

February 20, 2025

Joint Committee on Ways and Means Subcommittee on Human Services  
900 Court Street NE  
Salem, Oregon 97301

**RE: Oregon Health Authority Public Health Division: Oregon Psilocybin Services Budget**

Co-Chairs Campos and Valderrama and Committee Members,

Thank you for the opportunity to share information on the Oregon Psilocybin Services (OPS) budget within the Public Health Division at the Oregon Health Authority.

My name is Amanda Gow, and I am the Executive Director and Co-founder of Bendable Therapy in Bend, Oregon. Measure 109, passed by Oregon voters in 2020, was designed to create a state-licensed and regulated psilocybin therapy program to provide safe access for individuals seeking mental health support. Since the first services were delivered in May 2023, estimates indicate that approximately 9,000 people have participated in the program. At Bendable, we have supported over 200 clients through our psilocybin program.

At Bendable Therapy, we work with individuals seeking psilocybin services in support of their mental health, many of whom are struggling with treatment-resistant depression, PTSD, anxiety, and other chronic mental health challenges. While OPS has established a strong foundation of safety standards, Bendable Therapy has taken additional measures to enhance client support before, during, and after sessions. Our model prioritizes structured preparation and integration, ensuring that clients receive the necessary guidance to maximize the benefits of their experiences.

Importantly, we are in the final stages of Oregon's first field research project on the efficacy of the Bendable model. Data collection will be complete at the end of February 2025, with results anticipated to be shared in late spring 2025. This study seeks to answer critical questions, including:

- What are the primary mental health conditions that clients seek to address through psilocybin services?
- What specific outcomes do clients experience in the short and long term following a psilocybin session?
- How can screening processes be refined to better identify individuals most likely to benefit from psilocybin services?
- What are the common barriers to accessing psilocybin services, and how can these be mitigated?

As the first-of-its-kind program, Oregon Psilocybin Services requires time to mature, adapt, and demonstrate its full potential. While bringing this modality into a regulated framework has come with challenges, it has also brought profound hope to those struggling with chronic mental

health conditions. We implore the committee to allow this program more time to evolve, ensuring that it can provide equitable access to safe and effective services.

Additionally, we are attaching Bendable Therapy's annual report, which includes data and testimonials from individuals who have benefited from our services. These personal stories illustrate the real impact of psilocybin services and the potential this program has to improve mental health outcomes across Oregon.

Oregon has a historic opportunity to lead the nation in innovative, compassionate mental health care. With your support, the OPS program can continue to grow and improve, fulfilling the promise of Measure 109 and providing a model for others to follow.

Sincerely,  
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