

**Testimony in support of LD 1034**  
**the Committee on Criminal Justice and Public Safety**  
March 31, 2025

Senator Beebe-Center, Representative Hasenfus and distinguished members of the Committee:

My name is Sarah Johnson and I am a resident of Sanford.

I am writing in support of LD 1034, An Act to Decriminalize Personal Possession of Therapeutic Amounts of Psilocybin for Adults

I feel that decriminalizing possession of small amounts of psilocybin for adults contributes to public well being. There are numerous studies available that consistently find that psilocybin can be effective in treating [depression](#), [anxiety](#), [substance use disorders](#) and a range of mental health issues, including PTSD as noted in a [US Department of Veterans Affairs article](#). “The Veterans Health Administration's (VHA) Office of Research Development (ORD) is funding research on psychedelic compounds in Veterans. “. I feel the absolute least we could do to support those who are suffering and seeking these helpful alternative treatments is to decriminalize their possession.

I hope you will support this bill.

Thank you for your time and consideration.

Sarah Johnson  
Sanford, Maine.

<https://www.hopkinsmedicine.org/news/newsroom/news-releases/2020/11/psychedelic-treatment-with-psilocybin-relieves-major-depression-study-shows>

<https://pubmed.ncbi.nlm.nih.gov/27684102/>

[https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics assisted therapy.asp](https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics_assisted_therapy.asp)