

Amanda Melnick
Falmouth, Maine
LD 1914

May 14, 2023

Re: LD1914 An Act to Enact the Maine Psilocybin Health Access Act

Position: Support

Dear Senator Hickman, Representative Supika, and the esteemed members of the Committee on Veterans and Legal Affairs:

My name is Amanda Melnick, and I am writing in support of LD 1914. There are studies from the most-respected medical universities and labs in the world on the amazing results from psilocybin therapies (including Johns Hopkins, Harvard, Yale, UCSF, and many others). The Veterans Administration is now participating in at least five trials of psychedelic drugs (including psilocybin) in New York, California and Oregon.

There is absolutely no reason that this plant should be illegal. When taken in a supportive setting with proper dosage and integration, it has been shown to have incredibly positive results. As per the paper: "Analysis of Psilocybin-Assisted Therapy in Medicine: A Narrative" found in the National Library of Medicine via the National Institute of Health:

"Results from these trials have shown significant reductions in depression and anxiety when compared with a placebo, and one trial found no significant difference when compared to a routinely prescribed selective serotonin reuptake inhibitor (SSRI). Studies conducted with patients with advanced-stage cancer have demonstrated that psilocybin may also be beneficial at reducing depression and anxiety associated with psychological crises due to a terminal diagnosis. Psilocybin therapy in the treatment of addiction, which is notoriously difficult to treat, has shown encouraging results. Due to its low toxicity and low risk of overuse, psilocybin has the potential to have a significant influence in the field of addiction medicine."

Please support this bill and the use of this natural medicine.

Thank you,
Amanda Melnick