

Dear Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee,

Please pass HCR195. This important piece of legislation helps our state take an important first step in expanding access to psilocybin assisted therapies in Hawaii by creating an advisory board of relevant state agencies, experts, community organizations, and potential beneficiaries.

Psilocybin can be effective for a wide range of mental and psychological disorders many of which are a major contributing factor to Hawaii's most pressing issues. Hawaii's medical professionals and outreach programs need access to innovative, effective, and safe tools to continue the work to help heal and support Hawaii.

The science and medical research coming out of respected institutions like Johns Hopkins University, UCLA, and NYU on psilocybin is clear, psilocybin

- [Decreases Existential Distress](#)
- [Decreases Obsessive-Compulsive Disorder Symptoms](#)
- [Helps Treat Major Depressive Disorder](#)
- Is Effective In [Alcohol](#) and [Smoking](#) Addiction Treatment

By passing this resolution, our state will be a part of a growing trend in state and local initiatives to expand clinical access to plant medicines like psilocybin. In fact, [as of June 2019, 55 cities across 30 states are actively seeking guidance on reforming relevant regulations](#). As of February 2020, three cities have decriminalized psilocybin: Denver (Colorado), Oakland (California), and Santa Cruz (California). In addition, an [initiative in Oregon](#) is working towards getting medical psilocybin in the state's November ballot.

Physicians need new and innovative tools in their toolkit as they are tackling Hawaii's growing mental health crisis and clinical access to these innovative tools is key to their success. In fact, medical 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](#). Research on psilocybin has shown that the [context of the experience plays a critical role in determining positive outcomes for patients](#). [In clinical research, patients given psilocybin are provided a safe, comfortable space with trained experts to offer support to participants](#).

Based on a thorough examination of the current socio-political environment and the potential of medical psilocybin, we see this resolution as the best next step in helping to move this important conversation forward.

Thank you for hearing and passing this measure out of your committee.