813

Testimony in SUPPORT of H.B.2630 HD1
RELATING TO MENTAL HEALTH TREATMENT

Representative Nakashima, Chair
Representative Sayama, Vice Chair
House Committee on Consumer Protection and Commerce

February 14, 2024, at 2:00 pm

Room Number: 329

The Office of Wellness and Resilience (OWR) in the Governor's Office **SUPPORTS** H.B. No. 2630 HD1, Relating to Mental Health Treatment.

Established through Act 291 (Session Laws of Hawai'i 2022) the overall aim of the OWR is to make Hawai'i a trauma-informed state. OWR is focused on breaking down barriers that impact the physical, social, and emotional well-being of Hawai'i's people. OWR explores avenues to increase access and availability to mental, behavioral, social, and emotional health services and support.

In 2023, the OWR convened a task force—comprised of Hawai'i-based mental health professionals, government agency representatives, legislators, physicians, therapists, and other community members—to explore current research and national movements regarding expanding access to psilocybin. We found research continues to provide significant data on psilocybin, yielding unprecedented efficacy and positive outcomes in the clinical treatment of post-traumatic stress disorder (PTSD), addiction, end-of-life anxiety in terminal patients, eating disorders, treatment-resistant depression, and more.

The OWR is honored to play a role in the bill and for the opportunity to support this program. We anticipate participating in future discussions as more dialog is warranted for implementation to be effective and efficient. Trauma-informed care (TIC) is an approach to understanding and responding to the widespread impact of trauma. One of the pillars of TIC is "voice and choice". This bill provides access to another option for healing. As such, the OWR supports the purpose of H.B. 2630 HD1, to establish psilocybin as a form of mental health treatment.

Mahalo

A handwritten signature in black ink, appearing to read "Tia L.R. Hartsock".

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



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

Date: 2-5-24

I am a board certified psychiatrist in Honolulu, testifying in support of: **HB2630: Authorizes, and establishes a regulatory framework for, the administration of psilocybin for therapeutic use.**

My clinical expertise is in suicide risk and depression.

I very often treat suicidal, depressed people who have failed numerous medications.

Patients come to me clamoring for info on psychedelics. They hear that psychedelics are safer than antidepressants, and more effective. But they are federally illegal, even though they could literally save my patients' lives.

This has been verified by large studies: **psilocybin reduces suicide risk.** But, I cannot help them access these substances.

Patients have committed suicide while they wait for the psilocybin research to be completed federally. Most standard antidepressants are far riskier, and 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. There is an unmet need for Hawaii's health system to inform patients, and not leave them in the dark when their life is at stake.

Cordially,

Thomas Cook, M.D.

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

www.beyondmentalhealth.com



Hawaii Medical Association

1360 South Beretania Street, Suite 200 • Honolulu, Hawaii 96814
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COMMITTEE ON CONSUMER PROTECTION & COMMERCE

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

Date: February 14, 2024
From: Hawaii Medical Association
Elizabeth England, MD
Chair, Public Policy Committee

RE HB2630, HD1; RELATING TO MENTAL HEALTH TREATMENT

Position: Oppose

Thank you for the opportunity to submit testimony in **opposition of HB2630 HD1**, relating to mental health treatment. HMA appreciates that the research for psilocybin shows promise. However, the safety and efficacy of psilocybin treatment for mental health conditions has not been established. As with any medical intervention, further studies and appropriate medical research are needed to determine safety and efficacy. Hawaii physicians continue to support cautious and scholarly research on psychedelic therapeutics and encourage the state to ensure that psilocybin goes through the same review process as any pharmacologic intervention. Thank you for allowing the Hawaii Medical Association to testify on this measure.

REFERENCES

"Researchers Urge Caution around Psilocybin Use". Hopkinsmedicine.org December 30, 2016.

Johnson, M.W., Griffiths, R.R. Potential Therapeutic Effects of Psilocybin. Neurotherapeutics 14, 734–740 (2017). <https://doi.org/10.1007/s13311-017-0542-y>

Carbonaro TM, Bradstreet MP, Barrett FS, et al. Survey study of challenging experiences after ingesting psilocybin mushrooms: Acute and enduring positive and negative consequences. J of Psychopharmacology. 2016;30(12):1268-1278.

2024 Hawaii Medical Association Officers

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2024 Hawaii Medical Association Public Policy Coordination Team

Beth England, MD, Chair
Linda Rosehill, JD, Government Relations • Marc Alexander, Executive Director

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

My name is Kristina Rodriguez, I live in Kihei, Maui, I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Please do not let fear, lack of understanding, or inexperience with psilocybin guide your decision. Psilocybin mushrooms have been used for thousands of years by indigenous populations to heal and nurture their spirituality. The Hawaiian people deserve access just as much as anybody else. Personally, having experienced early childhood sexual trauma, I have lived my life as a seeker; a seeker of healing, understanding, forgiveness, meaning, and spirituality. Over the years, my healing journey led me to work with and study spiritual lineages from India, Peru, Brazil, Mexico, Hawai'i, and several indigenous tribal nations of North America. It was through these wisdom traditions and my own personal heritage (Aztec & Native American) that I discovered the healing power of sacred plant medicines, ceremony, prayer, and ritual. These lineages & traditions informed not only my own personal trauma healing, but also my life path as a registered nurse called to help facilitate the healing processes of others. It is my deep prayer that therapeutic access to psilocybin, MDMA, and all sacred plant medicines be made available to the people of Hawai'i. If I can heal from trauma, so can others, and that gives me hope for a brighter tomorrow.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

stands to benefit from access to psilocybin. Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

Mahalo,

Kristina M. Rodriguez, RN-BSN



HAWAII ACADEMY OF
FAMILY PHYSICIANS

COMMITTEE ON CONSUMER PROTECTION & COMMERCE

Rep. Mark M. Nakashima, Chair

Rep. Jackson D. Sayama, Vice Chair

Date: February 13, 2024

From: Hawai'i Academy of Family Physicians

Robert Carlisle, MD, MPH

Legislative Committee

RE: HB2630, HD1; RELATING TO MENTAL HEALTH TREATMENT

Position: Oppose

Thank you for allowing testimony on HB2630 HD1. HAFP appreciates the research underway on psilocybin for mental health treatment. The safety and efficacy of psilocybin has not been established nor embraced by the wider medical community at this point. Further study is needed to determine these items prior to any consideration of establishing a regulatory framework for medicinal application in Hawai'i. For the safety and health of the people of Hawai'i, proper review process on a broader level is needed. Thank you for allowing Hawai'i Academy of Family Physicians to testify on this.

REFERENCES

"Researchers Urge Caution around Psilocybin Use". Hopkinsmedicine.org December 30, 2016.

Johnson, M.W., Griffiths, R.R. Potential Therapeutic Effects of Psilocybin. Neurotherapeutics 14, 734–740 (2017). <https://doi.org/10.1007/s13311-017-0542-y>

Carbonaro TM, Bradstreet MP, Barrett FS, et al. Survey study of challenging experiences after ingesting psilocybin mushrooms: Acute and enduring positive and negative consequences. J of Psychopharmacology. 2016;30(12):1268-1278.

HB-2630-HD-1

Submitted on: 2/13/2024 11:34:25 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Jeremy M Kalan	Center for Healing & Transformation	Support	Written Testimony Only

Comments:

I am in support of this bill. People have been utilizing psilocybin to grow as human beings and to heal from struggles/trauma for thousands of years. It can greatly support people to expand their perspectives, open their minds and hearts, and to heal themselves. Given a psychotherapeutic container, the healing can be so much greater than people just taking them on their own recreationally. As a society, we should support this ancient method of healing. The more we can regulate its use, the safer we can make it for people.

HB-2630-HD-1

Submitted on: 2/13/2024 12:13:33 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

My name is *LeAnn Neilson*, I live in *Moutnain View, Hawaii* and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I believe with the right framework and administration guidelines for therepeutic use of psilocybin we can improve mental health outcomes ten fold at a reduced cost and in a shorter amount of time.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

XX

HB-2630-HD-1

Submitted on: 2/13/2024 12:15:28 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Michelle Ha	Wellness Kuleana	Support	Written Testimony Only

Comments:

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

My name is *Michelle Ha*, I work full time in Maui and live part time in Oahu. I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

As a clinical psychology intern and a mental health specialist, I have served the community of Hawaii for the past 7 years in the mental health field in Oahu, and I am currently in Maui currently serving the victims of the Maui wildfire along with other residents suffering from mental health conditions. It is in my experience with people who are suffering serious mental health symptoms that the medications that are currently provided by the pharmaceutical industry are at times not effective. Most people do not want to take medications long term and I believe psilocybin assisted therapy has the potential to get people off long term medications and be greatly beneficial for those suffering difficult symptoms of mental health conditions.

It is in my professional perspective that people are seeking an alternative medicine that will allow them to lives happy, productive lives.

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

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

recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

Michelle Ha



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TESTIMONY IN SUPPORT OF HB 2630, HD 1

TO: Chair Nakashima, Vice Chair Sayama, and CPC Committee Members

FROM: Nikos Leverenz
DPFH Board President

DATE: February 14, 2024 (2:00 PM)

Drug Policy Forum of Hawai'i (DPFH) **strongly supports** HB 2630, HD 1, which would authorize and establish a regulatory framework for the administration of psilocybin for therapeutic use. I was happy to be invited to serve on the Breakthrough Therapies Task Force last year, which was facilitated by the Governor's [Office of Wellness & Resilience](#).

While this bill is not as far-reaching as policies enacted or under consideration in other states, one hopes that this calibrated approach will facilitate therapeutic use until the federal government removes psilocybin from the Controlled Substances Act (CSA). I recently provided some comments to *Marijuana Moment* on pending psilocybin legislation in Hawai'i noting that [the inclusion of psilocybin on Schedule I of the CSA was "misguided from the outset."](#)

In recent years [the FDA has designated psilocybin as a "breakthrough therapy" for treatment resistant depression and major depressive disorder](#). This bill will help create a climate that is conducive to allowing qualified medical professionals to use psilocybin as a therapeutic tool for those who could benefit from its supervised use.

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

The current scheduling and de facto prohibition of psilocybin has not resulted in the level of systemic and individual harms related to the scheduling of other substances, including cannabis. In Hawai'i [the prevailing punitive approach to drug use falls particularly hard on Native Hawaiians](#), who do not use drugs at a drastically different rates than other races and ethnicities but go to prison for drug offenses at a higher rate. Police practices, prosecutorial practices, and sentencing structures contribute to this ongoing disparity.

A punitive approach to drug use also includes an unduly large probation population with [the highest average term in the nation at almost five years](#), according a recent report from the Pew Charitable Trusts.

The American Public Health Association has observed that “substance use mistreatment is too often unavailable or unaffordable for people who want it. A criminal justice response, including requiring arrest to access health services, is ineffective and leads to other public health problems.” It instead recommends “ending the criminalization of drugs and drug consumers, prioritizing proven treatment and harm reduction strategies, and expanding (and removing barriers to) treatment and harm reduction services.” (Policy Statement, “[Defining and Implementing a Public Health Response to Drug Use and Misuse](#).”)

The Global Commission on Drug Policy (GCDP) issued a 2019 report noting the shortcomings of the current international drug scheduling system, which largely takes direction from the federal government of the United States and its Controlled Substances Act:

“The current system, governed by the 1961 Single Convention and the 1971 Convention on Psychotropic Substances, has gradually brought more and more psychoactive substances under international control.... These international drug control conventions only recognize medical use, including relief from pain, as benefits from the use of psychoactive substances; other cultural, recreational or ceremonial uses are not taken into account, or rather are excluded....

“This de facto prohibition is arbitrary. The current distinction between legal and illegal substances is not unequivocally based on pharmacological research but in large part on historical and cultural precedents. It is also distorted by and feeds into morally charged perceptions about a presumed ‘good and evil’ distinction between legal and illegal drugs.” (“[Classification of Psychoactive Substances: When Science was Left Behind](#)” at p. 4.)

GCDP recommends an evidence-based scheduling system that “strikes a better balance between ensuring availability [for] legitimate uses and preventing problematic use.” (*Id.*, at p. 5.) It provides a compelling short list of the benefits of an evidence-based system:

“An evidence-based international scheduling system would allow reform-oriented countries more flexibility to design domestic schedules according to their needs, while improving control over potential illegal exports. It would also be far more effective at gradually steering the drugs market in a direction that causes far less harm. Finally, an evidence-based scheduling system would remove much of the stigma associated with drug use, thus helping people to make more responsible and less harmful choices.” (*Id.*)

Thank you for the opportunity to testify on this measure.



February 14, 2024

The Honorable Mark M. Nakashima, Chair
The Honorable Jackson D. Sayama, Vice Chair
House Committee on Consumer Protection & Commerce

Re: HB 2630 HD1 – Relating to Mental Health Treatment

Dear Chair Nakashima, Vice Chair Sayama, and Members of the Committee:

Hawaii Medical Service Association (HMSA) appreciates the opportunity to provide comments on HB 2630 HD1 which authorizes, and establishes a regulatory framework for, the administration of psilocybin for therapeutic use.

In the current HD1, we have concerns about the providers who are listed under the definition of “Licensed mental health professionals” found on page 4, lines 12-18 and whether they all have prescriptive authority in the state of Hawaii. While it appears the definition was expanded in order to allow for a broader range of providers to administer the treatment, it is unclear what the mechanics of the actual prescription of the psilocybin would be.

Thank you for the opportunity to offer comments on HB 2630 HD1.

Sincerely,

Dawn Kurisu
Assistant Vice President
Community and Government Relations

HB-2630-HD-1

Submitted on: 2/13/2024 12:47:40 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Nikos Leverenz	Hawaii Health & Harm Reduction Center	Support	Written Testimony Only

Comments:

Aloha Chair Nakashima, Vice Chair Sayama, & CPC Members:

Hawaii Health & Harm Reduction Center (HHHRC) strongly supports HB 2630.

HHHRC Executive Director Heather Lusk was honored to serve on the Breakthrough Therapies Task Force last year convened by the Governor's Office of Wellness & Resilience.

HHHRC's mission is to reduce harm, promote health, create wellness, and fight stigma in Hawaii and the Pacific. We work with many individuals impacted by poverty, housing instability, and other social determinants of health. Many have behavioral health problems, including those related to substance use and mental health conditions, and have also been deeply impacted by trauma related to histories of physical, sexual, and psychological abuse.

Mahalo for the opportunity to provide testimony.



**Testimony in Support of [HB2630_HD1](#)
[COMMITTEE ON CONSUMER PROTECTION & COMMERCE](#)**

Wednesday, February 14, 2024 2pm

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

My name is Ashley Lukens. For the past 18 years, I have worked as a community organizer and advocate in Hawaii. I received my PhD in Political Science from UH Manoa in 2013. Today, I am writing in strong support of HB 2630, a bill which is the continuation of a now 4 year legislative conversation around therapeutic access to psilocybin in Hawaii.

As the Founder and Director of Clarity Project, my colleagues and I spent the Fall working closely with the Office of Wellness and Resilience to convene a task force to help understand the current national landscape of psychedelic access programs, how they are similar to the cannabis program in Hawaii, and what a psilocybin access program might look like. This task force included medical professionals from across the mental health space, Department of Health, Department of Public Safety, along with the leading national experts on psychedelic access. This bill is the result of these conversations.

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 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, 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 launched its Oregon Psilocybin Services with the State's Oregon Health Authority, which licenses & regulates psilocybin for therapeutic use. And Colorado voters approved 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.

The psilocybin access program proposed in this bill attempts to balance the various stakeholder interests currently engaged in psychedelic access, identify appropriate roles for the administration, and minimize the overhead costs of the program to help secure successful passage. It removed criminal penalties for potential beneficiaries and their medical and therapeutic providers should they recommend and/or psilocybin for mental health treatment. While not perfect, it gives us a strawman to work from.

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. Please support this measure by advancing it through this committee today.

Thank you,

Ashley Lukens, PhD
Founder, Director - Clarity Project



Testimony in Support of HB2630

House Committee on Consumer Protection & Commerce
Hearing: Wednesday February 14, 2024 at 2:00pm

Aloha Chair Nakashima, Vice Chair Sayama, and Members of the CPC Committee,

My name is Doora Shin, and I am testifying in **strong support of HB2630**. I am the Project Manager of Clarity Project, which advocates for legal access to therapeutic psilocybin and other psychedelic therapies in Hawai'i. This measure authorizes and establishes a regulatory framework for therapeutic psilocybin. We are open to amendments to the bill to make it stronger for regulatory purposes.

Federally, the FDA has twice granted psilocybin its [Breakthrough Therapy Designation](#) (in 2018 and 2019) for its efficacy in treating treatment-resistant depression. This FDA designation expedites research of a substance and indicates that psilocybin offers substantial improvements over existing treatments. Given that 1 in 5 people in the U.S. suffer from a mental illness and that existing treatments are unreliable and often fail to provide relief, new therapeutic options must be explored.

Psilocybin is one example of a safe, natural, non-addictive, and effective way to treat depression and other mental illnesses. The best estimates give psilocybin another 2 years or so before it is rescheduled federally and allowed to be prescribed by medical professionals for treating depression and other disorders. Below are facts and research around psilocybin as a therapeutic treatment.

The Science of Psilocybin

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

Psilocybin Helps Treat Major Depressive Disorder

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

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

Psilocybin Decreases 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 Decreases Obsessive-Compulsive Disorder Symptoms

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

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

Academic & Medical Institutions

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

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

Conclusion

The movement to create safe, therapeutic access to psilocybin and other psychedelic therapies is one that is growing across cities, states, at a federal level, and within academic and medical institutions. Following the steps of both Oregon and Colorado and under guidance from those who helped to design and implement those State programs, the passage of HB2630 would allow for our community members who are in need to have access to this therapeutic option and find the relief they need. 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 HB2630 so we can adequately prepare Hawai'i to offer safe access to these therapeutic options for those who need it.

Mahalo for your consideration of this testimony **in strong support of HB2630**. I can be available for any questions.

Dooraë Shin



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

Hawai'i Psychological Association

For a Healthy Hawai'i

P.O. Box 833
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COMMITTEE ON CONSUMER PROTECTION AND COMMERCE

Rep. Mark N. Nakashima, Chair

Rep. Jackson D. Sayama, Vice Chair

February 12, 2024 2:00 P.M. – Rm 32 and via VIDEO CONFERENCE

SB2630 HD1 RELATING TO MENTAL HEALTH

LATE

The Hawai'i Psychological Association (HPA) appreciates the opportunity to offer the following **comments** on HB2630 HD1.

First, we note our support - during the 2023 Legislative session - of a proposal (HB1340 HD2) that would authorize the department of health to **establish a temporary Breakthrough Therapy Designation Advisory Council** within 3 months of a substance's designation as a "Breakthrough Therapy" by the United States Food and Drug Administration (FDA). That Advisory Council would be tasked to review the relevant law, research, and guidelines of "breakthrough" drugs; and thereafter make recommendations including any proposed legislation to the legislature.

Some helpful background: designation by the FDA as a "Breakthrough Therapy" helps expedite the development and review of drugs intended to treat serious conditions; for which preliminary clinical research indicates the potential of such substances as being substantially more effective than other available therapies. The FDA granted psilocybin "Breakthrough Therapy" status for Treatment Resistant Depression in 2018; and Major Depressive Disorder in 2019.

The proposal presented in HB2630 HD1 is significantly more comprehensive than the Advisory Council sought in HB1340 HD2 in that it authorizes and establishes a regulatory framework for the use of psilocybin to treat multiple mental health conditions in the State of Hawaii.

Psilocybin, however, remains a Schedule 1 controlled substance under state (Hawaii Revised Statutes Chapter 329-14) and federal law – for which prescriptive authority is prohibited in most circumstances by most mental health providers.

In a survey of our membership conducted in December 2023, when asked the question:

“Should HPA advocate for the legalization of psilocybin and MDMA assisted therapy?”

to which 114 responded, the results were as follows:

- 37 Strongly supported (32.46%)
- 21 Moderately supported (18.42%)
- 38 Neutral (33.33%)
- 11 Moderately opposed (9.65%)
- 7 Strongly opposed (6.14%)

Accordingly, the HPA Legislative Action Committee agreed that **more study is needed**.

We would like to thank Representative Tarnas, Chair of the House Committee on the Judiciary and Hawaiian Affairs, for his careful consideration of our previous testimony on an earlier draft of this bill. We appreciate his amendments to improve the definition of "licensed mental health professional" and are particularly grateful for his emphasis¹ on

¹ https://youtu.be/Tf7_0AM0Pk?t=3075

allowing practitioners to guide the implementation of this proposal. Accordingly, we stand ready and willing to engage in in-depth discussions on new bill language should this measure move forward.

Because our concerns with the current draft language are numerous; we will limit our comments today to matters that relate predominantly to consumer protection and commerce:

- When patients take psilocybin during the “**administration session**” (journey) described on p. 3 lines 8-10, they are to do so “**under the supervision of a facilitator;**” however, “facilitators” are NOT required to be physically present during the patient’s journey (p. 9, lines 5-7); are NOT required to have any license as a mental health practitioner; and need only be an adult with a high school degree. The only credential required of them is the completion of a training program administered by the office of wellness and resilience – with no apparent testing or certification. No other details of this credential are provided. (p. 8, lines 11-18). Moreover, the presence of the patient’s “licensed mental health provider” is NOT required during the patient’s journey – which is what is recommended by the research.²
- **The definition of “debilitating mental health condition”** on p.3, lines 11- p. 4, lines 3 includes multiple conditions and disorders which fall outside the scope of the Breakthrough Therapy designations for psilocybin granted by the FDA, which are limited to Treatment-Resistant Depression and Major Depressive Disorder. We therefore recommend this list be limited to those narrow conditions as reflected in item (2) of that list only. Treatment for other conditions not vetted by the FDA may create patient harm.
- We believe further guidance is needed in determining what “**debilitating**” means as this may be very subjective. Not all the “licensed mental health providers” (p. 4, lines 12-18) authorized in this bill to make such determinations have the education and training to make certain clinical diagnoses (i.e. – only Licensed Clinical Social Workers (L.C.S.W.s) are authorized within the Social Work profession to perform one-on-one clinical services.)
- There are several references in this bill to a “**primary caregiver**” (p. 5, line 12; p. 7, lines 6, 8-9; p. 9, lines 8-9, 13, 15; p. 11, lines 3, 6); but no definition of “primary caregiver” is provided, nor any indication on what would qualify one to be a primary caregiver, what their responsibilities are, and to whom; and what acts or conduct is prohibited by that primary caregiver. There also exists no requirement that a patient’s primary caregiver be registered with the state in any way. We fear this could lead to abuse.
- The “**integration session,**” which is meant to assist and counsel patients after having taken psilocybin - and is recommended by the research, is NOT required (p. 7, lines 18-19). Moreover, the integration session, if elected by the patient, would be conducted by a “facilitator” - who is not required to be a licensed mental health professional, which is counter to the prevailing research.³
- Although this bill prohibits the use of psilocybin in a way “that endangers the health or well-being of another person” (p. 6, lines 16-17), there are very few controls outlined in this bill as to where the patient’s journey occurs, and under what conditions. However, in this proposal, **the patient is the only party given the authority to determine where** the “preparation” (introduction), “administration” (journey), and “integration” (optional follow-up) sessions are to occur. (P. 7, line 20 – p. 8, line 3). Because the patient’s licensed mental health provider is not required to be present, we are concerned that one with a “debilitating mental health condition” may not be in the best position to make such decisions as to the best ‘set and setting’ for optimal therapeutic effect. Not only does this compromise favorable outcomes, it presents great risk to the patient, and potentially many others.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6041963/>

³ *Id.*

- Because the “**written certification**” provided by a patient’s licensed mental health provider authorizing the patient’s use is valid for one year from its issuance (p. 8, lines 4-6) we are concerned about the changing nature of a patient’s mental condition over the course of that year; what other medications they may be taking that would contraindicate their “journey” in harmful ways; and whether or not the patient may be pregnant.
- The “**therapeutic use of psilocybin**” in this bill limits dosage to 5 grams per session; however, research trials indicate it is often taken in significantly less dosages of 10-50 milligrams.⁴ Such high dosage allowances present significant risk for patient harm – including long-term psychiatric conditions such as flashbacks and drug-induced psychosis for those with underlying, yet undetected conditions – presenting significant liability risks to practitioners who fail or are not adequately trained to screen and assess patients.
- The section relating to “**Insurance requirements**” on p. 8, lines 8-10 is vague and should indicate whether the insurance referred to is for health insurance, life insurance, death/dismemberment/disability insurance, liability insurance, medical malpractice insurance; and for whom – the patient, the facilitator, and/or the licensed mental health provider. As currently written, this section serves no purpose other than to dissuade insurance coverage. To the contrary, we recommend insurance provisions be required for the protection of all parties involved in the therapeutic use of psilocybin.
- **By affirmatively discouraging health insurance coverage in law, this proposal promotes economic inequities.** Without health coverage, only the affluent will have the means to purchase psilocybin out of pocket. If indeed this treatment is tremendously efficacious, the law should seek to ensure it is available to all who may need and can benefit from it – regardless of economic status.
- Of all the licensed mental health professionals included within the ambit of this bill, only the licensing statute for Medical Doctors is amended to provide added protections from regulatory sanction. (p. 16, line 6.) We believe the licensing statutes for the other licensed mental health professionals should be similarly revised in parity with Medical Doctors; particularly since the authority to prescribe a schedule I substance granted in this bill to non-MDs is outside the scope of their relative practices – necessitating as many protections as possible. Especially when **practitioners’ risk of civil liability is high**.
- Perhaps the most significant fungus among us – as a consumer and commerce matter – is a growing concern over “entrepreneurial enthusiasm” outpacing the scientific process, as noted by Columbia University’s Dr. Jeffery Lieberman, Professor of Psychiatry, in his recently published article in JAMA entitled: “The Rapid Rise in Investment in Psychedelics – Cart Before the Horse.”⁵

Despite our concerns, we are cognizant of the widespread acceptance and use of psilocybin in religious and spiritual settings and contexts. Accordingly, we defer judgments on matters relating to the Constitutional right to free exercise of religion to the legislature and courts of law.

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

⁴ <https://www.forbes.com/health/mind/psilocybin-mental-health-benefits/>

⁵ <https://jamanetwork.com/journals/jamapsychiatry/article-abstract/2787968>

TO: Committee on Judiciary & Hawaiian Affairs and the Committee on Health & Homelessness

FROM: Amber Drake
Clinical Mental Health Counseling Graduate Student,
University of Hawaii at Hilo

RE: HB 2630-RELATING TO MENTAL HEALTH TREATMENT

POSITION: In support of HB2630

Aloha Honorable Members of the Hawaii Legislature,

I am writing to express my support for HB2630, a bill that seeks to authorize and establish a regulatory framework for the administration of psilocybin for therapeutic use in Hawaii. This groundbreaking legislation represents a progressive step forward in mental health care and deserves your full consideration and support.

Psilocybin, the psychoactive compound found in certain species of mushrooms has shown remarkable potential in the treatment of various mental health conditions including treatment resistant depression, PTSD, anxiety, eating disorders, and substance abuse disorders. Research has been conducted in numerous prestigious institutions such as Johns Hopkins University, Yale University, Stanford University, and many others. The continued clinical trials have demonstrated the safety and efficacy of psilocybin-assisted therapy in carefully controlled clinical settings.

HB2630 represents an opportunity for Hawaii to embrace evidence-based approaches to mental health treatment. By establishing a regulatory framework for psilocybin therapy, this bill ensures that patients can access this promising treatment option under the supervision of trained professionals in a safe and controlled environment.

The mental health crisis in our communities demands innovative solutions. Traditional treatments have limitations, and many individuals continue to suffer despite receiving standard therapies. Psilocybin therapy offers a new paradigm; a holistic approach that addresses the root causes of mental illness and promotes long-term healing and well-being. Our community is going to need more innovative solutions for treating PTSD, especially after the tragic Lahaina fires. According to the fifth edition of the Diagnostic and Statistical Manual DSM-V, to qualify for a diagnosis of PTSD, an individual must experience multiple symptoms in relation to a traumatic event for six months. Here we are six months after the Lahaina fires. We are going to see an influx of patients seeking treatment to help them heal from the trauma they experienced, and we already have seen many people experiencing elevated levels of depression. PTSD is a complex disorder, and many times traditional treatments do not suffice, leaving patients suffering. Psilocybin has the potential to alleviate much of this suffering, if administered in a controlled environment accompanied by a trained clinician.

Though I do support this bill, I do have some concerns about the facilitator eligibility requirements. In section §329-E of the bill, the requirements state that a facilitator would need to

be twenty-one, have a high school diploma, be a Hawaii resident, and complete a psychedelic integration training program. Being that patients seeking services will have confirmed mental health conditions, I strongly suggest that facilitators have at least a master's degree in either counseling, social work, psychology, or psychiatry. Many of the studies completed by Johns Hopkins report that many of the experiences during the treatment session can be intensely profound and can bring up difficult emotions among patients. A trained professional would be much more prepared to handle these situations and would already have therapeutic techniques designed to respond to vulnerable clients.

I am currently studying at the University of Hawaii at Hilo, pursuing a Master's degree in Clinical Mental Health Counseling. I hope to specialize in treating trauma, and as a Lahaina resident who lost their home in the fires, I can tell you that our community needs as many creative treatment modalities as possible to recover from the devastating events of August 8, 2023. If this bill passes, this will allow me to better help some of my future clients traverse through their grief and trauma with evidence-based cutting-edge treatment.

Furthermore, HB2630 acknowledges the growing body of scientific evidence supporting the therapeutic potential of psychedelics while implementing safeguards to prevent misuse and abuse.

Passing HB2630 sends a powerful message of compassion and progress to individuals struggling with mental health disorders. It affirms our commitment to providing comprehensive and effective care to all members of our community, regardless of their circumstances or challenges.

As you deliberate on this important legislation, I urge you to consider the countless lives that stand to benefit from access to psilocybin therapy. By supporting HB2630, you have the opportunity to make a meaningful difference in the lives of Hawaii residents and pave the way for a brighter future for mental health care in our state.

Thank you for your attention to this critical issue. I respectfully urge you to vote in favor of HB2630 and help usher in a new era of mental health treatment in Hawaii.

Sincerely,

Amber Drake
108 E Huapala Place
Lahaina, HI 96761
Ambercamiart14@gmail.com
801-361-1791

HB-2630-HD-1

Submitted on: 2/12/2024 1:59:28 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Drew Daniels	Individual	Support	Written Testimony Only

Comments:

I am in strong support of this bill. Psilocybin when used therapeutically is a life changing medicine that can heal individuals and society.

Testimony in Support of [HB2630](#)
[House Committee on Consumer Protection & Commerce](#)
Wednesday February 14, 2024 @ 2:00pm

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

My name is Oriana Filiaci, I live in Honolulu, Hawai‘i and I am writing **in strong support of HB2630**, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I currently work for Hawai‘i Pacific Health and volunteer for various health and advocacy organizations on the islands and beyond. I have previous years of experience as Director of Admissions & Cultural Programming at SoundMind Institute, an organization providing training, treatment, and research in the realm of psychedelic medicine. I am studying to earn my medical degree (M.D.) 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, for deep healing.

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

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

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

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

Me ka ha‘aha‘a,

Oriana Filiaci, M.A.

HB-2630-HD-1

Submitted on: 2/12/2024 2:50:43 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

My name is Jennifer I live in Diamond Head in Honolulu. I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I've witnessed profound examples of people who've continued to suffer with the current therapies and medications available to them, as well as individuals who's quality of life have greatly benefited from psilocybin therapy. There's a clear ripple effect to both of those examples. We need to make this accessible for everyone that needs it.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

Jennifer Stikeleather

HB-2630-HD-1

Submitted on: 2/12/2024 3:02:43 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
jacqueline stewart	Individual	Support	Written Testimony Only

Comments:

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

My name is Jacqueline Stewart and I have been a local resident of Hawaii for a majority of my life. Born and raised on the islands with a strong inclination and personal responsibility towards activism, humanitarian work, care and restoration for the 'aina, mental health related work as well as a passion for the arts and culture. I am writing **in strong support of HB2630**, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

My personal experiences with psilocybin have been extraordinary to say in the least. It has contributed to a lot of my own personal healing and brought me to a deeper understanding of myself and the world. It has implanted many seeds of wisdom and I believe that everyone should have safe and legal access to this sacred medicine. I previously suffered from mental health issues, chronic anxiety and depression in previous seasons of my childhood and young adult life. Lots of trauma and especially experiences within my 10 year military service had contributed to my mental health issues. Upon coming across psilocybin and with the proper and intentional use of it, I had come better equipped to expanding my heart and my mind, to healing myself through nature and art and surrounding myself with a loving community that supports me. It was a complete 180. I now find myself filled with so much love to share and a fresh and brighter perspective of hope for how I wish to contribute to a better future for humanity and for our planet.

Over the past two decades, researchers around the

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking

efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

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

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

Mahalo,
Jacqueline Stewart

TESTIMONY IN STRONG SUPPORT OF COMPANION BILLS HB2630 AND SB3019

I am submitting testimony in ***STRONG SUPPORT*** of companion bills HB2630 and SB3019. These measures are an important step toward ***alleviating the suffering*** of those who would benefit from psilocybin therapy. As detailed below, ***self-treatment with Psilocybe cubensis mushrooms probably saved my life.***

The FDA has designated psilocybin as a ***breakthrough therapy for treatment-resistant depression.*** Breakthrough status means that a drug is especially promising and should be approved for therapeutic use as soon as practicable.

Studies show that psilocybin is ***extraordinarily safe*** when properly administered; furthermore, it has been shown to be ***effective in treating a host of other mental health conditions,*** including end-of-life anxiety, post-traumatic stress disorder, addiction, and more.

The fact that FDA approval for psilocybin is pending ***should not deter lawmakers from making it available to those who would benefit*** from it, as there is already ample scientific evidence that psilocybin can be effective in treating the kind of severe, ***difficult-to-treat depression that lies at the root of Hawai'i's suicide epidemic.*** The inadequacy of our state's mental health care system to address present needs makes it incumbent upon us to use every tool in our arsenal to meet ***the moral imperative of saving lives today.*** The kind of ***supervised psilocybin treatment*** envisioned by these measures is one such potent weapon.

In my own case, ***psilocybin*** almost certainly ***saved my life*** by greatly diminishing ***near-constant thoughts of suicide*** that ***have plagued me since childhood,*** despite many years of pursuing numerous conventional depression treatments. I began taking psilocybin mushrooms a few years ago out of desperation, with great misgivings because I am an otherwise law-abiding citizen who doesn't even drink alcohol - ever. The results have been nothing short of miraculous: I am ***now mostly free from a soul-crushing depression*** that saw me hospitalized on numerous occasions in the past. Psilocybin has the additional benefit of being ***free from harsh side effects*** of other psychiatric medicines I have taken over the years, some of which have done permanent harm. The Lahaina fire destroyed my trusted source of mushrooms, and ***I am hesitant to obtain them on the black market for fear of adulteration with fentanyl*** or other dangerous substances. A ***vetted source of medicine*** such as those contemplated by these measures would make my life healthier, happier, and ***safer.***

In following the debate over these measures, I have heard some of those in opposition make frankly ignorant statements about substance abuse disorder, homelessness, and their relationship to

psilocybin. As *a person who has recovered from substance use disorder* and has been *completely abstinent from all recreational drug use* (except caffeine) for over *37 years*, I find such misinformed slurs to be just as odious as race-based prejudice.

The argument that authorizing the supervised therapeutic use of psilocybin contemplated by these measures will exacerbate Hawai'i's drug problem is a non-starter. The very first lesson we should all take from the failure of the “war on drugs” is that *people who are determined to use drugs will find a way to do so despite criminal sanctions*. Science now tells us that addiction – erroneously dismissed in the past as a simple, voluntary moral failing - is actually *a complex disease process, properly designated as “substance use disorder”*. There is, however, a very real moral failing in a society which offers punishment and condemnation to those suffering illness, rather than providing the sick with the help they need to get well.

Most people suffering from substance use disorder have another co-morbid mental illness. In the majority of cases, these *people turn to substance use in desperation to escape from their agony* when they are *unable to find the help they need to properly treat their coexisting mental illnesses*. The stress of losing one's loved ones, home, employment, or possessions can also lead some to seek chemical relief, as we are now seeing among Maui wildfire survivors.

Chronic substance use modifies brain chemistry and organization in ways that make it very difficult for those who actually do want to recover to get well. What the latest research shows is: a) *psilocybin is not addictive* nor does it induce dependency; b) it *significantly improves outcomes* when used in treating a number of mental health conditions *including* substance use disorder, usually with *long-lasting results from a single course of treatment*; c) it appears to do this – in treating both addiction and depression - by *correcting imbalances in brain chemistry* and through the generation of *new neural pathways which repair faulty brain wiring*; d) it has a *remarkable safety profile*, with *far fewer side effects* than most psychiatric medicines; e) it shows great promise in *effectively treating a wide variety of mental health conditions now regarded as difficult-to-treat*.

Given these facts, there can be no ethical or moral justification for continuing to withhold such a safe, effective, and potentially lifesaving treatment from those who need it. *I strongly urge the Hawai'i legislature to pass these important bills.*

KEITH KESSLER
Kihei, HI

HB-2630-HD-1

Submitted on: 2/12/2024 3:22:30 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

Aloha Chairs, Vice Chairs, and Members of the Committees,

My name is Robert Patterson, I live in Diamond Area, Oahu, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I'm writing as someone who as personally benefited from the use of this tool. I have VET friends with severe OCD and other mental health issues who are keen to use and source these tools legally in a medical setting in Hawai'i .

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

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

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

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

Mahalo,
Robert Patterson

HB-2630-HD-1

Submitted on: 2/12/2024 3:52:58 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

I am writing in **strong** support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

to benefit from access to psilocybin. Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

To: Representative Mark Nakashima, Chair
Representative Jackson Sayama, Vice-Chair
Members of the Consumer Protection & Commerce Committee

Fr: TY Cheng, Individual Citizen

Re: Testimony **In SUPPORT of House Bill (HB) 2630 HD1**

RELATING TO MENTAL HEALTH TREATMENT.

Authorizes, and establishes a regulatory framework for, the administration of psilocybin for therapeutic use.
Effective 7/1/3000. (HD1)

Dear Chair, Vice-Chair, and Members of the Committee:

I am testifying as an individual citizen who **SUPPORTS HB 2630 HD1** as this bill will improve the life of patients who may benefit from alternative mental health treatments.

As a leader in Hawaii's medical cannabis industry, I have seen firsthand how the remarkable cannabis plant has provided relief and benefit for patients despite decades of misinformation and stigma. Psilocybin has also been misunderstood until recently. New research shows the benefits of psychedelic therapies on the brain and body. This bill provides the first steps for allowing physicians and facilitators to work with patients like psilocybin and MDMA above ground for therapeutic uses. We do not want the citizens of Hawaii to miss out on these healing modalities that are becoming available in other states.

As with cannabis, it is unreasonable to continue the prohibition of beneficial and natural medicines. Lawmakers have an opportunity to provide safe, legal and lab tested products for patient use instead of allowing the illicit market to profit.

Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawaii.

Thank you for the opportunity to testify. I am available in person for any questions.

Aloha,

TY Cheng

HB-2630-HD-1

Submitted on: 2/12/2024 4:44:20 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Lois Crozer	Individual	Support	Written Testimony Only

Comments:

I have spoken to many people who are anxious to try the healing powers of regulated psilocybin. Please set this up so these people can have guided help to recover from trauma and to heal their bodies. I wholeheartedly support this measure.

HB-2630-HD-1

Submitted on: 2/12/2024 4:46:35 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

This is a measure for ppl not big interests. Needs representation.

HB-2630-HD-1

Submitted on: 2/12/2024 5:04:53 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Kyra Bernhardt	Individual	Support	Written Testimony Only

Comments:

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

My name is Kyra Bernhardt, and I live in Papa'aloa. I stand before you today with a heavy heart and a message of hope, urging your support for **HB2630**: a bill authorizing and establishing a regulatory framework for the administration of psilocybin for therapeutic use.

A Personal Story and a Wider Need:

This issue holds profound personal significance. My family member, a courageous veteran, grappled with the invisible wounds of Post Traumatic Stress Disorder (PTSD). Despite valiant efforts, traditional and non-traditional treatments failed to fully alleviate his suffering. Tragically, this contributed to his untimely death.

His story is not an anomaly. Countless veterans and individuals across Hawaii live with unresolved trauma, their lives deeply impacted by its lingering effects. Yet, a glimmer of hope emerges with psilocybin-assisted therapy.

Evidence-Based Hope for a Brighter Future:

Growing scientific evidence and personal accounts showcase psilocybin's remarkable potential in treating PTSD. Studies and veterans' testimonies highlight its ability to significantly mitigate, and even resolve, past trauma, particularly when administered in higher doses within a therapeutic setting. This isn't just about symptom relief; it's about reclaiming lives, restoring relationships, and empowering individuals to contribute meaningfully to society.

The devastating Lahaina fire underscored the reality of trauma within our communities.

HB2630 presents a unique opportunity to alleviate the suffering of those impacted, not just veterans, but survivors of abuse, accidents, and other life-altering events.

Joining a National Movement for Compassionate Healthcare:

Years of research from esteemed institutions like Johns Hopkins, NYU, and Imperial College London have validated psilocybin's potential in treating various mental health conditions. It is no longer a fringe concept, but a demonstrably effective tool, as evidenced by its impact on depression, anxiety, addiction, and end-of-life anxiety.

As research continues to blossom, we cannot afford to remain static. Excitingly, psilocybin is increasingly recognized as a non-addictive and safe treatment option in controlled therapeutic settings. This recognition is further cemented by the U.S. Food & Drug Administration (FDA) awarding psilocybin "Breakthrough Therapy Designation" twice, in 2018 and 2019, accelerating its potential approval.

Supporting HB2630 provides a legal pathway for therapeutic access to psilocybin in Hawaii, allowing our state to join the forefront of this crucial healthcare evolution. Landmark initiatives like Oregon's Measure 109 and Colorado's Natural Medicine Health Act pave the way for responsible integration.

Mental health challenges touch countless lives in our communities. Many can find solace and healing in psilocybin therapy. We cannot afford to wait any longer. Too many have been lost to the silent battles within.

By supporting HB2630 and exploring the responsible integration of psilocybin therapy, we can offer a beacon of hope to those trapped in darkness, create a brighter future for Hawaii's citizens, and honor the sacrifices made by those who carry the weight of trauma.

Mahalo nui loa for your time and consideration.

Kyra Bernhardt

HB-2630-HD-1

Submitted on: 2/12/2024 5:29:25 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Janis Lee	Individual	Support	Written Testimony Only

Comments:

I support HB2630

HB-2630-HD-1

Submitted on: 2/12/2024 5:48:03 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Star Zen Wave	Individual	Support	Written Testimony Only

Comments:

Aloha and mahalo for providing me and many other advocates with the opportunity to share our personal testimonies in strong support of HB2630, which will gratefully and effectively expand the much-needed access to the medicinal support that psilocybin, psilocin and their responsible practitioners provide.

As a substance-free survivor of 10 out of 10 Adverse Childhood Experiences (ACEs) resulting in Complex PTSD—along with a debilitating chronic illness that left me bedridden for over five years—I first approached plant medicine in 2018 with the utmost respect—and admittedly some incredulity—only to discover its amazing healing potential.

This came following decades of numerous traditional (and often traumatic, invasive and expensive) allopathic treatments along with alternative / complementary modalities and extensive psychotherapy to little or no avail.

After exhausting all of my perceived options and resources, I decided to venture far outside my comfort zone to experiment with plant medicine during a month-long retreat in Central America in 2018.

The trip there was grueling; in constant intractable pain and extremely atrophied, I required a wheelchair to and from each plane, yet was determined to discover for myself the truth of plant medicine’s promise to heal even the deepest of wounds—or at the very least aid in one’s understanding and acceptance of them.

During this time, I worked with renowned physicians, practitioners, scientists and ethnobotanists to create a safe and effective space for unraveling years of visceral traumatic layers that my body

and mind had subconsciously been holding and hiding since birth in an effort to survive horrors no human should ever have to face.

To my amazement, by the end of the plant medicine program, I was hiking, swimming and dancing on my own—and *without* pain—ready to live my life to its fullest potential! This was by far the greatest empirical evidence of effective treatment I had experienced to date, and very unlikely to be simply a placebo as I had put my heart and soul into all the other treatments I had tried before it.

Much of this time revealed events which I had no conscious memory of, making it incredibly difficult or even impossible to heal and integrate in years cognitive behavioral therapy, EMDR sessions, various psychiatric pharmaceuticals and many other methods used to treat PTSD.

And although I felt strong enough to overcome the past enough in order to function in society—often feeling empowered to utilize my traumatic experiences to help others face theirs—the residual and often devastating sensations from childhood continued to linger.

Festering deep inside my psyche, they eventually manifested into incredibly intense and debilitating physical, mental and emotional symptoms, all of which I my best efforts could not relieve for any effective length of time.

At 35, my entire existence essentially collapsed; I went from owning and operating a successful business, volunteering in my community and taking care of family members to facing homelessness from the mounting medical bills due to a serious and mysterious nervous system disease that left doctors stumped and me in a wheelchair, frequently unable to walk, speak nor even feed myself.

I had searched high and low for remedies and relief for over 25 of my 45 years as the illness exponentially progressed, diligently researching scientific journals and desperately doing whatever the doctors suggested I could do to help myself, often using my body as a scientific experiment.

Surprisingly, plant medicine became the key to the lock I had been seeking for a lifetime. I was even able to regain my health and wellness to the point of being able to make my dream move to Kaua'i to continue my healing journey and help support others in their healing journeys as well.

This process of responsibility using plant medicine and continuing to work with my practitioners to integrate the experience has even made it possible for me to successfully work with Veterans suffering from PTSD, along with other survivors of traumatic experiences including childhood sexual abuse, domestic violence, addiction as well as chronic and terminal illness.

As psychiatrist, researcher and educator Dr. Bessel van der Kolk of Boston University School of Medicine teaches in his book, *The Body Keeps the Score*, trauma literally damages the brain—not unlike encephalopathy—much to the point where current medications and treatments become ineffective, often creating more damage themselves.

And yet plant medicine—psilocybin in particular—has been a proven method of effective and lasting healing—all without without harmful nor undesirable side effects, especially when done with capability, care and compassion in safe and structured environments.

As you well know, dozens of research studies show these data repeatedly, including those at the Johns Hopkins Center for Psychedelic and Consciousness Research, University of Berkley's Center for the Science of Psychedelics, as well as the Psychedelic Research Programs at New York University's Langone Health and Grossman School of Medicine, respectively.

It truly is remarkable what returning to our 'āina for our health and happiness can help us achieve!

Integrating all I have learned from the experience of using plant medicine to heal has taught me many important lessons in life—one of which means opening up the possibilities of plants and Nature's gift of the Psilocybe species to help us heal—all while making them readily available for use and research in a responsible and respectful way.

Mahalo again for holding space for all of us to share our testimonies; please continue to support HB2630 in passing swiftly so that others suffering may receive the option to receive this healing support from the responsible and respectful use of Psilocybin and its practitioners. Aloha.

HB-2630-HD-1

Submitted on: 2/12/2024 5:58:48 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

Testimony in Support of [HB2630](#)
[House Committee on Consumer Protection & Commerce](#)
Wednesday February 14, 2024 @ 2:00pm

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

My name is Rachel Morgan, I live in Kaneohe and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Microdosing psilocybin periodically over the years has helped me navigate my anxiety, depression, and ADHD unlike any other forms of medication that I have taken. I find it important it is to expand access to psilocybin, MDMA, or other psychedelic healing modalities so others can seek alternative forms of medicine when all other options have failed.

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

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

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

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

Mahalo,
Rachel Morgan

TESTIMONY IN STRONG SUPPORT OF COMPANION BILLS HB2630
AND SB3019

I would like to submit this testimony in support

I would like to submit this testimony in support of companion bills HB2630 and SB3019. The proposed measures are an important step toward alleviating the suffering of those who would most benefit from psilocybin therapy.

It has been documented by the FDA that psilocybin is a breakthrough therapy for treatment-resistant depression. Scientific studies show that psilocybin is very safe when properly administered, and that it may be helpful in treating a host of other mental health conditions

For over 50 years I have been studying and practicing natural medicine and natural cures. I have witnessed amazing results from people that are currently microdosing psilocybin. Before starting microdosing psilocybin such people experienced suicidal thoughts, high anxiety, anti-social behaviors which left them to a point of being debilitated.

I strongly urge the Hawai'i legislature to pass these important bills.

Much thanks,

James Wash

HB-2630-HD-1

Submitted on: 2/12/2024 8:14:39 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Nanea Lo	Individual	Support	Written Testimony Only

Comments:

Hello Chair Nakashima, Vice Chair Sayama, and Members of the Committee,

My name is XX, I live in XX and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

me ke aloha ‘āina,

Nanea Lo, Mō‘ili‘ili, O‘ahu

February 12, 2024

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

My name is Deborah Umiamaka, I am a resident on the island of Hawaii and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I was diagnosed with complex post-traumatic stress. I have not experienced significant improvements from ongoing psychotherapy or from the medications currently prescribed. I truly believe it is very important to properly expand access to psilocybin for therapeutic purposes here in Hawaii.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more.

As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings.

These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

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

Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

Mahalo,

Deborah Umiamaka

I am submitting this testimony in strong support of HB2630. I have suffered from 'difficult to treat' depression for many years and have tried numerous pharmacological and psycho-therapeutic interventions with limited success. The use of psilocybin accomplished for me what no other medication had previously.

The proposed bill is a promising step in the direction of making psilocybin available to help alleviate the suffering of those who would benefit from it. The bill also strikes an elegant balance between professional supervision and individual autonomy in seeking mental health solutions. This is important due to the resistance of the vast majority of sufferers to seek professional help due to cost, stigma and past failures to get effective treatment. The people I have known personally who use psilocybin therapeutically I find to be entirely of goodwill and earnest in their search for solutions.

In my opinion, the fears instilled in us by the manipulative 'war on drugs' era messaging are for the most part NOT TRUE.

I strongly urge the legislature to adopt this measure at the earliest possible opportunity.

HB-2630-HD-1

Submitted on: 2/12/2024 8:58:24 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Sean Munnelly	Individual	Support	Written Testimony Only

Comments:

Aloha Chair, Vice Chair and members of the committee,

I am a board certified adult, child and addictions psychiatrist. I am writing in support of HB 2630.

After working for over 20 years in mental health care, it is alarming the number of treatment resistant individuals I have seen and encountered. Many of these individuals have tried numerous forms of FDA approved medications and therapies without success or improvement.

The U.S. Food and Drug Administration (FDA) has designated psilocybin as a breakthrough therapy. It is showing promising results in clinical studies for treatment refractory depression, existential anxiety/distress at the end of life, numerous substance use disorders, and soon to be other conditions.

The current research from places like Johns Hopkins and NYU show that the treatment both safe and effective. I believe that in a controlled setting, this treatment can be delivered safely.

I have had the privilege of doing a year long clinical training program in psychedelic assisted psychotherapy. This program was through the Integrative Psychiatry Institute. We learned from national and world experts in this area. I was inspired and even more convinced about the importance of these treatments to reduce suffering and promote true healing.

The (FDA) has designated both psilocybin and MDMA as breakthrough therapies. Due to this step, I anticipate in the near future that both of these (and others) will be reclassified to properly allow for therapeutic access in a controlled setting.

The time for medical professionals and State and County lawmakers to work together is now upon us. It is crucial that we work together to provide safe and legal access to psilocybin and other psychedelic assisted therapies for clinical use in a controlled setting.

Please support this measure. It provides an important step towards a pathway for therapeutic and responsible access to psilocybin assisted therapy in Hawai'i.

Respectfully and kind regards,

Sean W. Munnely, MD

Board certified adult and child psychiatrist and addictions psychiatry specialist

HB-2630-HD-1

Submitted on: 2/12/2024 9:09:24 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Will Caron	Individual	Support	Written Testimony Only

Comments:

Please support HB2630 HD1.

February 12, 2024

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

My name is Blaine Williams and I am a board certified emergency physician practicing in Honolulu. I am writing in **strong support of HB2630** to authorize and establish a regulatory framework for the administration of therapeutic psilocybin in Hawai'i.

There is a growing body of scientific literature demonstrating that psilocybin has incredible potential to help people heal from addiction, depression, various anxiety disorders, and existential suffering related to terminal illnesses, such as cancer. Psilocybin may even help patients with chronic pain conditions, PTSD, and traumatic brain injuries. 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, UCSF, UCSD, UC Berkeley, University of Washington, Imperial College London, and many others.

Psilocybin has been granted "breakthrough therapy" status by the FDA, although it is somehow still illegal and classified as "Schedule 1" under the DEA. Alcohol, tobacco, prescription drugs, and processed sugar kill untold numbers of people every year. Nobody dies from taking psilocybin because it is essentially impossible to overdose from. People may occasionally have "bad trips" from taking psilocybin or other psychedelics, which can happen when people ingest these substances in a casual or reckless manner. HB2630 seeks to allow therapeutic access to psilocybin, maximizing benefits and minimizing potential harms through proper medical screening, preparation beforehand, supervision during, and integration following these experiences.

Oregon and Colorado have already enacted laws to allow safe, legal use of psilocybin and similar psychedelics. At least 20 states 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. Last year, the Australian

government declared that Australian physicians could start using psilocybin legally as a medicine.

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 disorders. 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 before they die. 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 adequately 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.

Current treatments for addiction and mental illnesses are inadequate with large percentages of people remaining "treatment resistant." Psilocybin is a medicine that has incredible potential to help people heal psychologically, emotionally, and spiritually. It is 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 likely benefit from safe and legal access to psilocybin in a therapeutic context. HB2630 would be instrumental to help ensure the state remains progressive in our approach to treating mental illness and addiction. Thank you so much for your time and consideration.

Sincerely,

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

A. Blaine Williams, M.D.

ablainewilliams@gmail.com

808.798.1176

HB-2630-HD-1

Submitted on: 2/12/2024 11:14:30 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Roberto Viernes	Individual	Support	Written Testimony Only

Comments:

I am in favor of this bill beauty know that psilocybin can help people with depression and addictions. It is also safe and effective. Please vote in favor of this bill.
thank you

HB-2630-HD-1

Submitted on: 2/13/2024 12:59:46 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

To: COMMITTEE ON CONSUMER PROTECTION & COMMERCE

From: Wendy Gibson-Viviani, R.N./BSN, Kailua Resident

RE: HB2630 –in Support of Psilocybin therapeutics

Hearing: Room Wednesday, Feb. 14, 2024 @ 2:00pm in Room 329/Videoconference

Dear Chair Nakashima, Vice-Chair Sayama, and Members of the Committee,

My name is Wendy Gibson-Viviani. I am a Cannabis Nurse who lives in Kailua. I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Just as Hawaii’s legislators decided to allow patients access to medical cannabis, I hope that you will recognize the need to allow patients to have access to psychedelic drug therapies.

Effective treatment options are lacking for severe depression, substance misuse/addiction, anxiety, obsessive-compulsive disorder and PTSD. Multiple studies show that psilocybin could be useful for treating ALL of these conditions and useful in end-of-life care.

And, a 2016 study of prisoners suggested that hallucinogen use-- independently predicted reduced arrests for intimate partner violence (IPV). See: <https://journals.sagepub.com/doi/10.1177/0269881116642538>

We need to have a strong regulatory framework to ensure safe access and the best therapeutic outcomes.

Please support this measure, which provides patients access to this legal regulatory framework.

Thank you,

Wendy Gibson-Viviani RN/BSN

Kailua

HB-2630-HD-1

Submitted on: 2/13/2024 5:57:12 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
John Billings, MD	Individual	Support	Written Testimony Only

Comments:

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

My name is John Billings, a practicing neuroradiologist, and licensed to practice medicine in the State of Hawaii. I am also trained in psychedelic therapy, a burgeoning field that promises transformative healing and therapeutic benefits. It is from this unique perspective that I write to express my strong support for HB2630, which seeks to authorize and establish a regulatory framework for the therapeutic use of psilocybin.

In my years of practice and study, I have observed the relationship between mental health and physical health. Even to the untrained observer, it follows that poor mental health leads to poor physical health, and this is widely known within the medical community. However as a society, and at a systems level, we continue to place a greater emphasis on treating the physical body, treating mental health like a second class citizen. While I don't want to ignore the significant progress we have made with improving access to counseling and therapy, growing de-stigmatization of mental health, and improved screening for mental health conditions, it is important to acknowledge how much further we can go. A significant number of individuals continue to struggle with mental health challenges that are resistant to standard treatments. Psychedelic assisted therapy is a monumental beacon of hope, with psilocybin being one of a number of medicines with an impressive and growing collection of data supporting this claim.

Recent scientific research has underscored the potential of psilocybin as a therapeutic tool, showing remarkable efficacy in treating conditions such as depression, anxiety, PTSD, and addiction. These studies, conducted by reputable institutions worldwide, have not only highlighted psilocybin's effectiveness but have also demonstrated its safety and non-addictive properties when administered in controlled, clinical settings. The U.S. Food & Drug Administration (FDA) has recognized the potential of psilocybin therapy, granting it Breakthrough Therapy Designation in 2018 and 2019—a testament to its promise as a treatment option.

Hawaii stands at a pivotal moment, with the opportunity to lead in the integration of psilocybin into therapeutic practices. HB2630 is not merely a legislative measure; it is a gateway to healing and well-being for countless individuals within our community. By establishing a legal and regulatory framework for the administration of psilocybin, we can ensure that those in need have equitable access to this revolutionary treatment in a safe and controlled manner.

Moreover, as a practitioner with a background in both neuroradiology and psychedelic therapy, I can attest to the significant benefits that psilocybin therapy can offer. My training and experience have shown me the remarkable ways in which these treatments can rewire and heal the brain, offering patients a chance at a quality of life they may have thought lost.

In supporting HB2630, we take a critical step toward embracing a future where mental health treatment is inclusive, innovative, and profoundly effective. Let us not fall behind in the movement toward safe, legal, and therapeutic access to psilocybin. The mental health crisis demands bold action and compassionate solutions. HB2630 represents both.

I ask you to give due consideration to this measure, for the well-being of our citizens and the advancement of mental health treatment in Hawaii.

Mahalo for your consideration and for your service to the people of Hawai'i.

Sincerely,

John Billings, MD

HB-2630-HD-1

Submitted on: 2/13/2024 8:25:41 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Kellie Anderson	Individual	Support	Written Testimony Only

Comments:

As someone who has struggled with an eating disorder for years, I am wholeheartedly in support of bill #HB2630. I've been battling an eating disorder for years. Traditional therapy helped, but it felt like I was just scratching the surface. Then, I decided to try something different: psychedelic mushrooms in a therapy session in Colorado.

Unlike traditional therapies that often felt like skimming the surface, psychedelics allowed me to confront my inner demons head-on, unearthing buried emotions and confronting distorted thought patterns.

In that altered state of consciousness, I experienced a profound sense of interconnectedness with my body, mind, and spirit. I was able to reframe my relationship with food, recognizing it as nourishment rather than my enemy. This was a mental shift that I was trying to make happen for years through other healing modalities.

In the weeks and months that followed, I noticed a remarkable shift in my relationship with food. The grip of my eating disorder loosened, replaced by a sense of empowerment and self-love.

Psychedelic therapy offered me a path towards healing that I had never imagined possible. It's not a quick fix or a magic bullet, but rather a catalyst for profound personal transformation. By expanding access to these transformative therapies through bill #HB2630, we have the opportunity to offer hope and healing to countless individuals who are struggling with mental health challenges like mine.

I urge you to support this bill, not just for me, but for all those who are seeking a brighter, more vibrant future. Together, we can pave the way towards a more compassionate and enlightened approach to mental health care.

Thank you for considering my testimony.

HB-2630-HD-1

Submitted on: 2/13/2024 8:36:29 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Tanya Gabriel	Individual	Support	Written Testimony Only

Comments:

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

I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use. As a mental health counselor, I have learned about the proven benefits of psilocybin as it relates to mental health disorders. The research of the past two decades have established the safety and efficacy of psilocybin as a therapeutic option for diagnoses including anxiety, addiction, depression, eating disorders, and more. The impressive results of these clinical studies have led the US Food & Drug Administration (FDA) to grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

I want the citizens of Hawai'i and my clients who are suffering from their mental health conditions to have access to these healing modalities. Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

Mahalo,

Tanya Noelle Gabriel, LMHC, NCC

Aloha Chairs, Vice Chairs, and Members of the Committees,

My name is Jayson Guo, and I was born and raised in Honolulu, where my family still resides. I am writing **in strong support of HB2630**, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Though I still call Hawai'i home, I'm currently a junior studying neuroscience at Stanford University, and I'm working on an honors thesis concerning the molecular mechanisms of psychedelic-induced neuroplasticity. I became a proponent of psychedelic-derived therapeutics during the summer of 2022, mostly persuaded by the blend of anecdotal and empirical evidence available online (which I'm sure you've encountered as well!).

I took my interests to new heights this past fall by completing a semester-long research internship in psychedelic neuroscience at the Copenhagen University Hospital's Neurobiology Research Unit (NRU). The NRU is recognized globally as a pioneer of psychedelic research and is currently spearheading Scandinavia's first LSD neuroimaging trials in 50+ years. Alongside this research position, I took classes in psychopharmacology and the neuroscience of religiosity. Both these courses included significant modules on psychedelics as modalities of healing.

While most psychedelics are still illegal in Denmark, I found myself surrounded by individuals who were much more receptive to the potential benefits of these substances than my peers in the US. Europe thus became a uniquely fruitful environment for me to have conversations about psychedelics and otherwise explore my fascination with them. I'd like to share three anecdotes from my time there that I hope will convey the overwhelming promise of these substances:

First, it is perhaps unsurprising that I had many coworkers and classmates with positive psychedelic experiences. The most compelling of them was perhaps the most adventurous yet sensible "psychonaut" I've ever met. Equipped with a PhD in Psychopharmacology, he was well-versed in the current literature and was committed to taking every possible safety measure when experimenting with psychedelics. His perspective underscored that the potential benefits of psychedelic use far outweigh the risks, especially with ample precautionary measures and thorough integration. Formerly plagued with chronic boredom and an ADHD diagnosis, he found that psilocybin helped quiet his mind and made the mundane profoundly interesting. He also attested that, in conjunction with couples' therapy, MDMA and MDMA/psilocybin blends proved highly beneficial to his relationship with his girlfriend. These substances enabled them to see their problems in a new light and increased their motivation to work them out. Matters that

typically elicited defensiveness suddenly became safe to talk about, and they discovered a heightened sense of empathy previously unexplored.

My next story comes from someone who lived in the same building as me in Copenhagen. She never gave me the full rundown on her mental health diagnoses, but she experienced some combination of anxious and depressive symptoms. She had undergone therapy and some medical prescriptions, but she was far from cured. She would self-medicate with cigarettes, and it wasn't uncommon for her to smoke a whole pack in a day. In fact, our interactions often unfolded while she was smoking on the balcony, where we'd talk about our life struggles and pursuits of peace. A big turning point came as she found solace in psychedelic experiences while traveling, particularly with psilocybin and ketamine. She described it as "magic," declaring it was "the first time her mind had ever felt so quiet." This newfound serenity persisted, leading to a noticeable enhancement in her overall happiness in the weeks that followed. She would excitedly report that she went days in a row without even feeling the urge to smoke. We admittedly grew apart as the semester went on, but maybe that's because I seldom spotted her on the balcony anymore.

My last story is my own. I have no diagnosed psychiatric illnesses, so I wasn't seeking a cure. Yet I strongly believed that a personal psychedelic experience would enhance my empathy for those who benefit from these substances and empower me to advocate more effectively for their therapeutic use. Thus, I traveled to the Netherlands, where I could legally obtain psilocybin truffles. Replicating clinical conditions as closely as possible (blindfolded, in a peaceful space, listening to a "psilocybin playlist" designed by Johns Hopkins researchers), I self-administered the equivalent of roughly 25 mg of psilocybin. I will not claim to have undergone any drastic transformation. However, I did discover aspects of my consciousness that I truly believe I could not have accessed on my own. After much reflection and integration, I could articulate habitual patterns of thought, underlying anxieties, and existential breakthroughs that have shaped how I think about myself today. I could speak at length about this, but I will restrain myself for now so as not to draw attention away from other cases that are more clinically relevant. The last thing I will say here is that at this fairly high dose, I noticed no adverse effects.

I aspire to attend medical school and pursue psychiatry in Hawai'i, and it deeply concerns me that mental health professionals may be deprived of the transformative potential of psychedelic medicine. I urge you to maintain an open-minded perspective on these tools, recognizing their potential for profound positive impact. I would like to conclude my personal testimonial with a quote that I adore; it comes from a research participant who underwent an intense psilocybin session where I interned:

“The light of love brings clarity to everything. I get a deep feeling of purity and feel that everything is beautiful, and that love is what makes up the world and the universe and connects everything like a network of roots.”

I recognize this may not be the most persuasive statement for this context—but it is certainly beautiful.

* * *

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

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

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

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

Mahalo nui,
Jayson Guo

HB-2630-HD-1

Submitted on: 2/13/2024 9:38:30 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Chelsea Rorer	Individual	Support	Written Testimony Only

Comments:

Aloha Chairs, Vice Chairs, and Members of the Committees,

My name is Chelsea Rorer, I live in Waialua on Oahu, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I am a dually board certified nurse practitioner in psychiatric and acute care medicine. With over 12 years of practice in emergency medicine, I have seen the unfortunate effects of untreated and treatment resistant mental illness. Oregon is making a massive positive impact on this client population with their use of psilocybin. MAPS has provided encouraging research on the use of MDMA and PTSD. Please allow these tools to be used by our providers in controlled settings so we can help people in need and thus improve our community as a whole.

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

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

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

Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai‘i.

Mahalo,

Chelsea Rorer, MSN, PMHNP-BC, AGACNP-BC

HB-2630-HD-1

Submitted on: 2/13/2024 10:22:57 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Melissa Sanchez	Individual	Support	Remotely Via Zoom

Comments:

My name is *Melissa Sanchez*, I am writing in strong support of HB2630. Many states are advocating for access to psilocybin assisted therapies. This is a modality that should be adopted to better the quality of life lived by those experiences various mental and physical ailments. Psilocybin is a naturally produced compound that helps people heal and should not be ostracized because it is not a pharmaceutical drug. Natural healing approaches can help save lives.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

to benefit from access to psilocybin. Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

Mahalo,

Melissa Sanchez

HB-2630-HD-1

Submitted on: 2/13/2024 10:47:21 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

Aloha to Chair and Committee Members,

My name is Sean Lester and I am a US Navy Veteran.

I have watched so many of my brothers and sisters succumb to depression and PTSD, TBI and other challenges we have faced as we protected this country over the years.

Please allow this therapy to be tried here in Hawaii. We desperately need such modalities to help our people deal with the very real issues that are faced here.

With the fire in Lahaina, here on Maui we have thousands who are very traumatized. Please add another possibility to help them heal.

Mahalo,

Sean Lester

HB-2630-HD-1

Submitted on: 2/13/2024 11:06:36 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Susan Douglas	Individual	Support	Written Testimony Only

Comments:

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

My name is Susan Douglas, I live in Kihei, Maui, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

Susan Douglas

HB-2630-HD-1

Submitted on: 2/13/2024 11:28:25 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Bryce Healy	Individual	Support	Written Testimony Only

Comments:

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

My name is Bryce Healy, I live in Mountain View, Hawaii, Hawaii, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use. I am also a Naturopathic Doctor and work at a residential rehabilitation program, eager to integrate psychedelic assisted psychotherapy to our program.

I have personally had profound healing experiences with psilocybin and in my medical practice have been able to facilitate what is called integration therapy for people that have had a psilocybin experience. This is when someone takes psilocybin on their own and then seeks or needs help afterwards with how to integrate the lesson/s, find meaning from tthe experience, and live their life as a transformed individual.

My work in addiction medicine highlights the need for more effective and longer lasting results and psilocybin seems to a key way of accomplishing this. Substance abuse and mental health are intertwined and related. Being able to use a compound, psilocybin, that can help someone heal the root causes of their substance abuse or long standing mental health issues would be a game changer in many peoples lives.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

Dr. Bryce Healy, ND. Medical Director of Exclusive Hawaii Rehab

HB-2630-HD-1

Submitted on: 2/13/2024 11:45:24 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

Aloha,

I am a licensed psychologist from and practicing in Hawai'i, and I strongly support HB2630 and working towards the therapeutic use of psilocybin in treating individuals with chronic mental health challenges. Having worked in the community for many years now, I have seen that while many clients and patients with mental health challenges do improve from existing psychotherapeutic and medication treatments, a sizable number of people do not. Emerging research has shown that psilocybin, when used in therapeutic ways and with capable providers, can provide profound positive changes in clients who had not seen improvements in their symptoms using other methods. I believe that unreasonable stigma against psilocybin has hampered our ability to study and implement it in helpful ways, and this bill is a positive step in a new direction. Please strongly consider its passage.

Mahalo nunui,

Lucas Morgan, PhD

Licensed Psychologist and concerned citizen of Hawai'i

HB-2630-HD-1

Submitted on: 2/13/2024 12:03:25 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Aurora Druker-Michaels	Individual	Support	Written Testimony Only

Comments:

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

My name is Aurora Druker-Michaels, I live in Hilo HI and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Psilocybin has personally helped me battle and stay out of anxiety, depression, and to heal from abuse and trauma that has been debilitating to my life and wellbeing. It is so important ito allow people the opportunity to experience healing from this natural substance so that we can have healthy and contributing members of this society and world.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Groundbreaking initiatives in favor of these therapies—like the passage of Measure 109 in Oregon (2020) and Natural Medicine Health Act in Colorado

(2022)—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Mahalo,

Aurora Druker-Michaels

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

My name is Michael Mohr. I live in Hawaii Kai on Oahu, and I am writing **in strong support of HB2630**, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I have lost a loved one because psilocybin therapy was not available here.

Mainstream pharmaceuticals can be like trying to water a garden with a fire hose. They are helpful and necessary in acute cases of mental illness but can be too strong and mind hollowing in other cases. Psilocybin therapy can gently provide sufferers with a break from their dark perceptions long enough to inspire hope that their dark perception may not be the only reality.

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

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

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

It is important to be cautious but remember **people are suffering and dying now because you are not enabling access to these therapies.**

Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

Mahalo,

-Mike Mohr

HB-2630-HD-1

Submitted on: 2/13/2024 12:24:57 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Charles Eclipse	Individual	Support	Written Testimony Only

Comments:

As third year Psychology student in a PhD program, and having suffered depression myself, I am well aware of the research on Psilocybin to treat depression as well as some mood disorders AND DEVELOPMENTAL TRAUMA. Rather than medicating with antidepressants, sometimes for years without any marked improvement and yet serious side effects...it is imperative to find other solutions.

Depression is not merely feeling low, it is a person unable to break free from the bondage of their past.

A short course of psilocybin, joined with psychotherapy provides a lasting way to move a person from living in a traumatized past where they are reactive, to, through increased neural plasticity, a way for them to live in the present and be hopeful about their future.

Psilocybin, a medical treatment that actually works, empowers people and supports our economy by helping people to live full and productive lives.

Other states and entire countries, see Australia, have seen decreased medical costs and increases in human thriving by turning to psychedelics.

Hawai'i, the citizens of Hawai'i deserve to be in the forefront of policy and a test bed for democracy and what is possible.

Help this state and it's suffering population move into a brighter future by passing this bill.

HB-2630-HD-1

Submitted on: 2/13/2024 12:32:00 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

My name is Michael Walker, I live in Waialua, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

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

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

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

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

to benefit from access to psilocybin, MDMA and other psychedelic therapies. Please support this measure, which provides a legal pathway for therapeutic access to psilocybin in Hawai'i.

Mahalo for the opportunity to testify on this measure,

Michael Walker

HB-2630-HD-1

Submitted on: 2/13/2024 12:36:27 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Carl Olson	Individual	Support	Written Testimony Only

Comments:

I strongly support companion bills HB2630 and SB3019. I am hoping that psilocybin treatment for treatment-resistant depression becomes legal and available.

I am friends with Keith Kessler and have witnessed his success in treating his depression with psilocybin.

I have a daughter who had the experience of discovering a brutally murdered taxi driver in our neighborhood when she was 8 years old. She has suffered from PTSD since that time. She is now 50 years old and her experience has been that traditional therapy magnifies her PTSD, so she has been “living with it”. Other PTSD sufferers have reported relief from symptoms after psilocybin treatment and I have many Vietnam era veteran brothers who could not “live with it” and have committed suicide.

Please pass HB2630 and SB3019 so this method of treatment for depression and other mental health conditions is available.

HB-2630-HD-1

Submitted on: 2/13/2024 1:20:24 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

Aloha Chair, Vice Chair and members of the Committee,

My name is Anna Camacho, I live in District 19 / Kaimuki and I am writing **in strong support of HB2630**, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

It's so important that people who need it can safely access one of the most natural, effective, and non-addictive treatment options for depression and anxiety.

The emerging literature shows that psilocybin and other psychedelics are powerful tools to remedy mental health issues like anxiety, depression, and PTSD.

Personally, psilocybin has helped me overcome alcohol addiction, manage my anxiety, and bouts of high functioning depression.

With Hawai'i ranked at the bottom of states for access to care among mentally ill adults, it is a public disservice to ignore the cutting edge research about breakthrough psychedelic therapy coming out of major research institutions like John Hopkins University, New York University, UCLA, and Imperial College of London.

Instead, we can choose join other US cities and states in trusting these ancient healing modalities.

With mental health becoming a more present issue in our communities, everyone knows someone who can potentially benefit from access to psilocybin. This is our chance to do better for our public's mental health. We must do better... and passing HB2630 is a great step forward.

Mahalo piha,

Anna Camacho

HB-2630-HD-1

Submitted on: 2/13/2024 2:01:12 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Anela Bird	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of [HB2630](#)
[House Committee on Consumer Protection & Commerce](#)
Wednesday February 14, 2024 @ 2:00pm

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

My name is Anela Bird, I live on Oahu and am born and raised on Maui and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Being raised by a mother with severe mental illness was difficult. Through personal experience, this fungi has helped me heal my trauma. It has helped me instead of anti depressants. I believe the potential healing, in conjunction with therapy and integration support. It has changed my life for the better. I am a loving mother with healing my mental health. Significant credit given to psilocybin, culturally and respectfully utilized plant medicine. Our community needs to heal our mental health crisis to support each other and for the future generations.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. Similarly, MDMA is showing groundbreaking efficacy in treating post-traumatic stress disorder (PTSD). As a result, psilocybin and MDMA are increasingly considered some of the most effective, non-addictive, and safe treatment options for treatment-resistant depression and PTSD respectively, when administered

in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to grant psilocybin and MDMA their Breakthrough Therapy Designation.

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

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

Mahalo for being open to the new.
Anela Bird

LATE

Pilot Who Disrupted Flight Said He Had Taken Psychedelic Mushrooms, Complaint Says

In an interview with the police, the off-duty Alaska Airlines pilot also said he thought he was having a nervous breakdown and had not slept for more than 40 hours, according to a criminal complaint.

By Michael Levenson

Oct. 24, 2023

An off-duty Alaska Airlines pilot who tried to shut off the engines during a flight on Sunday told investigators that he had been sleepless and dehydrated since he consumed psychedelic mushrooms about 48 hours before boarding and that he had been depressed for a long time, state and federal court documents said.

The pilot, Joseph D. Emerson, 44, also told the police in an interview after he was taken into custody that he believed he was having a “nervous breakdown,” according to federal court documents. He said he had struggled with depression for about six years and that a friend had recently died.

An officer and Mr. Emerson “talked about the use of psychedelic mushrooms, and Emerson said it was his first time taking mushrooms,” the federal documents said. The documents did not elaborate on the quantity of psilocybin from mushrooms that he said he had consumed, and it was not known if the authorities had given him a drug test.

In the interview, Mr. Emerson also gave his version of what happened when he was riding inside the cockpit in a jump seat, a common practice for off-duty pilots shuttling to and from work.

“I didn’t feel OK,” he told the police, according to the federal complaint. “It seemed like the pilots weren’t paying attention to what was going on.”

He also told the police, according to the complaint, “I pulled both emergency shut off handles because I thought I was dreaming and I just wanna wake up.”

Mr. Emerson, of Pleasant Hill, Calif., was charged in federal court on Tuesday with one count of interfering with flight crew members and attendants, prosecutors said.

He was also charged in Multnomah County Circuit Court in Portland, Ore., with 83 counts of attempted murder and one count of endangering an aircraft, court records show. During a brief appearance in court on Tuesday, a lawyer entered not-guilty pleas on his behalf.

“Joseph Emerson is a caring father, a loving husband, and a skilled aviator who is supported and loved by a vast network of friends, family, and colleagues,” his lawyer, Noah Horst, said in an email. “He would never intentionally hurt another person. Joe was not under the influence of any intoxicants when he boarded that flight.”

Mr. Emerson has been an airline pilot for more than two decades. Throughout his career, he has completed his required Federal Aviation Administration medical certifications, and his certifications have been never denied, suspended or revoked, Alaska Airlines said. Multnomah County court records indicate he does not have a criminal record.

On Sunday, Mr. Emerson was riding in the jump seat of the jet, an Embraer 175, the authorities said. Flight 2059, operated by Horizon Air, a regional subsidiary of Alaska Airlines, left Everett, Wash., about 5:23 p.m. bound for San Francisco, with four crew members and 80 passengers onboard.

At first, there was no indication that there was anything wrong with Mr. Emerson, as he chatted with the two pilots about the weather and different types of aircraft, the court documents said.

But when the plane was about halfway between Astoria, Ore., and Portland, one of the pilots saw Mr. Emerson throw his headset across the cockpit and announce, “I’m not OK,” the complaint states. The pilot then saw Mr. Emerson try to grab two red handles that cut off fuel to the engines, the complaint states.

After a brief physical struggle with the pilots, Mr. Emerson “quickly settled down” and left the cockpit, the complaint states.

Alaska Airlines said in a statement on Monday that, because “some residual fuel” remained in the line, “the quick reaction of our crew to reset the handles restored fuel flow and prevented fuel starvation.”

If Mr. Emerson had successfully pulled the engine shut-off handles down all the way, “then it would have shut down the hydraulics and the fuel to the engines, turning the aircraft into a glider within seconds,” the complaint states.

While walking to the back of the plane after he left the cockpit, Mr. Emerson said to a flight attendant, “You need to cuff me right now or it’s going to be bad,” according to the complaint. After Mr. Emerson was restrained in the back of the plane, he tried to grab the handle of an emergency exit door, but was stopped by a flight attendant, federal prosecutors said.

Another flight attendant heard Mr. Emerson “make statements such as, ‘I messed everything up’ and that ‘he tried to kill everybody,’” the complaint states.

The crew diverted the plane to Portland International Airport, where it landed safely at about 6:30 p.m.

After he was escorted off the plane, a passenger, Aubrey Gavello, told ABC News: “The flight attendant got back on the speaker and said, plain and simple: ‘He had a mental breakdown. We needed to get him off the plane immediately.’”

Mr. Emerson joined Horizon Air as a first officer in August 2001, Alaska Airlines said. In June 2012, he joined Virgin America as a pilot. When Alaska Airlines acquired Virgin in 2016, Mr. Emerson rejoined the company as a first officer for Alaska Airlines. In 2019, he became a captain, the company said.

The pilot’s claim that he had used psilocybin mushrooms before boarding comes as psychedelics have been gaining medical and legal acceptance, propelled by a growing body of research suggesting that they can be used to treat mental disorders.

But experts were skeptical that Mr. Emerson was still under the influence in the cockpit.

Juliana Mercer, a Marine Corps veteran in San Diego who has helped connect former service members to psychedelic therapies, said that, in her experience, the effects of psychedelic mushrooms last no longer than seven or eight hours and completely leave a person’s system within a day.

“There’s a potential for paranoia,” Ms. Mercer added, “but not 48 hours post-consumption, unless there’s an underlying mental health condition.”

Bob Jesse, an adviser to the U.C. Berkeley Center for the Science of Psychedelics and the Johns Hopkins Center for Psychedelic & Consciousness Research, said that psilocybin would be long gone from the body by then.

“But a strong transient mental experience, drug or non-drug, could further destabilize someone who’s already unstable or fragile,” Mr. Jesse said.

On Jan. 1, Oregon became the first state to legalize the adult use of psilocybin mushrooms. And voters in Colorado approved a measure last year to decriminalize them, setting the state on the path to a legal therapeutic market.

In other states, including Texas, lawmakers have authorized studies for treating ailments such as post-traumatic stress disorder.

The federal Food and Drug Administration has granted psilocybin “breakthrough therapy” status for research.

Michael Levenson joined The Times in December 2019. He was previously a reporter at The Boston Globe, where he covered local, state and national politics and news. More about Michael Levenson

A version of this article appears in print on , Section A, Page 19 of the New York edition with the headline: Pilot Who Tried to Down Plane Said He Had Taken Mushrooms

LATE

HB-2630-HD-1

Submitted on: 2/13/2024 2:37:05 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Heather Mohr	Individual	Support	Remotely Via Zoom

Comments:

Aloha!

My name is Heather Mohr and I am a resident of Hawaii, mother to 3, local business owner running a nonprofit educational farm called Keiki and Plow and I am also a widow. I lost my husband and partner of 20 years Michael Ryan Mohr to suicide on January 30th of 2021.

Ryan and our family were the last people you would expect something like suicide to impact. Our local community was shocked when they heard of Ryan's death but his suicide has also rippled out across the mainland through our family and friends and even globally as Ryan owned a successful international business that continues to thrive and impact decision making across the world.

Ryan was was a surfer, a musician, a generous, hard working man, he scored a perfect SAT without ever cracking a book and excelled through college as a double major in computer science and graphic design with little to no effort. Ryan was a true intellect but was best known by his kind heart and calm demeanor. Most importantly, Ryan loved life, he loved me and he loved our children.

In 2019 Ryan woke me up at 4 in the morning to tell me that he had been deeply struggling with anxiety and sadness that he didn't understand. What made Ryan feel worse was logically knowing how blessed he was but feeling emotionally so depleted and depressed. After trying lifestyle changes, taking time off of work, different diets, meditation, travel and ever other reset button me could think of we finally decided together to see our family care provider. At that appt. Ryan was officially diagnosed with depressive disorder and prescribed an SSRI.

Within 6 weeks of taking this medication Ryan experienced his first manic episode which resulted in a 10 day hospitalization at Castle Medical and quite a scare to myself, our children and friends. Ryan came home from that hospitalization with a new diagnosis of bipolar type 1 disorder and a whole new regimen of medications and therapies.

These medications had a host of unwelcome side effects including weight gain, swelling of his feet, light sensitivity and a constant grogginess. The medications given to Ryan to stabilize his mind also made it impossible for him to live a normal life, surf, play with his kids, work.

Throughout the course of the next 18 months Ryan bounced between different medications all with a host of side effects including a hospital stay for lithium toxicity. We learned that Ryan was one of the "unlucky ones" whose therapeutic dosage was dangerously close to his toxicity window. The medication he was taking to save his mind was harming his body. Each medication change he underwent resulted in either severe complication, a period of deep suicidal depression or full blown mania. All in all Ryan was hospitalized 5 times in 18 months.

Our family was desperate for more answers. After struggling with our medical insurance with support from additional family members and financial resources we decided to seek treatment out of network. Ryan was seen by doctors in California for genetic testing to more closely match him to medications that would hopefully work better with less side effects. Ryan was seen locally by Dr. Cooke and received ketamine infusions as a last ditch effort for relief from the depressive symptoms with mild success. Ultimately, a medication and treatment never came for Ryan and on the morning of January 30th I found my husband had given up.

To say our world has been rocked by mental illness is a gross understatement. Our family is 3 years out from our loss and we are rebuilding. I am incredibly grateful to have had 20 years with Ryan but there is not a day that goes by I wish we had more time, I wish he did not have to suffer this illness and that I have to tell my kids we don't have any better options for people like their daddy.

I am testifying today in support of Bill HB2630 because I believe the research is promising and this therapeutic options CAN save lives for people like my husband.

Thank You,

Heather Mohr

HB-2630-HD-1

Submitted on: 2/13/2024 3:23:45 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Bhupinder Chima	Individual	Support	Written Testimony Only

Comments:

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

My name is Bhupinder Chima and I live on Oahu (Waimanalo). I am writing in support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I am a board-certified psychiatrist providing care on Oahu and Big Island and have completed training in Psychedelic Psychotherapy through the Integrative Psychiatry Institute. I helped to establish and currently run a ketamine assisted therapy program in Kailua. I have seen firsthand during my 11 years practicing psychiatry how, although psychotropic medications can be life saving for certain individuals, many individuals are often left with residual mental health symptoms that have a significant impact on well being and quality of life. Psilocybin is a vitally important medicine that can provide much-needed relief from suffering as well as help certain individuals deepen into their therapeutic journeys in ways that currently available psychotropics (such as prescription antidepressants or anxiolytics) are unable to. The strong evidence supporting the therapeutic impacts of this substance are clear and I strongly believe in and support safe and therapeutic access to this medicine.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

Bhupinder Chima, MD

HB-2630-HD-1

Submitted on: 2/13/2024 4:50:14 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Amber Ramsey	Individual	Support	Remotely Via Zoom

Comments:

Aloha,

Mahalo for your strong consideration of this bill. Covid has left us in a struggle to move forward with a purpose together in our community. The Lahaina fires have added to our need to support each other with compassion. I lost a full term baby in 2000, what I feel was the result of being born in Jacksonville NC in 1977, the sight of Camp Lejeune Water Contamination. My baby was born with Osteogenesis Imperfecta a lethal brittle bone disease. My baby was born at Kahalui and died at Japiolani. My PTSD has been "through the roof" after loosing a full term baby "Edi Roselani" who was born completely mal-shaped and deformed.

i am a happy single mother, most of the time; although it is a man's world. After surviving domestic violence which is a "systemic institutional social disease" in America as well as the world; I have been burdened by Hawai'i's lack of accountability for abusers as well as Hawaii's laissez-faire attitude towards making abusers pay child support.

i do not believe in the toxic side effects of pharmaceutical medicine. I am a LMBT. I have studied music therapy also through UH. I have assisted at births. I have assisted people who are dyeing. I have done home health care.

i care about the safety and the efficacy of what is allowed in our community.

i know that alcohol and cigarettes are available for purchase and serve only the people promoting dangerous potentially lethal products. My father died of alcoholism. My sons grandmother died of smoking USA menthols.

nobody is gonna die from psylocybin. Everyone has different needs with relation to their body type.

for me, I believe that less is way more.

I feel much happier when I have access to psylocybin. I have a lot of social responsibilities and I find obtaining the medicine very difficult.

I have to go for extended periods of time without access. I do suffer all the negative effects of PTSD anxiety and depression when I have no access for long periods of time which is quite often.

i am more able to prosper at work home and sleep if given only a tiny bit of assistance through psylocybin. Please pass this bill. For those of us with PTSD it turns a life of hell into a place with purpose and meaning.

if possible also consider making fathers pay child support. This too would create much less stress for women also.

until men gave to pay child support and work to provide for their children;

why not allow abused women a restful sleep at night with psylocybin so we have enough nana to stuff our tears and pay the bills.

LATE

HB-2630-HD-1

Submitted on: 2/13/2024 5:12:55 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Tonya Miller	Individual	Support	Written Testimony Only

Comments:

I'm in strong support

HB-2630-HD-1

Submitted on: 2/13/2024 8:54:57 PM

Testimony for CPC on 2/14/2024 2:00:00 PM



Submitted By	Organization	Testifier Position	Testify
Emma Nelson	Individual	Support	Written Testimony Only

Comments:

Aloha Chairs, Vice Chairs, and Members of the Committees,

My name is Emma Nelson and I am a graduate student in the Myron B. Thompson school of Social Work. I am writing in **support** of HB2630, which would start to establish a framework for regulating and allowing the use of psilocybin for therapeutic purposes. Psilocybin has been used for [thousands of years](#) in ceremonial as well as medicinal settings across the world from the Americas to Europe. The efficacy of this substance as a potential treatment for various maladies of the body and psyche has been gaining evidence, and looks incredibly promising.

In the 1950s and 60s psilocybin was being researched clinically for a range of ailments, with some of the trials taking place in our most prestigious academic institutions, including Harvard. Timothy F. Leary and his assistant Richard Alpert were leading the charge of the controversial Harvard Psilocybin Project. This research was cut short by the Controlled Substances Act of 1970 that listed the substance as a Schedule I substance. In recent years there has been a resurgence of studies showing the positive effects of psilocybin in the treatment of [PTSD](#), [C-PTSD](#), [addiction](#), depression, and even pain management. Top schools such as Johns Hopkins, Yale, NYU, Duke, the University of Alabama, UCLA, UC Berkeley, University of Washington, Imperial College London have conducted and continue to conduct research regarding the substance. Psilocybin itself has received “breakthrough therapy” designation from the Food and Drug Administration for the treatment of resistant Major Depressive Disorder and PTSD. Psilocybin has been shown to be more effective than SSRIs in symptom management for PTSD with [88 percent](#) of patients reporting a reduction in their symptoms in one study. The effects of psilocybin are long-lasting, and can foster growth, increased neuroplasticity, and better sense of self.

[Across the United States](#), states are decriminalizing, introducing reduced penalty statutes, working on studying medical use, and even legalizing psilocybin. Oregon and Colorado have enacted laws to allow for the safe and legal use of psilocybin as well as other psychedelics.

Making access to these therapies safe and legal is paramount, and the State and County lawmakers have an essential role here in helping this come to fruition.

This bill would enable providers to have yet another tool to help clients with depression, PTSD, addiction, and other struggles. The bill creates the opportunity for **licensed and qualified professionals** to administer the substance as a therapeutic tool under supervised use. This does not introduce a free-for-all of unregulated drug usage, but rather fosters an environment where suffering could be reduced. This is ESPECIALLY salient in the face of the recent disasters on Maui. People are suffering in the aftermath of the fires, and I see community members and friends struggling with the emotional fallout of their experiences and losses in the fires. This could provide therapists and licensed professionals with another option as we continue to manage and process the losses we all sustained on August 8th, 2023. As someone who was personally caught in the fires and has days where I am overwhelmed with what I experienced, saw, smelled, felt, I would love a safe space to find healing in whatever modality suited me. I believe in rigorous testing, evidence-based treatment, and the wisdom of those who have come before me. Psilocybin has withstood the test of time as well as chemistry and psychology and pharmacology. This is an opportunity, not a risk.

Our communities across the islands only serve to benefit from the careful and conscientious introduction of these healing modalities in a safe and regulated setting. Psilocybin is not a drug, but rather a tool to help those who are struggling to grow and continue to live full lives. As mental health issues from various personal traumas, the pandemic, and the recent devastating fires persist and grow, it is our responsibility to provide pathways to healing. We need our legislators to advocate for and continue to provide options for our communities to be as healthy and whole as possible.

Once again, I urge to to consider this bill as it advocates for the mental health of our entire community. I strongly support HB2630 and it's potential as a healing modality for the people of Hawai'i.

With aloha,

Emma Nelson

LATE

HB-2630-HD-1

Submitted on: 2/13/2024 11:56:34 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

I think this bill should be passed because there has been scientific evidence that it can put depression in remission. Also I believe this is a healthier alternative than artificial pharmaceuticals since it is a natural substance. This can be beneficial if it is used in the proper setting with the proper guidance.

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 7:18:55 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

I would like to support this bill to legalize psilocybin mushrooms for usage and treatment recreationally to allow usage for benefits which I have witnessed firsthand. I fully support the bill and recommend passage. I fully astest to benefits I have seen improvement in mental stability.

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 9:06:14 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

My name is *Stan Olsen*, I live in *Kailua Kona*, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

Thanks

Stan

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 9:06:54 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

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

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

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

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

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

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

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

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

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

Mahalo

Ben

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 9:31:41 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

My name is John Miller and I'm a disabled military veteran who was discharged from the US Navy at Pearl Harbor after 11 years of honorable military service due to my condition with PTSD. I'm currently displaced due to the housing crisis on our home island of Māui, due to the Lahaina wildfires, but I wanted to provide my testimony in strong support of HB2630 which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

This is such an important time for our communities to gain meaningful access to medicines that have helped communities around the world heal for thousands of years. This also marks a critical opportunity to bring emotional healing and release that can be achieved with psilocybin – the polar opposite of antidepressants, in which patients complain leave their emotions, whether positive or negative, “blunted”.

‘Magic mushrooms’ or psilocybin are reportedly the safest of all drugs, including alcohol, according to a Global Drug survey of 120,000 participants across 50 countries. Not only is psilocybin safer than alcohol, but just two doses of psilocybin pills, along with psychotherapy, helped nearly 80% of people with alcohol use disorder reduce drinking for at least eight months after their first treatments. These results from the largest clinical trial of its kind show the benefits of treating otherwise treatment-resistant conditions such as alcohol abuse.

“The most compelling thing that makes psilocybin different from other addiction drugs is that it’s showing this cross-drug efficacy,” said Dr. Johnson, an addiction specialist at Johns Hopkins University. “It appears to have a similar effect, regardless of what drug the person is addicted to.”

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

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

**Mahalo,
John Miller**

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 11:15:09 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Scott Noteboom	Individual	Support	Written Testimony Only

Comments:

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

My name is *Scott Noteboom*, I live in *Hilo*, and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I credit the therapeutic use of psilocybin for saving my life. After many years of increasingly high stress, working as an executive leading innovations and multi-national projects for companies such as Apple and Yahoo, I had reached a mental breaking point that had put my marriage, my career and my life at risk. At my lowest point I believed that suicide was the only solution for my suffering.

Fortunately, the use of psilocybin and psychedelic assisted therapies provided reprise from my mental health issues that seemed miraculous to me, both at the time and to this today. Within hours I went from hopeless to hopeful, and that happiness and health has sustained to this day--years later.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

*Scott Noteboom
154 Waianuenue Ave, #11463
Hilo, HI 96721*

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 11:28:34 AM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

Aloha friends! Please be sure to make a COPY of this document to edit and personalize so that everyone may use it as a template. You can paste it directly in to the testimony box. Mahalo for your support!

Testimony in Support of HB2630

House Committee on Consumer Protection & Commerce

Wednesday February 14, 2024 @ 2:00pm

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

My name is Tia-Amanda Carrasco , I live in Kailua-Kona and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

As a professional caregiver of over a decade who has worked at the bedside of many people on hospice I believe it would be extremely beneficial and humanitarian to have access psilocybin for therapeutic uses for the actively dieing. As well as all the many other therapeutic uses possible.

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

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

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

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

Mahalo,

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 12:33:39 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Carolina Pampillo	Individual	Support	Written Testimony Only

Comments:

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

My name is Carolina Pampillo, I live in Haleiwa and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I've experienced psilocybin in a legal environment and country, using it for therapeutic treatment while I was healing from trauma. I experienced that one single session was more powerful than 10 years of psychotherapy, and I've seen many people getting amazing results being healed not just from trauma, but from addictions (alcohol and drugs).

Also, and most importantly for me, experiences with psilocybin became my most powerful spiritual practice and it has become my new religion to connect with divinity.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

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

Mahalo,

Carolina Pampillo

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 12:40:50 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Nathan Murray	Individual	Support	Remotely Via Zoom

Comments:

I am in full support of the use of plant medicines, psychedelics for mental health treatment as they have had a significant impact on my own mental health.

LATE

HB-2630-HD-1

Submitted on: 2/14/2024 12:48:25 PM

Testimony for CPC on 2/14/2024 2:00:00 PM

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

Comments:

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

My name is *Maria Martin*, I live in *Waialua* and I am writing in strong support of HB2630, which authorizes and establishes a regulatory framework for the administration of psilocybin for therapeutic use.

I worked with this medicine abroad and was the key factor for me to fight depression.

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

Research from major institutions around the world has shown psilocybin to be a promising clinical treatment tool for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and more. As a result, psilocybin is increasingly recognized as one of the most effective, non-addictive, and safe treatment options for treatment-resistant depression when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration (FDA) to twice grant psilocybin their Breakthrough Therapy Designation in both 2018 and 2019, effectively fast tracking it for approval.

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

Mahalo,

Maria Martin