



STATE OF HAWAII
DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
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**Testimony in SUPPORT of HB1340 HD2
RELATING TO MENTAL HEALTH.**

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

Hearing Date: March 22, 2023

Room Number: 229

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

2 **Department Testimony:** The Department of Health (DOH) supports this measure that will help
3 prepare Hawaii for future treatments and technologies with applications for behavioral health and
4 that have received Breakthrough Therapy Designations by the US Food and Drug
5 Administration.

6 The department provides mental health services to children, adolescents, and severely mentally
7 ill adults, and regularly reviews new technologies and treatments that may benefit DOH
8 consumers. For treatments with potentially broader application, a community conversation to
9 prepare for the four- to six-year timeline post-Breakthrough Designation approval process is a
10 prudent investment.

11 Thank you for the opportunity to testify.

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



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,

A handwritten signature in black ink, appearing to read 'Ashley', with a long, sweeping horizontal line extending to the right.

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



HEROIC
HEARTS
PROJECT

Testimony in Support of HB1340

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

My name is Jesse Gould and I represent many military veteran voices across the great state of Hawaii, and I am writing in strong support of HB1340, which will establish the therapeutic psilocybin working group.

I am an Army Ranger veteran with 3 combat deployments to Afghanistan. I am writing to you today as both a military veteran and a US citizen. As a veteran, I represent the voice of a community that is suffering through an unprecedented mental health crisis. As a civilian, I bring the simple request to reexamine certain laws that are now outdated and prevent the emergence of effective treatment options.

The prospect of decriminalization may seem daunting on the surface. Before entheogenic plants saved my life, I would have been skeptical as well, but I've come to discover that my prejudices were not supported by facts. Among the veteran population, rates of Post Traumatic Stress Disorder, depression, and suicide have soared. Since the start of the Global War on Terrorism, more veterans have died as a result of suicide than in combat by more than a factor of 20. Veterans are also four times more likely to have suffered from opioid addiction as a direct result of negligent pain management programs. Despite over \$80 billion dollars of funding, the Department of Veteran Affairs (VA) has not been able to find any real solutions to this epidemic.

As a result of my own life-saving experience with psychedelic substances, I founded the nonprofit organization Heroic Hearts Project (HHP). Each year we receive hundreds of requests from veterans who are seeking psychedelic-assisted psychotherapy. The majority of these veterans have tried everything the VA has to offer and come to HHP near hopeless. Controlled psychedelic experiences have been the only thing that has allowed them to regain their life and hope for a better future. Currently, these veterans have to travel outside the country for life-saving mental health care. We must change this embarrassing reality. Research is supporting the anecdotal evidence and now laws need to reflect this new understanding that psychedelics can have medical benefits.

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



HEROIC HEARTS PROJECT

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

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

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

Mahalo,
Jesse Gould

Executive Director
Heroic Hearts Project



Hawai'i Psychological Association

For a Healthy Hawai'i

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Honolulu, HI 96808

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COMMITTEE ON HEALTH & HOMELESSNESS

Rep. Della Au Belatti, Chair

Rep. Jenna Takenouchi, Vice Chair

February 15, 2023 9:30 A.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 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 Posttraumatic 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 five percent of the U.S. population.

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

With mental health becoming a more present issue in our communities, everyone knows 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 Yelton, Ph.D.

Alex Lichten, 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: Authorizes Director of Health to establish a temporary breakthrough therapy advisory council within three months of FDA approval of breakthrough therapy designation.**

My clinical expertise is in suicide risk and addictions. 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 save my patients' lives. This has been verified by large studies: **psilocybin reduces suicide risk.** But, I cannot help them access these substances.

MDMA has likewise 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 research to come out. 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.

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fax (808) 356-1649*

www.beyondmentalhealth.com

Aloha Chair, Vice Chair and Members of the HHS 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 Temporary Breakthrough Therapy Designation 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

March 19, 2023

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

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

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

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

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

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

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

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

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

Sincerely,

A handwritten signature in black ink, appearing to read "A. Blaine Williams".

A. Blaine Williams, M.D.

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March 20, 2023

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

I am 81 years old and have lived in Hawaii for 50 years. I am a practicing attorney where I have witnessed an unfortunate growth in people's mental problems. I predict this mental health dilemma will continue to fester unless and until better medical treatments are determined.

I have researched mental health studies about Psilocybin including studies at our nations Medical Schools. My conclusion is that there are breakthrough therapies using Psilocybin (aka Magic Mushrooms). I believe psilocybin may hold a positive therapy and cure for our fellow citizens working to recover 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 local knowledge to find new paths to better Hawaii's mental health problems.

I support bill no HB1340 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' mentally ill citizens.

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.

HB-1340-HD-2

Submitted on: 3/20/2023 9:45:58 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

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

My name is Dooraе 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-2

Submitted on: 3/21/2023 12:15:40 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino and Members of the 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 HB 1340 HD2, 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

HB-1340-HD-2

Submitted on: 3/21/2023 12:54:31 PM

Testimony for HHS on 3/22/2023 1:01:00 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 practice in Honolulu, and am also 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, suicide is the leading cause of death in the youth of Hawaii, and only about 1-2 thirds of depressed folks getting significant benefit from typical medication and therapy approaches. Meanwhile PTSD impacts 5% of the population, with higher prevalence in our veteran 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

Testimony in Support of **MEASURE # HB 1340**

Committee Hearing | 2023 Legislative Session

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

My name is **Claudia Haywood**, I live in Kapolei 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 want to start with sharing that this is a very personal issue for me, having dealt with mental health in my family and in friendships, relationships with colleagues and others. If you have not, consider yourself fortunate. My story began about 40 years ago now when a close friend, V, and I, who were kindred souls shared our depression struggles. One Tuesday he called me and wanted to talk but on that Tuesday, I was sick, I didn't feel well, I didn't look well and had a cold. I told him I would catch up with him on the weekend, although in hindsight I sensed he probably needed to talk sooner. It was Thanksgiving week and I tried to catch up with him on Friday and through that weekend. On the following Monday, a mutual friend of ours let me know that he took his life on Thanksgiving Day. For years, I wrestled with the guilt of not having taken the time out to talk with him on that Tuesday, wondering if I could have said something that could have changed the trajectory of that week when he succumbed to whatever demons within that made him believe he could no longer go on. You see, for him, for me and for many others like us, mental illness, whether it is depression, anxiety, PTSD or whatever it is, it is a daily battle. Somedays, it can be so overwhelming it is a war that you wake up every day to fight. It is somedays a battle that you feel like you have just enough ammunition for the fight and other days, you don't feel like you have any ammunition left. But just like we send soldiers to battle in this country in wars like Desert Storm and in other wars, armed with every possible piece of ammunition available and known to mankind to fight the enemy, even when the enemy was invisible with IEDs for example, we sent the soldiers in well-armed for battle with a fighting chance to win.

If you are hearing this testimony (or reading this) and you are a human being and, on this planet, and you have a family member, a friend, an aunt, uncle, colleague, neighbor or anyone in your life, you may not know what battle they may be fighting each and every day when they get up. And you may not know what struggles they face in their lives, but they should have available to them every possible weapon in the mental health arsenal available to them to fight this battle to survive another day and to have an opportunity to be happy.

I know that every day I am alive, I put one foot on the ground and thank God that I have the opportunity to keep fighting this battle, for myself and for every other person in my life who is also battling with the same mental health issues. I have others close to me that continue to fight with mental health issues daily and I pray they too each get an opportunity to continue to live to see another day. I know now that one person as a friend, a parent or family can't do anything alone to stop someone. But I do know that when you give someone every possible tool to help them, they stand a better chance at success. My friend (V) from 40 years ago is not the only person that I have known personally who succumbed to the fight of mental illness. In the last five years, I lost another close work colleague who also lost her battle with mental illness. Could they have benefited from these new treatments, such as plant-based medicines? We will never know. What I have learned in 40 years, is that we cannot limit ourselves in this fight and that every effort, every step must be taken to find beneficial treatments for mental health illnesses. Just as weaponry in the battlefield has evolved, so should the weapons and tools for treating mental illness. And just as technology has changed and evolved, and we've learned the

benefits of change and evolution from opening our minds to new innovations, it is incumbent upon everyone to keep looking for solutions. We are so close so we cannot stop now.

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. And as I said in the beginning everyone deserves a fighting chance to win this battle.

Mahalo,

Claudia Haywood

**Please place as testimony for: HHS public hearing on 03-22-23 1:01PM;
Conference Room 225**

Testimony in strong favor of HB1340,HD2

Aloha Chair San Buenaventura, Vice-Chair Aquino and Committee Members,

My name is Sean Lester and I am a 32 year resident of Maui and a 6 year active-duty disabled Vietnam Veteran.

As a six-year active military veteran, I have seen so many of my brothers and sisters commit suicide, hooked in deep depression, and treated with drugs that have dulled them from being contributing members of our local societies. Every time we cannot bring someone back from this – we lose a part of our ability to be whole as a society. If living in Hawaii has taught me anything, it's the wonder of a society when everyone is contributing.

This is about treatment, with the very real possibility of transformative cure according to the FDA and other federal sources. It's about helping people to be able to do so without a pharmaceutical regimen that has proven to be expensive and in many instances, of dubious effect. This is a far cry from illegal street use - and has the potential to be a real breakthrough when utilized by medical professionals in a controlled environment that is supported with mental health professionals. The professionals want to try it – after years of being overwhelmed with the mental health challenges our local professionals have to deal with. If there is any chance a one to three session modality of therapy can help to transform the system of mental health, why not give them a chance to see for themselves and report back to you their findings?

Hawaii has an opportunity to find out if we can change the pain and suffering of many here on our islands. Senator Schatz has joined Congressman Case in asking for this to be looked at on the federal level however as we know, the federal side takes a very long time. In the meantime, we have a potential for doing real substantive change here in Hawaii by allowing a group of professionals to utilize this in a clinical environment to give you straight data. We have the potential to do our citizens a real service.

If there is even the remotest possibility of this working, and worldwide data shows that it is very promising, don't we owe these professionals the chance at using tools to do a study that has so much potential?

I urge you to back this bill and do whatever you can to shepherd it through the process.

Mahalo,

Sean Lester Maui, Hawaii

HB-1340-HD-2

Submitted on: 3/17/2023 10:49:38 AM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Cards Pintor	Individual	Support	Written Testimony Only

Comments:

Aloha,

I support this bill.

Mahalo nui,

Cards Pintor

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-2

Submitted on: 3/18/2023 10:33:53 AM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

Testimony for HB1340

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

My name is Appelusa, I live in Koloa, Kauai and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation 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 microdosing that I began to notice changes in the way I felt and perceived the world around me, and my healing process. 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, MDMA, and potentially other breakthrough therapies. Please support this measure.

Mahalo,
Appelusa

HB-1340-HD-2

Submitted on: 3/17/2023 7:50:08 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

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

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

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

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

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

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

Mahalo,
Ruta Jordans

HB-1340-HD-2

Submitted on: 3/19/2023 2:03:16 PM

Testimony for HHS on 3/22/2023 1:01:00 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-2

Submitted on: 3/20/2023 9:47:45 AM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

Aloha Members of the Committee,

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

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

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

Please support this effort.

Mahalo,

John Ward

HB-1340-HD-2

Submitted on: 3/20/2023 1:58:32 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Harvey Arkin	Individual	Support	Written Testimony Only

Comments:

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

My name is Harvey Arkin, I live in Manoa, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation 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, MDMA, and potentially other breakthrough therapies. Please support this measure.

Mahalo,
Harvey Arkin

HB-1340-HD-2

Submitted on: 3/18/2023 3:24:05 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

In strong support!

HB-1340-HD-2

Submitted on: 3/20/2023 4:30:50 PM

Testimony for HHS on 3/22/2023 1:01:00 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 Kaimuki, O‘ahu and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

The mental, emotional, social, and ecological crises that we find ourselves in presents a potent opportunity for healing.

Growing research confirms the anecdotal experience of countless others, from indigenous practitioners to my own personal healing journey — that psychedelics like psilocybin, MDMA have groundbreaking clinical applications for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder.

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,
Anna Camacho

HB-1340-HD-2

Submitted on: 3/20/2023 2:01:01 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Andrea Bertoli	Individual	Support	Written Testimony Only

Comments:

My name is Andrea, I live have lived in Hawaii for 20+ years, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation 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 challenges an increasing challenge across country, I know many people who stand to benefit from access to therapeutic psilocybin, MDMA, and potentially other breakthrough therapies. Please support this measure.

Mahalo,
Andrea

Testimony in Support of HB1340

Committee Hearing | 2023 Legislative Session

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

My name is Rachel Lehn, 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.

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,
Rachel Lehn

HB-1340-HD-2

Submitted on: 3/20/2023 2:01:35 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

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

I live in Aiea on Oahu, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation 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, MDMA, and potentially other breakthrough therapies. Please support this measure.

Mahalo,
Linda Sakamoto

HB-1340-HD-2

Submitted on: 3/20/2023 4:51:41 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
TY Cheng	Individual	Support	Written Testimony Only

Comments:

I am writing to support the intent of this bill. Plant and fungus based medicines should be studied for their healing potential.

HB-1340-HD-2

Submitted on: 3/20/2023 9:33:48 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

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

My name is Stefano, I live in Puna, Hawaii Island, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

I experienced the profound joy from my friends mother around quitting to smoke after psilocybin therapy. The whole family buzzes with pride. Pay no attend to nay sayers doubting the effectiveness of psylicibin therapy.

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

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

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

approval. Both are expected to be rescheduled and approved for medical use in the next few years federally.

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

Mahalo,
Stefano

HB-1340-HD-2

Submitted on: 3/21/2023 11:11:17 AM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Ann Pitcaithley	Individual	Support	Written Testimony Only

Comments:

Aloha Chair, Vice Chair and members of the Committee

I am in strong support of HB 1340 relating to mental health.

I am encouraged to see the growing trend towards acceptance of medically supervised micro dosing of psilocybin mushrooms therapy and the potential therapeutic benefits that this approach may offer for conditions like major depressive disorder. This type of disorder is often resistant to conventional treatment. I am an RN with 30 years of experience of working acute care and psychiatric nursing and know firsthand of the revolving door of repeated admissions of patients with major depressive disorder, many with suicidal ideations or attempted suicide, known as common and contributing factors. A recent evidence based research by [John Hopkins School of I Medicine, Department of Psychiatry and Behavioral Medicine](#) , demonstrated that in the treatment for major depressive disorders, the administration of only two micro doses of psilocybin demonstrated substantial antidepressant effects for 12 months. Micro dosing of psilocybin involves a dose that is sub-hallucinogenic and is 1/10 to 1/20 % of that of a recreational dose.

It is important for policymakers and healthcare professionals to take a science-based approach to assessing the potential benefits and risks to ensure that people who may benefit from psilocybin therapy are able to access it in a safe and controlled manner, while minimizing any potential harms. Hopefully, the continuing stigma surrounding psilocybin will be lifted, and it will be recognized for its potential to help those suffering from other mental health conditions.

Thank you for the opportunity to provide testimony

HB-1340-HD-2

Submitted on: 3/21/2023 11:35:51 AM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Quentin Kealoha	Individual	Support	Written Testimony Only

Comments:

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

My name is Quentin Kealoha I am a resident of Waimānalo, O‘ahu and I am writing to strongly strong support HB1340, which permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the state.

As an individual with both a Bachelor’s of Science and Master’s of Science in Integrative Health Sciences, and having intensively researched entheogenic substances and psychedelic-assisted therapies over the last eight years, I can attest to the importance of exploring the potential of integrating psychedelic-based medicines, particularly with regards to psilocybin-based modalities, into Hawai‘i’s healthcare system. Research from major institutions around the world has demonstrated psilocybin and other psychedelic-based substances and treatments to be promising and revolutionary clinical treatment tools for a wide range of mental and psychiatric diagnoses, which includes anxiety, addiction, body dysmorphia, depression, end-of-life anxiety, and post-traumatic stress disorder. Furthermore, psilocybin has, In recent studies, been increasingly identified as one of the most natural, effective, non-addictive, and safe treatment options for varying psychological disorders, demonstrating equal, if not superior effectiveness to current treatment modalities, as well as extremely low instances of negative reactions and/or side-effects.

State and County lawmakers now hold a significant responsibility to facilitating safe, legal, and therapeutic use of psilocybin for their constituents, especially given the increased instance and severity of mental illness throughout global populations. The citizens of Hawai‘i and their healthcare providers deserve the ability to explore and integrate psilocybin and other psychedelic substance-based modalities into their health management plans and protocols, which may not only improve the quality of healthcare for citizens, but may also significantly improve access to effective treatments across all demographics. It is my hope that you all will consider supporting this measure.

Mahalo nui a nā akua pū,

Quentin Kealoha

HB-1340-HD-2

Submitted on: 3/21/2023 12:08:10 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Amber Laplante	Individual	Support	Written Testimony Only

Comments:

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

My name is Amber Vantze, MFT, LMHC, I live in Haiku on Maui, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation Advisory Council.

As a psychedelic-assisted psychotherapist working above ground with only legal medicines, it is important to me to expand access to plant medicines that have proven to be effective for the conditions afflicting the populations I serve. I have personally worked with multiple plant medicines and know they have profound effects. I have also witnessed patients alleviate many mental health conditions with the assistance of plant medicines and compounds derived from plants.

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

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

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

Both are expected to be rescheduled and approved for medical use in the next few years federally.

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

Mahalo,
Amber Vantze, MFT, LMHC

HB-1340-HD-2

Submitted on: 3/21/2023 12:57:55 PM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

Dear Chair, Vice Chair and Members of the Committee,

My name is Wendy Gibson-Viviani and I'm an RN who has lived in Hawaii for 30 years. I have no personal experience with using psychedelics as medicine but have been reading about it enough to see that:

- There is a growing body of scientific evidence showing the potential therapeutic usefulness of psychedelics and
- A growing number of states are allowing psychedelic-assisted-therapies
- we should start preparing for the day when psychedelic medicines may be approved by the United States Food and Drug Administration (FDA).

Given that it usually takes about 17 years for scientific discoveries to become clinical practice—this bill could speed up the process.

Authorizing the director of health to establish a temporary breakthrough therapy designation advisory council within three months of a breakthrough therapy designation approval by the FDA provides a pathway to the creation of the policies and procedures needed.

Thank you for this opportunity to testify.

Wendy Gibson-Viviani RN/BSN

Kailua

(808) 321-4503

HB-1340-HD-2

Submitted on: 3/21/2023 10:36:16 AM

Testimony for HHS on 3/22/2023 1:01:00 PM

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

Comments:

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

My name is Nicci Herron, I live in Kailua-Kona on Hawaii Island, and I am writing **in strong support of HB1340**, which will establish the Temporary Breakthrough Therapy Designation 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 and/or MDMA. 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.

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Mahalo,
Nicci Herron

Jadu Jagel, Psy.D. Clinical Psychologist

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Kaneohe, CA 96744
415.846.2511
jadujagel@comcast.net

MARCH 21st, 2023

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

My name is Jadu Jagel, I am a clinical psychologist living in Kaneohe, Oahu, and I am writing **in strong support of HB1340**, which will establish the Beneficial Treatments Advisory Council.

I am currently pursuing licensure as a psychologist in Hawaii and eager to apply my expertise and training to address the mental health needs of the community. I come with over 20 years of clinical experience working with diverse client populations in California, including incarcerated youth. I treat mood disorders, addiction, anxiety, complex PTSD and dissociation. In addition, I did dissertation research addressing the beneficial spiritual aspects of psychedelic experiences.

I am passionate about helping others work through difficult problems by using mindfulness to harness brain plasticity. I am particularly interested in psychedelics because of their potential to help change the brain in ways that positively impact common mental health issues such as addiction and trauma, as well as relationships and perhaps society as a whole. They have a peculiar and powerful ability to foster psychological health when combined with intention, insight, and integration therapy.

Clinicians like myself are prepared with certification-level, research-based training in psychedelic assisted therapy. The mental health field is ready for this breakthrough treatment method. Your help in passing this bill will enable providers to adequately meet the needs of patients in Hawaii who suffer from chronic, treatment resistant conditions. Imagine knowing that your vote ostensibly led to countless patients solving the perhaps lifelong puzzle of their suffering.

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.

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

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

Mahalo,

Jadu Jagel, PsyD