

Jessica Cooepr  
Norway  
LD 1914

Respected members of the Veterans and Legal Affairs Committee,

I am a mother, artist, worker-owner of two cooperatives, executive director of a creative non-profit, and engaged citizen in my town and the state of Maine. I am submitting written testimony in favor of LD 1914

The brief personal story that I would like to share is in regards to the inadequacy of our health care systems to address mental health in a complete and whole way and its impact on my life.

One of the most challenging relationships of my life lasted 7 years. As a young person at the time I had no tools to support this person with their severe mental health issues, issues with addiction, and self harm. Time and time again, the mental health system failed this person who needed safe guided work through deep personal traumas. This constant struggle to support this person had a huge negative impact on myself and would have had even deeper negative impacts on our child. Walking away from someone who was causing so much harm but needed so much support was both extremely difficult and also probably spared myself and my child from a lifetime of trauma. I regret that there were not better systems in place to help this person at that time.

Evidence based research and movements to legalize Psilocybin in other states have helped countless individuals to successfully work through their traumas and turn their lives around.

The shift towards safer and broader systems of support will help to move our communities in a more resilient and positive trajectory. Maine can and should be leading in this regard. There is increasing support and resources, networks and organizations, all dedicated to helping people in our communities get safer access to better help and I hope to see this bill LD1914 pass to continue moving this work forward, for the sake of young families in our state dealing with the impacts of trauma and mental health issues.

Thank you,

Jessica Cooper  
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