

Supporting SB1009
Full Support (FAV)

Thomas Wisdom
23360 Bear Creek Rd
Bend Or 97701

Good Afternoon,

My name is Thomas Wisdom and I am writing to provide my full support for SB1009.

The use of psychedelic medicines have been a critical part of my own healing. As a veteran of the Marine Corps and war in Afghanistan I have spent many years processing my own mental health struggle with depression. At one time this led me to be medicated on traditional psychiatric drugs. These stripped me of my ability to function in everyday life. I have also dealt with myriad other aspects of mental health including survivors guilt, imposter syndrome and substance dependence. I have worked with many different talk therapy modalities throughout the years. All with limited to no success. It wasn't until my first guided experience with psilocybin did I gain access to the tools needed to help myself heal.

Through the supervised use of psychedelic medicine these tools gave me control of my life and the ability to gain back hope for the future. These substances have allowed me to open doors into my own traumas and ideas about who I am and do the work needed in order to be the best human I can be. Without the insights and healing that psychedelics have given me I am not sure I would be alive today to provide this testimony.

Continued study of and access to these treatments is critical to helping people from all walks of life live as fulfilled a life as they can. Ensuring their equitable and affordable use will allow us as Americans to no longer just treat mental illness with ineffective substances but actually start healing people.

With the strongest conviction I hope you choose to pass the SB1009 and provide healing treatments to all those that need them.

Thank you,

Thomas Wisdom