



Christian Civic League of Maine

Senator Claxton, Representative Meyer and members of the Maine Committee on Health and Human Services, I am Mike McClellan, Policy Director for the Christian Civic League of Maine. The Christian Civic League of Maine envisions a state and nation where God is honored, religious freedom flourishes, families thrive, and life is cherished. We believe a Biblical approach works in life and including in our governance.

I am here to testify in opposition to LD 1582, An Act To Enact the Maine Psilocybin Services Act. The bill sponsor is Senator Bailey. This legislation seeks to create the framework to market and distribute mushroom products. This bill legalizes psilocybin (or “magic mushrooms”) for recreational use, and then establishes a regulatory framework to tax this drug.

Psychedelics are a class of hallucinogenic drugs whose primary effect is to trigger non-ordinary states of consciousness via serotonin 2A receptor agonism. This causes specific psychological, visual and auditory changes, and often a substantially altered state of consciousness. (Wikipedia). So the question becomes...why is this legislation good for our society? (It is not).

Magic Mushrooms are Hazardous

Even without wide legalized use, we know that using this illegal substance results in both physical and psychological health problems. While there are no long-term studies dealing with this substance, we know that in the short term ([according to a 2022 Health Canada analysis](#)), psilocybin use produces the following:

- “What is commonly known as a “bad trip” may occur, particularly at high doses. These experiences may be frightening and may include paranoia, loss of boundaries and a distorted sense of self. Impaired judgement during these “bad trips” may lead to risk-taking behavior, which may then lead to traumatic injuries or even death.
- “In certain cases, users may experience frequent or overly intense psychedelic events that may induce abrupt “flashbacks”, i.e., reliving the previous experience.
- “Using magic mushrooms with substances such as cannabis, amphetamines, alcohol, etc., elevates the risks of serious side effects and adverse events.
- “For individuals predisposed to or with existing psychiatric conditions, there may be an elevated risk of side effects. This association is still being evaluated.
- “For individuals with cardiac diseases, short-term effects such as increased blood pressure and heart rate could potentially be harmful.”

At the same time, it is difficult to say that these outweigh psilocybin’s benefits because there is:

No Thorough Research

The above study acknowledges that “Currently, no studies have evaluated the long-term effects of repetitive use of magic mushrooms.” An [April 2021 study friendly to using psilocybin for medical use](#) says that we need more time to evaluate to see if it’s safe for medical use (let alone recreational). A similarly friendly [2020 analysis](#) admits that “experience of users has rarely been investigated with sound methodology in the scientific literature.”

An earlier [2016 analysis](#) explains why: those in favor of psilocybin describe the experience as “mystical,” but they have trouble explaining what that means. Studies guided by the assumption that such an experience is good “...tends to assume it has the answers without really posing the questions that might falsify their assumptions.” This means that **when psilocybin supporters cite studies**, it is important to **question the thoroughness of the study**.

The above looks at medical use, this legislation would also allow for recreational use. If we don’t know that this is safe or beneficial in a medical context, why would we want to legalize it recreationally? We need more info. We need more time before you loose this on our communities.

Thank you. Know that many are hopeful of your actions and are praying for you and your families. God bless,

Mike

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Policy Director

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