

Dara Saffer  
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LD 1582

To the committee,

I am writing in strong support of LD1582. As a licensed therapist (LCSW) specializing in the treatment of trauma, I am painfully aware of the need for more treatment options for the complicated spectrum of symptoms my clients must live with every day, including but by no means limited to severe depression. There is very promising clinical research being done in other states on the benefits of supervised Psilocybin treatment; as Dr. Burman stated in the Portland Press Herald article yesterday, this treatment is not appropriate for everyone but it should be made available to those for whom it is appropriate.

Many people desperate for relief are already finding unregulated and unsupervised access to these drugs; while some are fortunately benefitting, some are experiencing setbacks and other more dangerous consequences. Please help Maine lead in establishing a pro-active system for evidence- based practice so that the maximum number of people can safely access to the maximum benefit. We can do so much good if we work together to create a science- based system rather than simply avoiding a complicated and uncomfortable subject.