

Attn: Senate Finance Committee

March 14th 2024

Testimony for SB1009

**Position: FAVORABLE**

---

Dear Chair Beidle and Members of the Committee,

I live in District 32, and I'm writing today as someone who cares deeply about issues of mental health and someone who's had a lifelong struggle with it.

We're in a mental health crisis, the age of communication has made our world impossibly complicated, overwhelming, and rapidly changing. There is a deep human cost to this mental health crisis, as well as a deep economic one.

And yet the most promising treatments for many mental health conditions are currently illegal. Multiple studies have shown a single dose of Psilocybin can cause improvement of symptoms in conditions such as Major Depressive Disorder that last for months or years.

Now this can sound hard to believe. We're used to taking medications that we're indefinitely dependent on, and we often view these drugs as merely recreational.

These compounds, however, belong to a rare group of drugs called psychoplastogens. This means they heighten neuroplasticity, the brain's ability to change on a neurological level. It's not hard to see the utility for that, especially administered alongside other therapy. It presents the chance of rapidly healing in ways that would otherwise be physiologically impossible.

We are missing out on the chance for treatments that help someone resolve the underlying problem, rather than numbing the symptoms. But first, we need to collect the facts and have tangible recommendations based on solid assessment and evidence, and that's what this bill does.

For these reasons, I urge a favorable report on SB1009.

- Valory Fox