

## LD1914 Testimonial

15 May 2023

Senator Hickman, Senate Chair  
Representative Supica, House Chair  
Members, Joint Standing Committee on Veterans and Legal Affairs  
100 State House Station  
Augusta Maine 04333

RE: LD1914 – An Act to Enact the Maine Psilocybin Health Access Act

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

My name is Nicolas Hamlin. I am native to Portland Maine where I lived until I joined the US Army in November 2000. I served for over a decade with multiple deployments to the Middle East in support of OEF/OIF. I have lead Soldiers in both garrison operations as well as missions down range. I stand before you today as living proof of the healing abilities Psilocybin has to offer and to plead for the approval of LD1914.

During the Vietnam War we knew it as Battle Fatigue. Before that in WWII it was known as Combat Stress Reaction, WWI, Shell Shock and going back further to the Civil War we rather beautifully called it, Soldiers Heart. Today we know this as Post Traumatic Stress Disorder or PTSD for short. Our knowledge about mental health has come along way since the Civil War and today we have the opportunity to do something that would have helped so many in the past, if only they had access. One Marine of past, my father, never was able to stop the war within. Upon honorable completion of his time in the Marines he immediately fathered two children almost back-to-back, yet took his life before my sister was born. He suffered in silence without all the support that Maine has to offer today. After completing my time in the military, I was left with extreme PTSD, anxiety and my own demons. I have used Psilocybin in the past to calm my soul. I don't know how to clearly explain the lasting self-confidence and peaceful outlook I was able to achieve. This has helped me and many others maintain productive lifestyles. I wish that psilocybin as a treatment option be available to those that will benefit from it.

I plead with you to please support and approve LD1914. Thank you for your time.

v/r  
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