



**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 1454**, a bill which begins an important conversation around therapeutic access to psilocybin in Hawaii. For the past 3 years you have advanced similar measures out of this committee and I'm hoping you do so again today.

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 stroke extending to the right.

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



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

Date: 2/7/2023

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

We have strong data suggesting psilocybin lowers suicide risk.

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

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

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

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

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

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*www.beyondmentalhealth.com*

Some patients have committed suicide during the waiting process.

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

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

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

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

Cordially,

Thomas Cook, M.D.

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**SB-1531**

Submitted on: 2/9/2023 8:44:28 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

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

My name is Kathy Southard LCSW, a psychotherapist in private practice in Honolulu, a former psychiatric social worker at Queens Medical Center, and a former member of a Harvard Medical School teaching hospital's psychiatry department. I live in the Ala Moana neighborhood of Honolulu and I am writing in strong support of HB1337, supporting the use of psilocybin in mental health care.

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

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

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

Thank you for your attention in this matter.

Sincerely,

Kathy Southard LCSW

**SB-1531**

Submitted on: 2/8/2023 9:34:06 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Michelle Ha	Testifying for 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 SB1531, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information on therapeutic psychedelic modalities (psilocybin, MDMA, etc) and advise the State. .

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



**SB-1531**

Submitted on: 2/9/2023 5:15:02 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
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 the University of Hawaii. I am testifying in strong support of SB1531, 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 8, 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 SB1531**, which will establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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. People often come to the ER because they have nowhere else to turn, or they are brought or sent to the ER by family or healthcare professionals who are concerned and reached their limit of what they can handle.

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).

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.

Although Psilocybin and MDMA are both still illegal and classified as “Schedule 1” under the DEA, they have been granted "breakthrough therapy" status by the FDA. Both of these substances are likely to become federally legal for therapeutic use within the next 2-3 years. 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.

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

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', with a stylized flourish at the end.

A. Blaine Williams, M.D.

[ablainewilliams@gmail.com](mailto:ablainewilliams@gmail.com)

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**SB-1531**

Submitted on: 2/8/2023 10:01:03 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Doorae Shin	Individual	Support	In Person

Comments:

**Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the HHS Committee,**

My name is Doorae Shin, and I am testifying in strong support of SB1531. I am a resident of Kaimuki / Mō‘ili‘ili, and I also serve as the Project Manager of Clarity Project, which advocates for legal access to therapeutic psilocybin and other psychedelic therapies in Hawai‘i. This measure will establish the Therapeutic Psilocybin Working Group.

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

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

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**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](#).
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## **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.

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### **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
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## **Conclusion**

As you can see, the movement to create safe therapeutic access to psilocybin, MDMA, and other psychedelic therapies is one that is growing across cities, states, at a federal level, and within academic and medical institutions. The passage of SB1531 would allow for our community members who are in need to have access to this therapeutic option and find relief. We all know someone who stands to benefit from effective therapies to depression, addiction, PTSD, anxiety, and more. That's why we support this bill, and we ask that you pass this bill so we can adequately prepare Hawai'i to offer safe access to these therapeutic options for those who need it.

Thank you for your consideration of this testimony in support of SB1531. I can be available for any questions.

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



## IN SUPPORT OF SB1531

Aloha members of the committee,

My name is Amanda Lillibridge and I am writing **in strong support of SB1531**, which will effectively expand access to psilocybin in Hawaii.

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

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

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

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

Amanda Lillibridge

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

### [SB1531](#)

Committee Hearing | 2023 Legislative Session

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

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

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

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

I know there are people in Hawaii suffer like I have, especially with addiction and generational trauma. I believe the question that legislative representatives must ask themselves is, "Do I want to be part of the healing that could happen for the people of Hawaii, or will I choose for them to wait?" There are a lot of people that don't even know their suffering could have an end. It would be an incredible gift if you could open the door to a pathway for them to end it.

Please support this measure.

Mahalo,  
Tony Santini

Aloha,

As I support of the establishment of the council, and the potential benefits of psychedelic substances in the hands of highly trained professionals. I urge you, please act responsibly.

I have experienced devastating effect trusting that some of the mentioned substances could help treat my conditions. I failed to recognize these are tools, and in the wrong hands their potency carries potential to do enormous damage. These tools, and their proper use, are still under investigation and years away from being adequately understood. Anything on a fast track is already set to miss the long term effects that can potentially be the most damaging. The potency of these substances demand a higher degree of licensing and regulation, and a deliberate approach. Not an experimental fast track in the hands of unlicensed practitioners, and profiteers.

So far, that is exactly what is happening. There is a rampant industry of unlicensed, self appointed, "shaman", "guides", and "healers" taking advantage of the gray legal situation around phycadelics. They are administering a variety of powerful substances and working with people in highly vulnerable and suggestive states. Many are inadvertently doing significant damage while essentially acting as therapists or spiritual guides, because these titles do not require licensing or training. Un regulated production facilities and black market trade of these substances is common and in the open. Many of these operations are poised to avoid licensing requirements, taxes, repercussions, or liability by claiming religious exemption. There are thousands of individual new "religions" who's entire purpose is based on using or distributing powerful drugs. Many call Hawaii home.

Hawaii is likely or is quickly becoming among the largest exporters of Ayahuasca in the world, with production increasing rapidly. The availability of powerful psychedelics in Hawaii is as easy as posting a message on Telegram. The potential for these substances to fall into the hands of those with high possibility of adverse reactions, or young developing brains, is enormous.

Please act responsibly, with the best interest of the community in mind, Please do not pander to the voices of those that would suggest the opportunity for profit is not effecting their integrity while they offer conjecture as evidence, and push for rapid approvals with little regulation in effect arguing for large scale experimentation on human subjects.

Please work to maintain and enforce repercussions for people that would disregard basic safety and behave recklessly with peoples mental health, while moving forward in a deliberate and considered fashion based on through scientific study.

Mahalo

**SB-1531**

Submitted on: 2/8/2023 8:16:28 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Indy Rishi Singh	Individual	Support	Remotely Via Zoom

Comments:

I will comment on zoom. thank you!

**SB-1531**

Submitted on: 2/7/2023 3:08:47 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

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

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

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

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

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

Citing this research, initiatives in favor of therapeutic psilocybin and MDMA are occurring nationwide, including Oregon’s new therapeutic psilocybin program, which just launched this

year, along with Colorado recently decriminalizing and partially legalizing psilocybin, in addition to counties across the nation decriminalizing psilocybin and MDMA.

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

Mahalo,  
Alyssa Kratz

**SB-1531**

Submitted on: 2/7/2023 5:41:52 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
BRIAN ROSE	Individual	Support	Written Testimony Only

Comments:

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

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

I have personally benefited from the use of psychedelic medicine in my pursuit of better mental health and overall improvement of wellbeing. I have seen in my own healing and the healing of others the power of these medicines in a safe setting with supportive guides to have an immense impact on ones life and connection to the broader community.

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,

Brian M Rose CHPN RN

**SB-1531**

Submitted on: 2/8/2023 7:20:17 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Ruta Jordans	Individual	Support	Written Testimony Only

Comments:

My daughter became interested in psychedelics to help persons with PTSD when her brother and his friends returned from the war in Iraq. Treatments, especially by the Veterans Administration not only did not help the PTSD but it also caused them to become addicted to the drugs they were given. Because of that, she began studying psychology. She has just received her PhD for a study of veterans taking ayahuasca, how it has helped them.

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.

I strongly support SB1531 and ask you to support it to establish the Beneficial Treatments Advisory Council.

**SB-1531**

Submitted on: 2/8/2023 8:30:42 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Oriana Filiaci	Individual	Support	Written Testimony Only

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Oriana Filiaci, I live in the ahupua‘a of Honolulu on the island of O‘ahu and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

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

Mahalo,  
Oriana Filiaci, MA

**SB-1531**

Submitted on: 2/8/2023 9:37:30 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Sunny Savage	Individual	Support	Written Testimony Only

Comments:

In strong support!

**SB-1531**

Submitted on: 2/8/2023 10:23:11 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Ariana Whalen	Individual	Support	Written Testimony Only

Comments:

I support this bill.

**SB-1531**

Submitted on: 2/8/2023 11:45:41 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Lauren Ampolos, PhD, I live in Maui, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

I am a psychologist and specializes in treating trauma disorders, amongst other diagnoses. As you likely know, we are learning that access to medicines like psilocybin, MDMA and other psychedelic therapies can be supportive in the treatment of these psychological disorders.

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,  
Lauren Ampolos, PhD

**SB-1531**

Submitted on: 2/8/2023 11:59:03 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Amber Vantze	Individual	Support	Written Testimony Only

Comments:

I completely support the permanent establishment of the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

I currently work as a psychotherapist using legal psychedelics to support trauma resolution. The passage of this bill will ultimately support the community by allowing the ethical use of evidence-based treatments.

Please consider the mental health of our community members in your decision.



**SB-1531**

Submitted on: 2/8/2023 1:04:02 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Nanea Lo	Individual	Support	Written Testimony Only

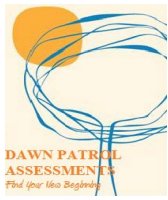
Comments:

Hello,

My name is Nanea Lo. I'm born and raised in the Hawaiian Kingdom a Kanaka Maoli.

I'm writing in SUPPORT of SB1531

me ke aloha 'āina,  
Nanea Lo, Mō'ili'ili



## 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 SB1531**, which will permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information on therapeutic psychedelic modalities.

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

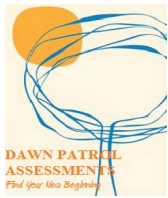
Major research and academic institutions around the world has shown psilocybin to be a promising and even groundbreaking clinical treatment for a wide range of mental and psychiatric diagnoses including anxiety, addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. Psilocybin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

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

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

Mahalo,

Dawn Martin, LMHC



**DAWN PATROL ASSESSMENTS**  
**Find Your New Beginning**

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**SB-1531**

Submitted on: 2/8/2023 3:14:04 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Lucas Morgan	Individual	Support	Written Testimony Only

Comments:

Aloha kākou,

My name is Lucas Paul Kawika Morgan, from Maunaloa (Hawai'i Kai), O'ahu, and I am writing to express my strong support for Bill SB 1531 and the establishment of the Beneficial Treatments Advisory Council. I am a clinical psychologist licensed and practicing in Hawai'i, and over my years of treating patients with severe depression, addiction, and PTSD, I have had many cases where traditional psychopharmacology and psychotherapy did not lead to significant improvement in symptoms and life functioning. I was not familiar with psilocybin, MDMA, or other psychedelic therapies in the past or personally, but due to the growing research showing the potential benefits of these in mental health contexts, I believe we should be looking into their potential to help patients who have otherwise not benefited from existing treatments. Cultural biases against psilocybin, MDMA, and other psychedelic therapies have hindered this process, and I strongly believe we need to change these outdated views with research and evidence, and explore what could help many people in our communities. SB 1531 will be a positive step in this direction. Mahalo nunui for your consideration.

Lucas Paul Kawika Morgan, PhD

Licensed Clinical Psychologist (Hawaii PSY#1630)

**SB-1531**

Submitted on: 2/8/2023 3:22:52 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Nicelle Herron, I live in Kailua-Kona on Hawai'i Island, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

As a long time sufferer of anxiety, panic attacks and OCD, I desperately wish that this could be a part of my healing journey. It has been years of therapy trying to unwind these debilitating thought patterns and even longer trying to get to the root and feel like I have some sort of control over these tendencies. I'm still not there yet and still feel like I have frequent episodes. The research that I have done looks so promising. I have cried hearing stories of other people who have access to this in their therapy process who feel like they have truly left these patterns behind. I know this has the ability to change lives.

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

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

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

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

Mahalo,  
Nicelle Herron

**SB-1531**

Submitted on: 2/8/2023 3:49:10 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Erin Conway	Individual	Support	Written Testimony Only

Comments:

Aloha,

I'm testifying in support of SB1531 because it has been proven to benefit individuals with a wide range of mental health conditions. Some of these conditions include depression, anxiety, addictions, OCD and eating disorders. In these studies, some conditions can even be reversed. While not everyone may want this treatment for themselves, I think this should be an option for everyone to be able to help them live a better quality life.

## Testimony in Support of the SB1531

Committee Hearing | 2023 Legislative Session

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

My name is Manuel Diaz, I live in Pu'uloa on the island of O'ahu and I am writing **in strong support of this measure**, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

Psilocybin has had a beautiful impact on my life by helping me work through my alcoholism and childhood troubles. With a couple of sessions with the medicine that is psilocybin I unlocked/gained the emotional intelligence to understand my reason for over consuming alcohol as well as gained the skills to deal with my internal traumas in a healthy way. Please support this.

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,  
Manuel Diaz





**SB-1531**

Submitted on: 2/8/2023 5:51:57 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Angelique Kalani Axelrode, I live in Wailuku, Maui, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

Psilocybin and MDMA helped me overcome PTSD and start healing sexual trauma. I would not be where I am today without this medicine. It's scalable, effective and safe.

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

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

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

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

Mahalo,  
Angelique Kalani Axelrode

**SB-1531**

Submitted on: 2/8/2023 6:34:47 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Suzanne Johnson	Individual	Support	Written Testimony Only

Comments:

**Testimony in Support of the SB1531**

Committee Hearing | 2023 Legislative Session

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

My name is Suzanne Johnson, I live in Keaau, on the Big Island, and I am writing **in strong support of this measure**, which will permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

My brother is a veteran of the Iraq wars, and suffers from trauma both physical and mental. I feel that exploring non addictive solutions such as psilocybin might be his only hope at this time.

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,

Suzanne Johnson

**SB-1531**

Submitted on: 2/8/2023 7:02:20 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Tane Datta	Individual	Support	Written Testimony Only

Comments:

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

Thank you

**SB-1531**

Submitted on: 2/8/2023 7:08:05 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Dylan Ramos	Individual	Support	Written Testimony Only

Comments:

Aloha,

My name is Dylan Ramos and I am testifying in strong support of SB1531. 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

**SB-1531**

Submitted on: 2/8/2023 8:03:42 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
KIMBERLY JUNE WARREN	Individual	Support	Written Testimony Only

Comments:

I took anti-anxiety and anti-depressant medication for 15 years with horrible side-effects including compromised sleep, nightmares and weight gain. With micro-doses of psilocybin, I've been able to go off all medication and have found so much clarity and peace in my life. This is one of nature's many gifts to humanity and meant to help us. It is no mistake that mushrooms are medicinal in countless ways and we should be encouraging natural and functional solutions to the stresses we endure. There are already so many people growing and ingesting them regularly, selling them privately and it's growing popularity could benefit the state financially as well as bringing us all together through its magic. Please do everyone a favor and make this the new normal. It will happen either way, let's do it together!

**SB-1531**

Submitted on: 2/8/2023 8:16:17 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Dani Douglass	Individual	Support	Written Testimony Only

Comments:

February 8, 2023

Aloha Chair, Vice Chair, and Members of the Senate Committee on Health and Human Services,

My name is Dani Douglass and I live in Makiki on Oahu. I'm writing to you in strong support of SB1531, which will establish a beneficial treatments advisory council. As someone who struggles from treatment-resistant major depression, I'm hopeful that I could soon have access to therapeutic psilocybin. I've been suicidal on more than one occasion in my life and have tried numerous types of anti-depressants to no avail and on the contrary, became sicker and more desperate as time went on. The most distributing thing is that these medications are outdated and take several weeks to take effect if the patient will even find relief. When you are struggling just to stay alive day in and day out, time is of the essence.

I'm sure you have seen recent headlines about the initiatives in favor of therapeutic psilocybin that are occurring nationwide, including Oregon's new therapeutic psilocybin program, which just launched this year, along with Colorado and recently decriminalizing and partially legalizing psilocybin, in addition to counties across the nation decriminalizing psilocybin and other similar psychedelics. Just last week, Australia legalized psilocybin, along with MDMA, for treating treatment-resistant depression and post-traumatic stress disorder.

There is much scientific research coming to the forefront, from very reputable organizations including Johns Hopkins, UC San Francisco, and UC Davis, about the positive benefits psychedelics, or plant medicines, have on the brain and body of individuals that are struggling with a host of mental issues, ranging from PTSD and depression to anxiety and addiction. These studies all agree that psilocybin is a natural, effective, safe and non-addictive treatment option for depression and anxiety, especially when it is given in a clinical setting. The U.S. Food & Drug Administration has twice designated psilocybin as a "breakthrough therapy" for treatment-resistant depression.

Because of these increasing studies and a growing interest to once again use psilocybin to treat a variety of mental health disorders, it's important that scientists and medical professionals work with policymakers to bring plant-based medicines, like psilocybin, above ground for therapeutic use.



We're experiencing a mental health crisis in our community. The latest report from Mental Health America reports that 50 million Americans, or 21%, are experiencing a mental illness. I believe that everyone knows someone who stands to benefit from access to therapeutic psilocybin. I look forward to a time when I'll be able to access these therapies for my depression and be able to refer my friends and family to access them as well. Please help Hawaii lead the country with access to these therapies for the countless individuals who are struggling.

Mahalo,  
Dani Douglass

**SB-1531**

Submitted on: 2/8/2023 8:33:04 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Ana Giliberti	Individual	Support	Written Testimony Only

Comments:

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

**SB-1531**

Submitted on: 2/8/2023 8:57:37 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Michael Walker	Individual	Support	Written Testimony Only

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Michael Walker, I live in Waialua on Oahu, and I am writing in strong support of SB 1531, 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, MDMA, and more. Please support this measure.

Mahalo,  
Michael Walker

**SB-1531**

Submitted on: 2/8/2023 9:27:59 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Tiare Gray	Individual	Support	Written Testimony Only

Comments:

Having access to therapeutic psilocybin treatment in which to help patients and the people of Hawaii who are living with trauma related to PTSD would be life-changing. I strongly believe it would help my father and brother who suffer from PTSD related to near-death experiences. My father was rendered quadriplegic and still suffers from debilitating nerve pain. My brother suffers from anxiety, PTSD, and extreme pain from a work-related accident. Having access to these treatments will provide more options for therapy, research plus a possibility for a better life after healing from their physical and emotional trauma.

## Testimony in Support of the SB1531

Committee Hearing | 2023 Legislative Session

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

My name is Sergi Gimenez Cervello, I live in O’ahu, and I am writing **in strong support of this measure**, which will Permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

I’m personally interested in this measure because of the history of mental health issues in my family – my dad and grandma have been struggling with depression for years, particularly my grandma is struggling with trauma, loss and fear of death and current treatments are only numbing her mental capabilities and don’t seem to be very effective.

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,  
Sergi Gimenez Cervello

**SB-1531**

Submitted on: 2/8/2023 9:28:36 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Daniela C. Spoto	Individual	Support	Written Testimony Only

Comments:

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

Thank you for the opportunity to testify in support of SB 1531, which permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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.

**SB-1531**

Submitted on: 2/8/2023 11:40:42 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Leilani Laranio	Individual	Support	Written Testimony Only

Comments:

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

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

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

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

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

addiction, depression, end-of-life anxiety, and post-traumatic stress disorder. As a result, psilocybin is increasingly considered one of the most natural, effective, non-addictive, and safe treatment options for depression and anxiety when administered in clinical settings. These impressive results have led the U.S. Food & Drug Administration to grant psilocybin their Breakthrough Therapy designation for treatment-resistant depression.

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

We do not want the citizens of Hawai‘i to miss out on this healing modality. With mental health becoming a more present issue in our communities, everyone knows someone who stands to benefit from access to psilocybin. I can whole heartedly say that psilocybin has saved my life. That is why I am pursuing my MA in Counseling Psychology, in hopes to change the stigma and heal the world.

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

Mahalo,

Leilani Laranio



**SB-1531**

Submitted on: 2/9/2023 6:48:40 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

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

After 20 years of smoking my friend's mother was ready to quit though she tried everything. Living in the DC area, she enrolled at John Hopkins under their research program of guided psilocybin treatment for addiction. From one single session she hasn't pick up a cigarette since. My friend is completely hopeful of interventions like this after seeing his mom experience such a radical change in perspective and activity.

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



**SB-1531**

Submitted on: 2/9/2023 8:41:59 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Katherine Wong, I live in Mililani, O'ahu, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

Mahalo,  
Katherine

# Gerald S. Clay

## Attorney at Law

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

February 9, 2023

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

My name is Gerald S. Clay, I live in Nuuanu neighborhood, Oahu and I am writing in support of **SB1531**, which will establish the Beneficial Treatments Advisory Counsel.

It is my firm belief that SB1531 could have the greatest positive impact for all the residence of Hawaii. Colorado and Oregon have recognized the positive changes in society who could benefit from psychedelics.

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

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

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

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

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

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

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

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

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

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

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

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

Very truly yours,

/s/ Gerald S. Clay

**SB-1531**

Submitted on: 2/9/2023 10:03:16 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Angel green	Individual	Support	Written Testimony Only

Comments:

Testimony in Support of the SB1531

Committee Hearing | 2023 Legislative Session

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

My name is Angel Green, I live in Makawao, on the island of Maui, and I am writing in strong support of this measure, which will Permanently establishes the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

I strongly believe in the Medicinal values of Psychedelic medicine and feel that essentially everyone struggling could benefit from healing powers. I've found incredible results with my anxiety, depression, PTSD, trauma etc. I want Hawaii and all of the world to have legal access to these healing plants that are naturally of the earth and here for us to heal.

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,

Angel Green

**SB-1531**

Submitted on: 2/9/2023 10:26:05 AM

Testimony for HHS on 2/10/2023 1:00:00 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 individuals may 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

**SB-1531**

Submitted on: 2/9/2023 11:07:52 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
becca nutsch	Individual	Support	Written Testimony Only

Comments:

Submitting a testimony of my friend's experience with psilocybin, and it's positive effects for her & her PTSD:

" I have always been a lover of heights. It gives me a thrill to be high above the ground or water beneath. I especially enjoy the sensation of freefalling (intentionally) be it skydiving, bungee jumping, cliff jumping, etc.

Several years ago I had the unfortunate experience of falling off a cliff. I fell from a height of about 125 feet. I am extremely lucky to have survived that fall. In fact every one of the 30 to 40 witnesses were certain I died. But I didn't.

Of course, falling off a cliff is a scenario that's terrifying enough, but I believe what traumatized me most is the fact that it had nothing to do with my recklessness or carelessness. The ground simply broke away beneath my feet. I was standing 3 or 4 feet from the edge getting my picture taken when the overhang or ledge I was standing on collapsed.

As you can imagine - since that incident anytime I find myself on the edge of a precipice which falling from would mean certain death, my head goes spinning and my body gets trembly.

Recently my friends wanted to backpack Kalalau. It's a trek I've wanted to do for so long so I excitedly yet hesitantly agreed to join. The hesitation was because I knew this hike to have some pretty sketchy cliff edges. The girls I was hiking with all knew of my fall and the night before the hike we talked it over. I shared how much anxiety I was feeling about the section called "crawlers ledge" and that if I got to that part and couldn't mentally and emotionally do it I'd be turning around while they continued on. They kindly assured me it would be ok and that I could do it but inside I was thinking they have no idea how severe this fear is.

We began the hike with excitement the next morning. I was fully enjoying the views and the 7 miles before coming to crawlers ledge. As soon as I saw it I felt myself get trembly and surfacing emotions made my eyes watery but my determination forced me to take a few steps into it. It wasn't that terrible to start but I quickly concluded there was no way I could do this with a 50 pound pack throwing my balance off. My friend told me to wait while she and the others went across that section, she dropped her pack and came back and took mine so I could try it with just

my own body. That definitely helped but as I got farther along my trembling worsened and emotions welled up to the point I could barely even see because I was sobbing so hard. Unfortunately I still could see enough to look down and witness the 30 foot waves crashing on the cliff face 300 feet below us. To make matters worse a rock I was holding on to for support broke off in my hand and I was slightly thrown off balance. It wasn't that bad really but what little resolve I had left broke away with that rock. I stood there frozen unable to move. My body was shaking and I couldn't control my tears. If it weren't for her encouraging me and telling me that the end was right around the corner (lies) I don't know how I would have continued. I inched my way along the cliff face just an absolute wreck of emotions until what felt like forever later I did at last reach the end of that section. The girls cheered for me and we all sat watching the huge waves below feeling the mist and admiring what we just accomplished.

We all thought the remaining 4 miles would be risk free but there was a small section only about 15 feet across that had been washed out by rainfall which we all agreed was even more dangerous than what we had already done because there was absolutely nothing to hold on to while stepping across the extremely steep slope of loose dirt. (Again, a couple hundred feet above huge crashing waves and certain death) they all crossed it swiftly but my overthinking made me freeze midway across. And then I had the terrifying feeling that I couldn't go forward and I could go back. I was stuck on this steep steep slope of loose dirt with nothing to stop me from sliding all the way down if I made one wrong move. This time another one of my friends came back across took my pack and helped me across.

I was physically, mentally and emotionally shot after that. I barely had enough energy to finish the hike in. But I did.

We got to camp and while they were excited to be there and taking in the beauty of that paradisiacal place - all I felt was dread. A gut twisting dread that I was going to have to do that again in 3 days. I was terrified. We made dinner and talked casually around the fire. I hid my feelings trying not to be a downer. I thought I'd sleep so well that night from my exhaustion but I barely slept and when I did it was severely anxious dreams about falling on our hike back out.

It was a slow morning, we made breakfast then had some beach time. We had all brought mushrooms to have on our first full day there and when it was suggested we take them I really reeally was not feeling in the right headspace to take psilocybin. But not wanting to let on to how I was feeling I took them as well. As the effects starting kicking in, I felt gravity extra heavy and didn't want to move around. So when they said they were going to hike upstream I said I wanted to stay here.

With them gone, I laid in my hammock staring up at the trees which usually is a great visual treat for me but at this point my unsettled feelings were just amplified and I didn't know what to do with myself.

I messaged my husband on my garmin device knowing he always has the ability to comfort me. Short texts that I was having an awful time and didn't want to be here. He offered to send a boat to pick me up but with the waves as big as they were there was zero chance that could happen. Nothing could be done to get me out of the situation I was in.

I couldn't sit still. I went down to the beach and looked back up at the towering cliffs above. Instead of feeling awe at the incredible beauty, it felt like looming prison walls. I looked back in the direction we hiked in and it seemed an impossibility for me to make it back out. I fell to my knees and began to cry. Helicopters doing their scenic Na'pali coast tours started buzzing far overhead and I pathetically reached up to them bawling and begging to be picked up and carried out of here. I felt so trapped. So helpless. So much dread about having to do that cliff face again. On my knees in the sand I fell apart.

I can't say how long I was in that state but it felt like a very long time.

I think my eyes were closed. Either that or my vision was completely obscured by all the tears pouring out. But when I was able to see again, something had changed. I was facing out to the ocean which dazzled me with sparkles dancing on cerulean blue water. I turned to look at the same towering cliffs above that had just terrified me but now they were ancient protecting giants. I could hear the sound of the waterfall cascading down the cliff just beside me, something I hadn't really even noticed before then. There was a feeling welling up inside me that I can only describe as joyful relief. I was HAPPY to be here! I kept looking around with amazement and gratitude that I was here in such a spectacular place! Energy surged and I jumped up and ran down the beach feeling free.

While running along the beach I noticed how many bits of plastic trash were washed up along the high tide line so I began collecting it. There was hardly anyone else there only two couples far down this long stretch of beach. I had made a few passes picking up trash and one of the couples said "there's a lot huh?" I replied "yeah it's never-ending, but I really enjoy making the effort." He turned to the woman with him and said "let's help her" so they got up and began beach-combing for trash as well. The other couple farther down the beach must have seen what we were all doing and joined the effort! We made a few rather large piles and felt proud.

Just as I was finishing my beach cleanup the girls returned. It was a joyful reunion, it felt like they had been gone for days! My friend hugged me and asked how I was. She could tell I had been through something. I briefly told her I had been on quite the emotional journey. It was then that I realized how hungry I was so we got to making dinner right away. It was as we were making campfire pizzas that I shared with them the struggle I had been going through. The whole time I was worried about burdening them with what I was feeling but all they had for me was love and support. I am always the happy one, the uplifter, the positive and fun one. I guess I have always felt a slight pressure to not tarnish the image of being that person. So we talked through that as well. And then I told them about what happened during my "trip" and that for some unexplainable reason I no longer felt dread about hiking out across the cliffs. They were so happy for me. We chatted about traumas and PTSD and how it all affects us mentally and emotionally and even physically.

I slept deeply and fully that night. The next morning I woke up ready to explore and experience this incredible place. We did. It was one of the most incredible days I've ever had. Experiencing the beauty and awe of nature and the joys of sisterhood.

Hiking out the next day had its physical challenges but what I find to be the most amazing is the level of anxiety I had going back across crawlers ledge. On a scale of 1 to 10 - the way in was a 9 and the way out was a 2. How, HOW can that happen so suddenly?! No psychiatric therapy or treatments or pharmaceuticals. Just mushrooms."

**SB-1531**

Submitted on: 2/9/2023 11:59:08 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Adina Ingram	Individual	Support	Written Testimony Only

Comments:

I am in support of SB1531, as it is important to have experts in the field of medicine, psychology, and therapy to evaluate and advise on the healing properties of psilocybin treatment. As a registered nurse, and concerned resident of Hawaii, i thank you for considering my testimony today.

**SB-1531**

Submitted on: 2/9/2023 12:54:20 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is xx, I live in [share neighborhood & island], and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

I can't stress how important it is to be open minded about expanding access to psilocybin, MDMA, or other psychedelic therapies. I've interacted with veterans using MDMA as treatment to deal with their PTSD with great success. The program is so helpful and working for so many that stood behind this great nation. I urge you to seek other forms of treatment besides pills behind the counter that are highly addictive and deadly

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,  
Zachary Kamen





**LATE**

**SB-1531**

Submitted on: 2/9/2023 1:00:20 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
terry p kamen	Individual	Support	Written Testimony Only

Comments:

Fully support

Terry Kamen

Chair Democratic Party District 17

**LATE**

**SB-1531**

Submitted on: 2/9/2023 2:12:07 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Joe	Individual	Support	Written Testimony Only

Comments:

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

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

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

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

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

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

Mahalo,

Joe Michaloski

**SB-1531**

Submitted on: 2/9/2023 2:31:53 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Caterine Picardo Diaz	Individual	Support	Written Testimony Only

Comments:

Dear Health Committee,

My name is Caterine Picardo and I live in Waialua, Oahu. I am writing in strong support of SB 1531 to establish a Council for therapeutic psychedelic modalities.

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

Mahalo!

Caterine

**LATE**

**SB-1531**

Submitted on: 2/9/2023 7:56:41 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

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

My name is Mariah Moncada, I currently live in Portland, Oregon but from 2013-2017 I lived in Waimanalo, Manoa, and Kahalu'u on Oahu. I am writing in **strong support of this measure**, which will Permanently establish the Beneficial Treatments Advisory Council to review mental health treatment information and advise the Department of Health.

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

health and personal empowerment. Having access to psilocybin could be some people's most promising tool to help find mental peace, clarity, wellbeing, and self actualization.

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

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

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

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

Mahalo,

Mariah Moncada

**LATE**

**SB-1531**

Submitted on: 2/10/2023 6:54:18 AM

Testimony for HHS on 2/10/2023 1:00:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Stan Olsen	Individual	Support	Written Testimony Only

Comments:

Aloha from Kona,

Stan Olsen here, as a Veteran & commercial boat captian, I've seen way too many colleagues use legal substances ( alcohol, cigarettes, prescription drugs ) to aid their mental health, and the success rate is near 0. Our country is long over due to open our minds and start using every available tool and begin to fix our mental health crisis. Please start by passing this bill.

Thx

Stan Olsen

**LATE**

## TESTIMONY IN STRONG SUPPORT OF SB1531

I am a person who is successfully self-treating a severe, lifelong, treatment-resistant case of chronic depression with psilocybin mushrooms. I wish to express my STRONG SUPPORT for SB1531.

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

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

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

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

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

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

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

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



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

I will speak clearly and plainly myself:

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

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

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

I originally drafted the substance of following essay in early 2021 as a never published open letter to the Hawai'i officials on this important subject of therapeutic psychedelics, asking that the possession, cultivation, and sale of psilocybin mushrooms and derivative products intended for use in the treatment of health conditions be fully legalized. As I began to write, I realized that this is an issue of so national importance. With this understanding, I refrained from publishing my thoughts until now I did not publish my thoughts, as prior publication would have foreclosed any hope of reaching a larger audience through any major newspaper's op-ed pages.

Here is my story:

*"It first dawned on me while I was doing the dishes: 'You haven't thought about killing yourself for at least two weeks - maybe more!"*

*"I am 65 years of age. [now 66] I have suffered from treatment-resistant depression and severe difficulties with attention, memory, concentration, and organization for*

*most of my life. Over the past 45 years I have been prescribed literally dozens of pharmaceutical medications to treat my mental health difficulties - all with unsatisfactory results. Some of these medications have had side effects that harmed my body in irreversible ways."*

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

*"A few years ago a friend of mine told me that he was using psilocybin mushrooms to successfully treat his own stubborn depression and suggested I look into the latest science on the matter for myself. I balked at this scandalous idea: 'I don't use any illicit drugs. I don't even drink alcohol! And I'm I certainly not going to try anything illegal!'"*

*"After three or four years more of what turned out to be totally unnecessary suffering, I finally gave in to my good friend's gentle urging, and began experimenting with Psilocybe cubensis mushrooms."*

*"The results have been nothing short of miraculous: Nothing else I have tried in over 45 years of treatment by qualified healthcare professionals works even remotely as well as 1/4 teaspoon of ground P. cubensis mushrooms mixed in with my morning coffee or oatmeal. I am now able to function effectively and experience the joy of living for the very first time in my entire adult life. Without doubt, this medicine immeasurably improves both my mental condition and my general quality of life. Although I will admit that my visual experience of the world appears much more vivid when taking psilocybin - a wondrous thing for a lifelong depressive who has hitherto only experienced the world in myriad shades of drab - I do not see visions, hear voices, or suffer other hallucinations at the doses I usually take. Nor is my thinking clouded or addled; much to the contrary, the psychedelic mushrooms I take in microdose amounts enhance my mental clarity and acuity to a startling degree."*

*"Occasionally, I take larger doses which can and do induce gross changes in thought and perception. These are often profound spiritual experiences, sometimes providing insights into troubling situations I had pushed out of my consciousness, hoping in vain never to have to deal with them. The conscious resurfacing of these suppressed*

*anxieties has provided rich material fueling the rapid progress I am now making after years of remaining 'stuck' in traditional psychotherapy.”*

*“I am quite certain that I pose no danger to myself or others when receiving such healing, insightful visions. The concerns I often hear expressed about the potential for such harm are greatly overblown. While I concede that such dramatic incidents do occur, they are exceedingly rare and not the norm. I am firmly convinced that the benefits that would flow to both afflicted individuals and society as a whole from ending the ban on psychedelics vastly outweigh any actual downsides.”*

*“At long last, I have discovered a medicine that almost magically helps me resolve seemingly irremediable health difficulties that have been tormenting me for decades, but the healthcare professionals who have tirelessly tried to help me over these many years now find themselves legally and ethically prohibited from planning or supervising my use of this medicinal fungus, other than to give me harm-reduction counseling. Worse yet, some actually still believe the anti-psychedelic hysteria of the sixties and seventies that led regulators to falsely declare that psychedelics had no legitimate therapeutic value.”*

*“Even my own primary care physician has annotated my medical chart with the loaded phrase 'drug use'. I would much prefer she write 'self-medicates his depression with psilocybin mushrooms', as that is far more accurate, specific, objective, and much less biased: I take no recreational drugs other than caffeine, sugar, and chocolate, and I have used both amphetamines and opioid narcotics without my becoming a drug abuser by scrupulously following the directions given to me on the occasions when they have been prescribed,”*

*“Medical science now tells us that the fear and superstition that to this very day bars the medical use of psychedelics is exactly that - fear and superstition. A number of studies over the past decade provide compelling evidence that psilocybin is at least as safe and as effective as many commonly prescribed antidepressants in the treatment of some types of stubborn depression. Other banned drugs, such as LSD, MDMA ('ecstasy'), and eskatamine (a ketamine or 'special K' derivative) are now showing great promise for providing relief for various mental health difficulties. Esketamine, in particular, has already been approved for tightly controlled in office use in treating depression, at \$240 per dose. Psilocybin mushrooms, on the other hand, grow wild in pastures almost everywhere, and are freely available to anyone with a properly trained eye.”*

*“My own case represents clear proof of the pudding to me, although I acknowledge it is only one single anecdote. Yet it remains true that I am free of my torments for the first time in nearly a half-century, and I fully and completely attribute the remission of my symptoms to my daily microdosing with psilocybin mushrooms.”*

*“As a direct consequence of these self-administered treatments, I believe that I may no longer need the pharmaceutical medications I have been taking for decades - or that, at the very least, the doses I have been taking can now be cut back. But it is legally and ethically thorny for those in the medical profession to recommend I take a banned natural product over a potentially harmful, yet officially approved synthetic pharmaceutical. Nonetheless, after integrating my own personal experiences with the information gleaned from reading literally dozens of peer-reviewed scientific papers, I am fully convinced that for me the former is both safer and more effective than the latter.”*

*“I find this situation so darkly absurd as to be Kafkaesque: the most reasonable and effective way to address outsized fears over imagined harms to myself or others would clearly be to permit the professionals who know me best to prescribe, supervise, monitor, and plan my psilocybin mushroom treatments. Instead, I am forced to do all this on my own, and in violation of outdated, unjust, and oppressive laws.”*

*“It deeply disturbs me that in doing what I find absolutely necessary to liberate myself from my life-threatening, lifelong depression and to finally experience a quality of life worth living makes me a criminal in the short-sighted eyes of the State of Hawai'i. Equally unsettling and galling is the fact that fully qualified healthcare professionals are barred from assisting me in ending my torment by nothing more than a set of laws grounded in ignorance and superstition.”*

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

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

I exhort the Hawai'i Legislature in the most strident and urgent terms to do everything within your power to make both natural and synthetic psychedelic medicines available to all those who would benefit from them at the earliest possible moment. Much human suffering can be relieved simply by changing the unjust laws currently in place; the Legislature has it within its power to save lives simply by changing our laws, and I believe it is your ethical duty to do so.

I strongly support SB1531 because it is a small step in the right direction, but this measure doesn't go nearly far enough. *Hawai'i citizens are suffering and dying unnecessarily today.* The time to form a study commission has long past come and gone. It is now time to take meaningful and compassionate action with all deliberate speed: Human lives are at stake.

I reserve the right to expand or modify my testimony in future as necessary.

K.K., Kihei, HI  
9 February 2023

**LATE**

**SB-1531**

Submitted on: 2/9/2023 11:53:25 PM

Testimony for HHS on 2/10/2023 1:00:00 PM

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

Comments:

Aloha Chair San Buenaventura, Vice Chair Aquino, and Members of the Committee,

My name is Jeanette Qablawi I am a local physican, I live in kaka'ako Oahu, and I am writing **in strong support of SB1531**, which will establish the Beneficial Treatments Advisory Council.

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

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

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

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

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

Mahalo,  
Jeanette Qablawi M.D.



**SB-1531**

Submitted on: 2/10/2023 12:25:38 AM  
Testimony for HHS on 2/10/2023 1:00:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Testify</b>
Daniel Amato	Individual	Support	Written Testimony Only

Comments:

I support SB1531.