

Lena Ramsay
Mariaville
LD 1914

15 May, 02023

Senator Hickman, Senate Chair

Representative Supica, House Chair

Members, Joint Standing Committee on Veterans and Legal Affairs

100 State House Station

Augusta, ME 04333-0100

Re: LD 1914 - An Act to Enact the Maine Psilocybin Health Access Act

Position: In support

Senator Hickman, Representative Supica, and distinguished Members of the Committee,

My name is Lena Ramsay and I'm a veteran living in Mariaville, Maine. I am in support of you approving LD 1914. Psilocybin is transforming the lives of so many veterans who have been resistant of the traditional treatments offered through the VA. So many of us come back from deployment experiencing severe PTSD, depression and severe anxiety only to be given a combination of medications in attempt to ease symptoms, when in fact these medications have side effects that make things worse. With psilocybin this is not the case. I have witnessed so many veterans find not only immediate, long lasting relief from their symptoms that they have been able to reduce or completely stop taking medications completely. This must be considered! Not only will it save the VA an enormous amount of money in providing medications to veterans that clearly do not work, it will save lives!!

For a veteran, such as myself, to come back from Afghanistan completely devastated, with no hope and struggling each and every day to just survive, psilocybin not only gives hope but restores the desire to want to live again. Sadly without the approval of LD 1914 many of us have to fear, on top of everything else, that we will be caught taking a natural medication that works. How can this be in the current world that we live in? With great respect, I ask you to consider this fact. What if it was a member of your family that was given a treatment for a severe condition that was working after years and years of trying other treatments but you were told that if you were caught you would face an unsympathetic legal system. What a horrible situation to be in. Many veterans and families of veterans are in this situation. Watching friends and family suffer but not being able to get them the treatment and support that really works is agony. However, by approving LD 1914 you have the chance to change this!!

It's time that we give the many veterans in our great state of Maine the chance to heal and have hope again. It is a shame that this has not happened already. That many of us even fear writing a letter to you today. It is a shame that we have fear of gaining access to a treatment that works. What we need now is support from you.

Thank you greatly for your consideration in this matter.