

Submitter: Kat Thompson

On Behalf Of:

Committee: Joint Committee On Ways and Means Subcommittee On Human Services

Measure, Appointment or Topic: HB5025

I would like to provide written testimony in support of a bill that provides general funding to the Oregon Health Authority for the purposes of continuing the Oregon Psilocybin Services Program.

I am the founder and owner of one of Oregon's Service Centers. We served our first client in late Oct 2023 and since then have served nearly 500 clients ranging in psilocybin doses from 1mg to 50mg. We have achieved a 95% positive outcome rate with our clients, the vast majority of whom feel that their primary intention (goal) for going through psychedelic therapy was fully addressed within one, five to six hour session. We are finding the clients come to us to find relief and quality of life improvement when "nothing else has worked", including years or decades of talk therapy, medication management, or other methods. Many come to us when ketamine has failed to address their concerns. We are finding over and over that psychedelic therapy - when administered under the care and guidance of professionals, with proper preparation, safety planning and dosing personalization - is the most effective option for those with "treatment resistant" mental health concerns, as well as those facing various other life hurdles such as grief, burnout, life phase changes, large decisions, etc.

Seeing is believing and I would like to share a story of Walter (name changed for privacy) so that you have the ability to get a closer, more personal view at the power this natural earth medicine holds. In addition, I would like to invite any of the state legislature considering supporting this initiative to experience the power of psychedelic therapy for your own benefit. My Center is open to you at any time for services at-cost if you would like to experience the power of what it is we are doing in this great State, and the hope we are offering to thousands when western mental health treatment models have failed. Although we are supporting many more humans around the world than just Oregonians, your continued funding will ensure that these services remain intact, and that those traveling to Oregon for these life-changing interventional mental health services will contribute to Oregon's economy as well.

I want to share the story of Walter, who came to see us due to pervasive, severe treatment resistant depression. Walter was 64 years old last year when he saw us, and had struggled his entire life with depression. During his intake, he revealed he had been sexually abused as a child. He had tried many psychiatric medications and talk therapy but was still suffering greatly. Walter's son had gone through a successful session with us and wanted his dad to try it. He was clearly nervous when

he arrived, his hands were shaking. But he soon got settled into one of our nurturing rooms with darkened lighting, blankets, a candle, an eye mask and soft music. He followed his personalized dosing plan he and his facilitator had discussed, and started opening up for the first time about 45 minutes into his journey. He began to cry softly, and this escalated into loud sobbing. Walter sobbed for over four hours straight with no breaks. His facilitator was kneeling by his side, holding his hand when he wanted it, and supporting him with water and kleenex. At the end of the session, he said there was a natural end to the crying - he felt like he didn't need to anymore. He reported feeling self-love for the first time in his life. Also for the first time, his shame was gone. He felt great love for his wife and family. When his son picked him up, Walter hugged him (which shocked the son - dad is not a hugger!) and said "thank you. I feel peace." Walter only needed ONE session to achieve this. He hasn't returned because he hasn't needed to. Walter emailed us to say he felt like we had given him his life back. The truth is, Walter did this. He did the work he needed to do to release his pain.

We have 100's of these stories. Psilocybin changes lives. Thank you for your support.