

EXECUTIVE CHAMBERS
KE KE'ENA O KE KIA'ĀINA

JOSH GREEN, M.D.
GOVERNOR
KE KIA'ĀINA

House Committees on Consumer Protection & Commerce
Tuesday, February 28, 2023
2:00 p.m.
State Capitol, Conference Room 329 & Videoconference
In Strong Support of
H.B. No. 1340 HD1, Relating to Mental Health

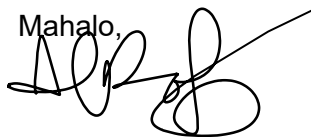
Aloha Chair Nakashima, Vice Chair Sayama and committee members:

The Office of the Wellness and Resilience (OWR) in the Governor's Office **STRONGLY SUPPORTS** H.B. No. 1340 HD1, Relating to Mental Health.

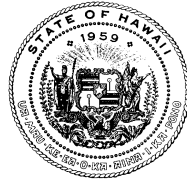
Established through Act 291, Session Laws of Hawai'i 2022, OWR will address barriers and build wellness and resilience through trauma-informed, strengths-based strategies and support agencies in their reform efforts to address trauma-informed care and move toward a collaborative, shared purpose of collective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

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

As negative impacts of the COVID-19 pandemic continue to show up in our daily lives, promising interventions for mental health disorders should be included in conversations relating to trauma. The OWR supports the purpose of HB1531 HD1 to establish a Beneficial Treatments Advisory Council to review mental health treatment information.

Mahalo,


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



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

**Testimony COMMENTING on HB1340 HD1
RELATING TO MENTAL HEALTH.**

REP. MARK NAKASHIMA, CHAIR
HOUSE COMMITTEE ON CONSUMER PROTECTION & COMMERCE

Hearing Date: February 28, 2023

Room Number: 329

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

2 **Department Testimony:** The Department of Health (DOH) recommends significant
3 amendments to produce a more substantive, enduring, and useful public policy tool.

4 The narrow focus on psilocybin, which, in all likelihood will be approved by the US Food and
5 Drug Administration (FDA) in the next year or two, renders this measure moot. The health care
6 community will develop its own standards of practice with or without the Department of Health
7 (DOH). DOH programs such as Adult Mental Health Division and Child & Adolescent Mental
8 Health Division have an ethical, legal, and moral obligation to continuously assess and advocate
9 for the best treatments for consumers. If/when the benefits of psilocybin outweigh the risks for
10 Seriously Mentally Ill (SMI) adults and minors with Serious Emotional Behavioral Disorders
11 (SEBD), DOH medical leadership will incorporate accordingly.

12 The focus, rather, should be on future FDA Breakthrough Therapy Designations for mental
13 health and substance abuse. Breakthrough Therapy designation is a process designed to expedite
14 the development and review of drugs that are intended to treat a serious condition and
15 preliminary clinical evidence indicates that the drug may demonstrate substantial improvement
16 over available therapy on a clinically significant endpoint(s). The interest in psilocybin is due to
17 its Breakthrough Therapy Designation, without which and unlike medical cannabis that has
18 received some indulgence from the federal government, these conversations would be unlikely.

1 DOH recommends statute authorizing the department to convene a working group whenever the
2 FDA grants Breakthrough Therapy Designation for any treatment intended for mental health or
3 substance abuse to prepare Hawaii for its eventual approval.

4 No further action by DOH will meaningfully accelerate the adoption of psilocybin in Hawaii.
5 Furthermore, the use of psilocybin on SMI and SEBD consumers in the care of DOH will require
6 extensive preparation given the highest degrees of acuity, morbidity, and risk to these
7 populations. Its use in the general population, for example patients with Post-Traumatic Stress
8 Disorder, falls outside of DOH's obligation to treat SMI and SEBD populations.

9 There is greater value in looking forward to future Breakthrough Therapy Designations for
10 mental health or substance abuse than for one granted in 2018 and already on the cusp of
11 approval.

12 **Offered Amendments:**

13 SECTION 2. Chapter 321, Hawaii Revised Statutes, is
14 amended by adding a new section to part I to be appropriately
15 designated and to read as follows:

16 "§321- Definition. As used in this part, "breakthrough
17 therapy designation" means a designation by the United
18 States Food and Drug Administration, pursuant to the Food and
19 Drug Administration Safety and Innovation Act of 2012 (Pub. L.
20 112-144).

21 §321- Breakthrough therapy designation advisory
22 council. (a) The director of health may establish a temporary
23 advisory council to assess a breakthrough therapy designation
24 for a mental health or substance abuse treatment within three
25 months of the breakthrough therapy designation approval by the

1 US Food and Drug Administration. The advisory council is
2 established within the department of health for administrative
3 purposes only.

4 (b) The council shall consist of the following members or
5 their designees:

6 (1) The director of health, who shall serve as the
7 chairperson of the advisory council;

8 (2) The attorney general;

9 (3) The director of law enforcement;

10 (4) The chairpersons of the health standing committees
11 within the senate and house of representatives;

12 (5) A physician who is duly licensed pursuant to chapter
13 453 or an advanced practice registered nurse who is
14 authorized to prescribe psychotropic medication and is
15 duly licensed pursuant to chapter 457; and

16 (6) Other members as recommended by the director of
17 health, president of the senate, or speaker of the
18 house of representatives who represent relevant
19 community, advocacy, or stakeholder interest.

20 (c) Members shall serve without compensation, but may be
21 reimbursed for necessary expenses, including reasonable travel
22 expenses, incurred in the performance of their duties.

23 (d) The breakthrough therapy designation advisory council
24 shall:

- 1 (1) Examine federal and state laws, regulations,
2 administrative rules, and community practices
3 regarding the treatment of mental health or substance
4 abuse conditions for which the breakthrough therapy
5 designation applies;
- 6 (2) Examine relevant clinical and scientific studies,
7 research, and other information relating to the safety
8 and efficacy of methods to treat mental health or
9 substance abuse conditions for which the breakthrough
10 therapy designation applies;
- 11 (3) Examine requirements, specification, and guidelines
12 for a healthcare professional to prescribe and provide
13 various treatments for patients who may benefit; and
- 14 (4) Submit a report of its findings and recommendations,
15 including any proposed legislation, to the legislature
16 no later than one year after the advisory council is
17 convened.
- 18 (e) The temporary advisory council may convene as
19 necessary but shall terminate upon the withdrawal of
20 the breakthrough therapy designation or final approval
21 by the US Food and Drug Administration."
22

HB-1340-HD-1

Submitted on: 2/27/2023 1:52:23 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Benjamin Lillibridge	Malama Mushrooms	Support	Remotely Via Zoom

Comments:

Testimony in Support of HB1340

Committee Hearing | 2023 Legislative Session

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

My name is Benjamin Lillibridge, I live in Kailua-Kona, Hawai'i, and I am writing in strong support of this measure, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

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

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

State and County lawmakers now have an essential role to play in the movement toward safe, legal, therapeutic access to psilocybin. Citing this research, groundbreaking initiatives in favor of

psilocybin—like the passage of Measure 109 in Oregon and Initiative 81 in Washington, D.C.—are occurring at all levels of government, private and public research institutions, and throughout mainstream society.

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

Mahalo,

Benjamin



Hawai'i Psychological Association

For a Healthy Hawai'i

P.O. Box 833
Honolulu, HI 96808

www.hawaiipsychology.org

Phone: (808) 521-8995

COMMITTEE ON COMMERCE AND CONSUMER PROTECTION

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

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

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

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

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

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

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

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

Sincerely,

Alex Lichton, Ph.D.

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



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

Date: 2-27-2023

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

HB1340: Beneficial Treatments Advisory Council

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

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, and even though it could save their life, (they reduce suicide risk) I cannot help them access these substances.

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

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

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

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.

*ph (808) 457-1082
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www.beyondmentalhealth.com

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

Cordially,

Thomas Cook, M.D.

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fax (808) 356-1649*

www.beyondmentalhealth.com



Testimony in Support of Measure (Beneficial Treatments Advisory Council)

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

Committee Hearing | 2023 Legislative Session

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

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

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

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

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

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

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

Mahalo for your time,

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

HB-1340-HD-1

Submitted on: 2/27/2023 3:07:18 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Michelle Ha, I am a Ph.D. Clinical Psychology practicum student at Wellness Kuleana, a private practice in Hawaii. I have served the community of Hawaii for over 6 years and I reside in the Kahala/Kaimuki area of Honolulu with two children. I am writing in strong support of HB1340, to establish the Beneficial Treatments Advisory Council to review, evaluate, and recommend new medicinal treatments for mental health.

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

There is considerable scientific research from countless reputable institutions that shows the benefits of psychedelic medicine on the brain and body. The FDA recently called psychedelic psilocybin a "Breakthrough Therapy" for severe depression, as research has shown groundbreaking clinical treatment for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-effective, and safe treatment options for depression and anxiety, especially when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation twice for treatment-resistant depression.

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

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

Mahalo,

Michelle Ha

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

My name is Alexandra Takayesu. I was born, raised and now living in Kula, Maui. I **strongly support this measure**, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

I am a JABSOM-trained board-certified psychiatrist, an assistant professor of psychiatry at the University of Hawaii, a member of the Hawaii State Maternal Mortality Committee, and a mother of a tween who experiences anxiety and OCD. My clinical practice primarily focuses on maternal mental health and supporting women diagnosed with cancer.

As we swim in our current mental health crisis, I am the first to admit that our tools are limited. Despite having access to high-quality care, I have many patients who continue to feel the daily effects of depression on their lives. These illnesses touch these mothers and ripple through their keiki, partners, and communities. Substance use and mental health issues are the most significant contributors to maternal death in Hawaii.

As a parent of a tween daughter, the data is frightening. Statistics show the tragic rise in depression, anxiety, and suicide in our youth. At my workplace, our ER is almost always attending to a teen suicide attempt. In Hawaii, one in ten teens has admitted to already attempting suicide.

This is the sobering reality that we are facing as a community. It is time to bring forth all we can to move towards a more hopeful future.

Fortunately, over the last decade, we have seen the emergence of robust data supporting the use of psychedelics in the treatment of PTSD, major depressive disorders, and cancer-related distress.

Supporting this measure does not only means creating the opportunity to bring together experts who can build a system rooted in science, integrity, and healing. More significantly, it is a chance for our leaders to signal **hope** to Hawaii's children, parents, and families.

Please support this measure. It allows Hawaii to be ready for this medicine in a thoughtful and skillful way, guided by experts who can **safely** provide direction back to health.

As the esteemed navigator Nainoa Thompson so beautifully put it:

When people come together around common vision, they can accomplish great things. We need the instruments that pull our people together, not apart.

Mahalo,

Alexandra Takayesu, MD

HB-1340-HD-1

Submitted on: 2/27/2023 1:08:06 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Dr. Robin Martin, I am a psychiatrist who trained and now practices in Honolulu, and am also an assistant clinical faculty with the Department of Psychiatry at UH, and I am in strong support of HB1340 which will establish the Beneficial Treatments Advisory Council.

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

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

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

Many municipalities around the country and around the world are moving forward with making these treatments available to the patients who need it most. Hawaii should not fall behind in bringing innovative and effective treatments to its people. This bill is an important step in that direction.

Please support this measure.

Mahalo,

Dr. Robin Martin

HB-1340-HD-1

Submitted on: 2/27/2023 1:26:53 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
christina braddock	Individual	Support	Remotely Via Zoom

Comments:

I am writing in support of HB1340. As a United States Army combat veteran, former military trauma nurse and medical officer, emergency first responder x 17 yrs, health care worker, and now caregiver to my 34 yo spouse with a severe traumatic brain injury sustained in Hawaii, I am writing to you in hopes my story will resonate with you to see why these essential plant medicines are needed desperately NOW and we cannot wait any longer. I have lost brothers and sisters in arms to suicide. While deployed as a trauma nurse, I saw more mental health crisis than actual trauma. This was appauling to witness. Since returning to Hawaii after deployment, I have continued to care for active duty and veterans in crisis in the emergency department. I need you to understand this is not a debate, these are preventable suicides. We are living in a time that mental health does not discriminate, everyone is at risk. Mothers, children, the seemingly successful student athlete, the professional athlete, the homeless veteran, the working widowed parent. We need to think of someone we love who could benefit from a treatment like psychedelic assisted therapies. We have now discovered with extensive support and research since the 1950's in how these medicine could potentially help support veterans and Hawaii communities in crisis. Victims of traumatic brain injury often lead to addiction, depression, and the number one reason they die- death by firearm. This is not a concern for "if the world is ready" it is essential NOW as we cannot afford to lose any more to suicide. We need to act now to support those who did not get a second chance and to use their voice. We need to do better for them. As a certified psychedelic therapy and research graduate from a MAPS accredited program we are able to now establish safe and quality working groups to advocate for the quality measures needed to pursue the state of hawaii to best support veterans in receiving access. Every branch of the military is here on Oahu. We can set an example for veterans supportive care measures worldwide if we act accordingly to best support veterans and community in quality access to mental health services. This is a crisis that we can directly address here on Oahu allowing for ripple effects of support globally. Be The Change Hawaii. We have an opportunity to be a leading health and wellness location in the world if we allow ourselves to utilize our natural resources of mind, body, and spiritual health. Adding plant medicine services with assisted therapy would allow Hawaii to be a desitination for healing while also healing our communities and generations to come. Why not give the gift of healing back to the natives and veterans who reside here but also expand that option to health tourism and veterans abroad. We have an opportunity to pave the wave in how healing can transform lives here on Oahu. Please do not underestimate the Mana here. With the right teams, research, and safety measures in place, the opportunities for healing are endless and could help alleviate hospital stays, imprisoned persons, homeless crisis, drug crisis, and so much more. Please recognize you are not just supporting a bill for plants, it is a bill to save lives.. Thank you!

Respectfully,

Christina Braddock, RN, BSN, CEN, FNPc

HB-1340-HD-1

Submitted on: 2/24/2023 3:47:13 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
John Williamson	Individual	Support	In Person

Comments:

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

My name is John Williamson. I live in Manoa near my alma mater, the University of Hawaii. I am testifying in strong support of HB1340 HD1, Relating to Mental Health. This measure will establish a beneficial treatments advisory council to review, evaluate, and recommend new medicinal treatments for mental health in our state.

It is critical that residents of the State of Hawaii have access to the most effective treatments for mental health disorders that have heretofore proven resistant to treatment by legacy pharmaceuticals and talk therapy.

Whether seen through the lens of human suffering, financial impact or social problems, the toll that depression, anxiety, post-traumatic stress syndrome, alcoholism and drug addiction have taken on the Hawaii residents and society is staggering.

Based on clinical trials at Johns Hopkins University School of Medicine, Stanford University's Center for Precision Mental Health and Wellness and other accredited institutions in the U.S. and abroad, psilocybin and MDMA have proven to be safe and highly effective in treating the variety severe mental health disorders mentioned.

The Hawaii Legislature should be applauded for being among the first in the nation to consider making available to Hawaii residents these proven treatments, which have already been granted the Food and Drug Administration's breakthrough therapy designation to fast-track research and for potential approval, given their effectiveness in curing treatment-resistant depression and post-traumatic stress disorder.

By setting up a beneficial treatments council, staffed by experts with knowledge of mental health therapies using psychotropic medicine who can review, evaluate, and recommend new medicinal treatments for mental health, the Legislature has chosen a prudent and conservative approach to bring promising new therapies to Hawaii residents.

The Hawaii State Legislature has an enviable track record of making Hawaii a leader in many areas, including freedom of choice in abortion, legislation to fight climate change by requiring our state's electric grid 100 percent renewable by 2045, and the Hawaii Prepaid Health Care Act, expanding healthcare availability to the working people of our state.

Please continue this proud tradition by making it possible for Hawaii to also become a leader in the use of breakthrough treatments for mental health conditions that are currently robbing many residents of our state of the opportunity for health, happiness and prosperity.

Mahalo nui loa for the opportunity to testify in support of this vital piece of legislation.

John Williamson

February 26, 2023

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

My name is Blaine Williams and I am a board certified emergency physician practicing in Honolulu. I am writing in **strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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

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

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

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

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

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

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

Sincerely,

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

A. Blaine Williams, M.D.

ablainewilliams@gmail.com

808.798.1176

HB-1340-HD-1

Submitted on: 2/27/2023 11:46:55 AM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Appelusa	Individual	Support	Remotely Via Zoom

Comments:

Re: HB1340

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

My name is Appelusa, I live in Koloa, Kauai and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

In 2020 I was diagnosed with an environmental illness while living in California with my husband who was born and raised on Kauai. It took many years to diagnose this mysterious and relatively unknown systemic chronic illness. A neuroquant MRI brain scan showed moderate brain inflammation. After several years of suffering from chronic fatigue, hair loss, nail issues, gut issues, POTS, mast cell activation, and edema, I became quite depressed. I found a support team of doctors and functional medicine professionals who specialize in environmental illness. I changed my diet, lifestyle, living situation, and treated the toxicity for two years. During this time my nervous system had become dysfunctional. Re-wiring one's brain and nervous system takes dedication in healthy lifestyle choices such as meditation, breathwork, and mindfulness. While all of this was helpful in my progress, the depression and nervous system disfunction persisted. It wasn't until I tried a microdosing protocol with psilocybin that I began to notice changes in the way I felt and perceived the world around me, and my healing process. Doing so with the help of integration specialists with tools like meditation and breathwork was a transformational experience. My depression faded and I was able to finish healing more rapidly. With this personal experience of the benefits of psilocybin on the re-wiring of the brain and nervous system, I have decided to attend grad school in mental health counseling so that I may help others who may be going through similar situations.

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

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

non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings. MDMA is also considered one of the most effective treatments for PTSD, which affects 5% of the U.S. population.

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

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

Mahalo,
Appelusa

HB-1340-HD-1

Submitted on: 2/25/2023 12:39:40 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Doora Shin, and I am testifying in **strong support of HB1340**. I am a resident of Kaimuki / Mō‘ili‘ili, and I also serve as the Project Manager of Clarity Project, which advocates for legal access to therapeutic psilocybin and other psychedelic therapies in Hawai‘i. This measure will establish the Beneficial Treatments Advisory Council.

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

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

Psilocybin Overview:

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

- Not Addictive - [Psilocybin does not lead to physical dependence](#), and studies have found that adolescent use of hallucinogenic drugs, including psilocybin, [does not increase the risk of drug dependence](#) in adulthood (unlike cannabis, cocaine, inhalants, stimulants - all of which were associated with “an excess risk of developing clinical features associated with drug dependence.”)
 - Safe - [The toxicity of psilocybin is very low](#). A person would have to eat nearly one-third of his/her weight in psilocybin mushrooms to reach a lethal dose. This amount is approximately 1.5 times that of caffeine. Psilocybin is most effective when administered and overseen by a trained healthcare professional who can [guide the patient, understand drug interactions, and screen for known risks such as schizophrenia, bipolar disorder, or other pre-existing mental health diagnoses](#).
-

The Science of Psilocybin & MDMA

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

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

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

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

Psilocybin Helps Treat Major Depressive Disorder

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

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

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

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

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

Psilocybin Decreases Obsessive-Compulsive Disorder Symptoms

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

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

Academic & Medical Institutions

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

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

Conclusion

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

Thank you for your consideration of this testimony in support of HB1340. I can be available for any questions.

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

HB-1340-HD-1

Submitted on: 2/25/2023 1:59:00 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

Mahalo

HB-1340-HD-1

Submitted on: 2/25/2023 2:02:49 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
MARISSA MATSUSAKA	Individual	Support	Written Testimony Only

Comments:

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

My name is Marissa Matsusaka. I live in Kaimuki, and I am writing in strong support of HB1340, which will establish the Beneficial Treatments Advisory Council.

Oregon and Colorado have recently legalized the therapeutic use of plant medicines, including psilocybin. In November 2020, Oregon voters approved Measure 109, which legalized the use of psilocybin in a controlled setting for individuals over the age of 21. Similarly, Colorado voters approved Proposition 122 in November 2022, which legalized access to certain plants or fungi, including psilocybin, for people 21 years of age and older within a venue created for supervised participation by state-licensed facilitators. The Act also decriminalizes personal use of certain plants and fungi for individuals over the age of 21.

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

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

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

By establishing the Beneficial Treatments Advisory Council, Hawaii can lead the way in providing innovative and compassionate care to individuals struggling with mental health disorders. Please support this measure.

Sincerely,

Marissa Matsusaka

HB-1340-HD-1

Submitted on: 2/25/2023 2:19:54 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Robert Patterson, I live in Honolulu, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

The State of Hawaii should establish the Beneficial Treatments Advisory Council for the following reasons:

- 1. Improving the Quality of Mental Health Care:** A Beneficial Treatments Advisory Council can help improve the quality of mental health care by reviewing and evaluating the latest evidence-based treatments and making recommendations for their use. This can ensure that patients receive the most effective treatments available and improve health outcomes.
- 2. Encouraging Evidence-Based Practices:** The Advisory Council can help promote the use of evidence-based practices by advising the Department of Health on the most effective treatments for mental health conditions. This can help to reduce the use of ineffective or harmful treatments and promote the use of treatments that have been proven to be effective.
- 3. Providing a Forum for Expert Opinion:** The Advisory Council can provide a forum for experts in the field of mental health to share their knowledge and expertise. This can help to ensure that the latest research and knowledge are taken into consideration when making decisions about mental health treatments.
- 4. Improving Access to Effective Treatments:** The Advisory Council can help to improve access to effective treatments by advising the Department of Health on which treatments should be made available to patients. This can help to ensure that patients are able to access the treatments they need to improve their mental health.
- 5. Encouraging Collaboration and Coordination:** The Advisory Council can encourage collaboration and coordination between different stakeholders, including healthcare providers, researchers, and patient advocacy groups. This can help to ensure that the best interests of patients are taken into consideration when making decisions about mental health treatments.

Providing Independent Advice: The Advisory Council can provide independent advice to the Department of Health, free from any commercial interests or conflicts of interest. This can help to ensure that the advice given is impartial and based solely on the best interests of patients.

With health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to Beneficial Treatments. Please support this measure to enable the DOH and State of Hawaii to review mental health treatment information and advise the Department of Health.

Thank you,

Robert Patterson

HB-1340-HD-1

Submitted on: 2/25/2023 3:33:47 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Kristina Rodriguez, I live in Kihei, Maui and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

Having experienced early childhood sexual trauma, my destiny was set on the path of spirituality. I have lived my life as a seeker- a seeker of healing, a seeker of understanding, a seeker of forgiveness, and a seeker of the deeper meaning behind existence, suffering, peace, and happiness. Over the years, my seeking led me to work with and study many different spiritual lineages the world over- lineages from India, Peru, Brazil, Mexico, Hawaii, and indigenous tribal nations of North America. It was through these beautiful traditions that I discovered the healing power of sacred plant/fungi medicines, ceremony, prayer, and ritual. These lineages & traditions informed not only my personal healing, but also my life path as an individual called to help facilitate the healing processes of others. It is my deep prayer that access to these healing medicines be made available to the people of Hawai'i. If I can heal from sexual trauma, so can others, and that gives me hope for a brighter tomorrow.

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

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

Mahalo,
Kristina M. Rodriguez, RN-BSN

HB-1340-HD-1

Submitted on: 2/25/2023 3:40:09 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Ashley Yamashita	Individual	Support	Written Testimony Only

Comments:

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

My name is Ashley, I live in Kailua, Oahu, and I am writing in strong support of HB1340, which will establish the Beneficial Treatments Advisory Council.

Access to psychedelic therapies has personally been life changing to me. Living with trauma, PTSD, treatment resistant depression, anxiety, and their associated disorders has affected my life dramatically. It wasn't until I discovered psychedelic therapies that I was able to break the hold that depression, anxiety, and PTSD held on me. With the help of these types of medications, I was able to experience breakthroughs in healing that years of talk therapy and prescription medications were not able to achieve. Having access to psychedelic therapies would not only change lives, but save them. A person's healing should not be inhibited by outdated legislation.

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

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

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

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

Mahalo,

Ashley Y.

HB-1340-HD-1

Submitted on: 2/25/2023 3:41:33 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Crystal Charkowski, I live in Kailua-Kona on the island of Hawaii, and I am writing in strong support of HB 1340.

As an MSW candidate who plans to serve the Kailua-Kona community toward the goal of healthy connection, I believe that our current heavily medicated mental health interventions should be continually scrutinized, and policies should be challenged for effectiveness and consumer protection. Our current available medications to treat mental health and substance use disorders have limited prescribing providers, are costly, and the side-effects of the SSRI's and anti-psychotic medications prescribed to people suffering from mental health needs can be just as harmful as the original disorder. Studying psychedelic medicine in a strengths-based, client focused, safe environment with protocols could provide another avenue of treatment of mental health in our community. Research from multiple countries has shown psilocybin to be affective for a wide range of mental and psychiatric diagnoses including treatment-resistance depression, anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety, especially when administered in clinical settings.

My personal goal for community service in Hawaii will include future referrals to those who prescribe medications for the treatment of mental health and substance use disorders. I hope that psilocybin treatment providers will be available in my list of referrals in the future. Please support HB 1340 for the future treatment of mental health in this beautiful state.

Mahalo, Crystal Charkowski

Testimony in Support of Measure (Beneficial Treatments Advisory Council)
[HB1340](#)

Committee Hearing | 2023 Legislative Session

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

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

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

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

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

Please support this measure.

Mahalo,
Tony Santini

HB-1340-HD-1

Submitted on: 2/25/2023 7:49:43 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Kenneth Smirke	Individual	Support	Written Testimony Only

Comments:

Relating to my mental health and others I support psilocybin for therapy. I support Bill HB1340.

HB-1340-HD-1

Submitted on: 2/25/2023 8:08:57 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Sasha Kariel	Individual	Support	Written Testimony Only

Comments:

My name is Sasha Kariel. I am a Psychologist who lives and practices on the north shore of Oahu. I am 70 years old and I have been working as a psychologist for over 30 years. I strongly support this bill and advocate for additional treatment modalities for my clients who suffer from certain mental illnesses. Psychedelic medicine can help people that current psychiatric medications and psychological treatments do not. Thankfully, researchers have blazed a path forward with a methodology that will assure safety for clients and proven it's effectiveness with certain client populations. I hope this testimony will be helpful to you.

Aloha Sasha Kariel PhD

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

My name is Alicia McMichael, I live in Monoa, Oahu, Hawaii and I am writing in strong support of HB1340, which will establish the Beneficial Treatments Advisory Council.

I am a disabled military veteran and PhD Doctoral student Researching Psilocybin Therapeutics. The data collected across every paper I have written demonstrates incredible results in reducing PTSD with microdosing psilocybin as well as reducing mental health psychiatric symptoms, hence reducing suicides and healing through regenerative plant medicine.

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

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

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

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

Mahalo,

Alicia McMichael

HB-1340-HD-1

Submitted on: 2/26/2023 7:01:44 AM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

My name is Stefano, I live in Pāhoā, Hawaii and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

Personally, I have experienced the power of psychedelic therapy from the stark identity shift of my dear friend's mother and how she battled with smoking for decades! From one psychedelic therapy session and a month of therapy work preparing and learning from the experience brought tears to her eyes and a changed woman.

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

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

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

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

Mahalo,
Stefano Quarra

HB-1340-HD-1

Submitted on: 2/26/2023 2:05:46 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

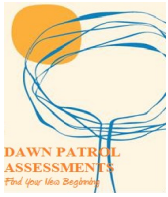
Submitted By	Organization	Testifier Position	Testify
Dylan Ramos	Individual	Support	Written Testimony Only

Comments:

Aloha,

My name is Dylan Ramos and I am testifying in strong support of HB1340. I was born and raised in Honolulu, but during my time in different states, I have seen firsthand the positive impacts psychedelic medicines have had on people with serious physical and mental health issues. Not only have many of these often plant-based medicines been used safely and effectively throughout history, but modern research from around the world, including the United States, has shown major clinical benefits and proven the feasibility and effectiveness of policy reform.

Mahalo,
Dylan Ramos
96816



DAWN PATROL ASSESSMENTS

Find Your New Beginning

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

My name is Dawn Martin and I am writing **in strong support of HB1340**, which permanently establishes the beneficial treatments advisory council to review mental health treatment information and advise the department of health.

I live and work in Kakaako as a Licensed Mental Health Counselor. I have personally seen many of my clients benefit from the medicinal use of psilocybin when they are able to gain access to them. I help with the integration portion of their new journey, where clients start to integrate all the new patterns they learned after they use psychedelic medicine. I have seen the wonderful benefits for those struggling with depression and anxiety finally find relief from their symptoms with the use of psychedelics. The biggest hurdle is that clients don't have access to the medicine. Researchers around the world have renewed scientific understanding of the benefits of psychedelic medicine on the brain and body, so it is with growing certainty that scientists and medical professionals are now working with policymakers to bring plant-based medicines like psilocybin above ground for therapeutic uses.

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

With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to therapeutic psilocybin. Having an advisory council to help make informed decisions for our state is very important to me and the consistency of these services being provided in our community. Please support this measure.

Mahalo,

Dawn Martin, LMHC

HB-1340-HD-1

Submitted on: 2/26/2023 8:21:33 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

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

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

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

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

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

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

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

Mahalo,

Nicole

HB-1340-HD-1

Submitted on: 2/27/2023 8:43:16 AM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

In strong support!

HB-1340-HD-1

Submitted on: 2/27/2023 11:49:02 AM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
terry p kamen	Individual	Support	Written Testimony Only

Comments:

Fully support HB 1340

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

My name is Oriana Filiaci, I live in the ahupua'a of Honolulu on the island of O'ahu and I am writing in support of HB1340, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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

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

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

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

With mental health becoming a more pressing issue in our communities, we all know someone who stands to benefit from access to these efficacious therapies. Please support this measure.

Mahalo,

Oriana Filiaci, MA
Director of Admissions & Cultural Programming

soundmind

HB-1340-HD-1

Submitted on: 2/27/2023 12:10:39 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Zachary Kamen	Individual	Support	Written Testimony Only

Comments:

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

My name is Zack, I live in Kauai, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

[Insert personal testimonial here—share a personal story or connection you have to this issue to emphasize how important it is to expand access to psilocybin, MDMA, or other psychedelic therapies. Add any professional experience you may be able to offer (doctors, therapists, etc.)]

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

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

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

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

Mahalo,
Zack

HB-1340-HD-1

Submitted on: 2/27/2023 1:12:22 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

Chair and Committee Members of the Consumer Protection and Commerce Committee,

I'm taking time from time with my kid to write in strong support of HB1340.

Hawaii is a very healing place, however we are one of the states that struggles the most with people experiencing homelessness and a lot of them struggle with mental health issues. These are new times, times to consider how to keep our communities safe, healthy and thriving. Traditional cultures have used psychedelics plants and fungi in their practices for thousands of years, lately modern research is catching up with all the benefits of these plant medicines. Please be a leader by voting in favor of Hawaii creating a safe path to a legal access to therapeutic psychedelics.

Mahalo,

Caterine Picardo

Waiialua, Hawaii

HB-1340-HD-1

Submitted on: 2/27/2023 1:53:11 PM

Testimony for CPC on 2/28/2023 2:00:00 PM

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

Comments:

Aloha members of the committee,

My name is Amanda Lillibridge, I live in Kailua-Kona, Hawai'i and I am writing in strong support of HB1340, which will effectively expand access to psychedelics in Hawaii.

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

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

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

Thank you so much for your time and consideration - Please support HB1340. With aloha,

Amanda Lillibridge

Gerald S. Clay

Attorney at Law

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Phone: (808)535-8405
Email: gclay@paclawteam.com

February 27, 2023

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

I am a 50-year resident of Oahu living in Nuuanu. I am a practicing attorney with more than 50 years in practice where I have witnessed a growth in personal mental problems. I predict this trend will grow unless better medical treatments are discovered, determined, and actually used.

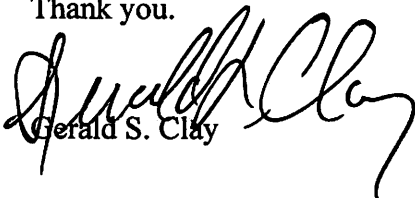
I have researched medicines and I have had personal experiences with psilocybin, I believe psilocybin holds a positive key to recovering from Anxiety, Depression, ADD, Bi-polar afflictions, Chronic Pain, and Street Drug Addiction.

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

I support bill no SB1454 as the starting point to better our Hawaiian Society. The states of Oregon and Colorado have already determined this is a good starting point for their states' afflicted residence.

Remember, this is just a starting point and not a state sanctioned free-for-all to use psychedelics. I believe it is in Hawaii's best interest to be the next state to begin **medical** study of psilocybin, and I believe HB1340 is a good and safe starting point.

Thank you.


Gerald S. Clay