

Members of the Health and Human Services Committee,

I am writing to urge you to support LD1582, An Act to Enact the Maine Psilocybin Services Act.

As you know, there is a great and urgent need for better mental health treatments, especially for depression, anxiety, and trauma. Maine's has a great unmet need, that has been made worse by the pandemic.

Current treatment options are ineffective for many folks, have strong side effects, and need to be taken daily for an indeterminate amount of time and at great financial cost. Moreover, they often do not work during the first 4-8 weeks of treatment. This is not ideal for Maine's most vulnerable population.

Psilocybin-assisted therapy can be effective in only 1-2 sessions and the improvements tend to endure for months or years. In addition, there are beneficial side effects, such as enhanced feelings of connectedness and acceptance.

Critically, this bill allows for more Mainers to receive this treatment, but also builds in safeguards to ensure patient safety and appropriate use. In this context, there appears to be relatively little potential for harm.

The science is highly encouraging.

Thank you for your consideration.

Mike Burman
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Saco City Council – Ward 4