

# Psychedelic Renaissance

## The Potential Future of Psychedelics in Treating Mental Health

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# Agenda

- ▶ US Mental Health Crisis
- ▶ Psychedelic-Assisted Psychotherapy
- ▶ Psychedelics
- ▶ Spotlight on Psilocybin
- ▶ Spotlight on Ketamine
- ▶ Are Psychedelics Legal?
- ▶ Conditions
- ▶ A Personal Journey
- ▶ Questions



# US Mental Health Crisis

## A Few Stats

### ▶ Every year<sup>(1)</sup>:

- ▶ 1 in 5 adults & 1 in 6 youth (age 6-17) - mental health disorder
- ▶ 1 in 20 adults - serious mental illness
- ▶ Suicide is the 2<sup>nd</sup> leading cause of death ages 10-14

### ▶ Veterans<sup>(1)</sup>:

- ▶ 20% experience mental illness
- ▶ 6% of males & 13% of female will have PTSD at some point in their life.

# Psychedelic-Assisted Psychotherapy (PAP)

## ▶ What is PAP?

- ▶ “The use of hallucinogens (or psychedelic drugs) in the treatment of some types of mental or physical illness.” (3)
- ▶ “An evidence-based protocol of treatment, where the use of psychedelics, combined with integrative psychotherapy, allows the person's inner healing intelligence to emerge and act as a guide to a more fulfilling life.” (4)

# Psychedelic-Assisted Psychotherapy

## How does PAP Work?:

- ▶ Psychedelics cross blood-brain barrier, target serotonin receptors
- ▶ Altered perceptions & hallucinations occur quickly
- ▶ Hallucinogens support brain neuroplasticity
- ▶ Neuroplasticity: Brain's ability to rewire, reorganize, & change itself—modify/awaken neural pathways, in response to new info or new experiences.
- ▶ Through Integration Therapy, new insights (information) are received, new perceptions & experiences processed.
- ▶ Corresponding intentions, thoughts, patterns afterward help solidify changes, establish new habits, attitudes, behaviors, and more. (5,6)

# Psychedelics

## ▶ What are Psychedelics?

- ▶ Psychoactive substances that change a person's perception, mood, and cognitive processes, or distort their interpretation of what they perceive. A person may also hallucinate—seeing or hearing things that do not exist or are distorted.
- ▶ Psychedelics affect all senses, altering a person's thinking, sense of time, and emotions.

# Psychedelics

## ▶ Drug Classification:

- ▶ Schedule I: Federal Controlled Substance Act of 1970
- ▶ Schedule 1 means
  - ▶ Unacceptable lack of safety
  - ▶ High potential for abuse/addiction
  - ▶ No currently accepted medical use in treatment in the US (8)

### ▶ Example Psychedelics (Schedule I)

- ▶ LSD
- ▶ Heroin
- ▶ Psilocybin (Magic Mushrooms)

# Psychedelics

- ▶ Example Psychedelics (Schedule I) (7)
  - ▶ LSD
  - ▶ Psilocybin (Magic Mushrooms)
  - ▶ MDMA (Ecstasy)
  - ▶ Mescaline (Peyote)
  - ▶ Cannabis
  - ▶ THC
  - ▶ Ayahuasca
  - ▶ PCP
- ▶ Spotlight: Psilocybin & Ketamine



# Spotlight on Psilocybin

- ▶ Plant-based, from “magic” mushrooms
- ▶ Schedule I Controlled Substance (Federal)
- ▶ Not FDA-approved to prescribe or use
- ▶ Research & FDA clinical trial results encouraging
- ▶ Grass roots efforts to decriminalize (state & local)

# Spotlight on Ketamine

- ▶ Synthesized drug (not plant-based)
- ▶ Schedule III controlled substance (Federal)
  - ▶ Moderate to low potential for physical & psychological dependence
  - ▶ Abuse potential less than Schedule I & II, more than Schedule IV
  - ▶ Examples of Schedule III: Codeine, anabolic steroids, testosterone

# Spotlight on Ketamine

(continued)

- ▶ FDA approved in 1970 as dissociative anesthesia
  - ▶ Quick-acting, short duration, no respiratory system suppression
- ▶ FDA approved esketamine (Spravato nasal spray) in 2019 for
  - ▶ Depression
  - ▶ Major Depressive Disorder with Acute Suicidal Ideation
- ▶ Higher dose: Anesthesia, unconsciousness
- ▶ Lower dose: Altered consciousness, effects similar to hallucinogens/psychedelics

# Are Psychedelics Legal?

- ▶ Ketamine: Yes, by prescription
- ▶ OR and CO
  - ▶ Legalized by ballot, passed with significant margins
  - ▶ Oregon opening facilities in 2023
  - ▶ Colorado to open facilities in 2024 or 2025
  - ▶ Massachusetts may be next to legalize
- ▶ Grass roots “Decrim the Plants” efforts
  - ▶ Not legal, but low law enforcement priority
  - ▶ Small amount/personal use & growing (allowed)
  - ▶ 1<sup>st</sup> passed Oakland, CA
  - ▶ Now about 100 similar initiatives passed locally
  - ▶ WA: Seattle & Port Townsend

# Are Psychedelics Legal?

## ▶ WA

### ▶ SB5660 filed 1/2023

#### ▶ Access to psilocybin services for people 21 & older

- ▶ “AN ACT Relating to access to psilocybin services by individuals 21 years of age and older; amending **RCW** 7.48.310 and 49.60.180; 3 reenacting and amending **RCW** 69.50.101 and 43.79A.040; adding a new 4 section to chapter 15.130 **RCW**; adding a new chapter to Title 69 **RCW**; 5 prescribing penalties; providing an effective date; and declaring an emergency.”

#### ▶ Progress:

- ▶ 2/1/23 Referred to Committee on Health & Long Term Care. Passed Committee
- ▶ 2/17/23 Referred to Ways & Means

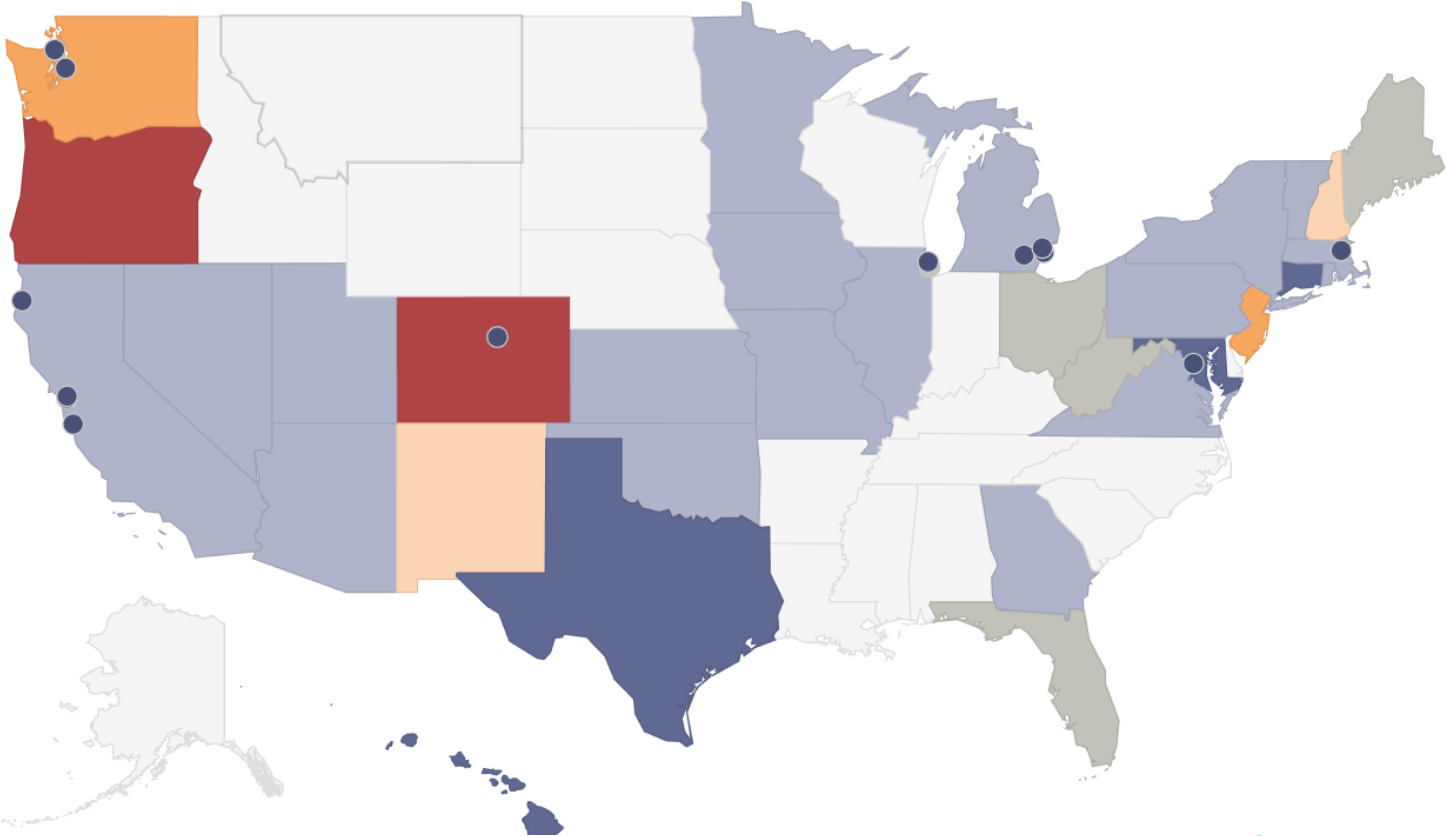
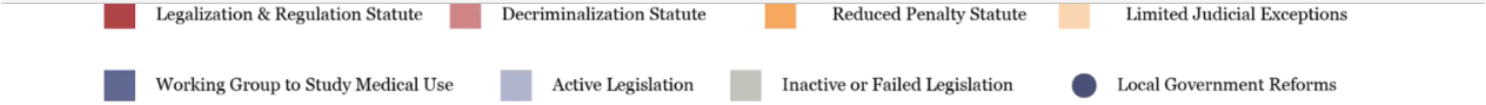
# Are Psychedelics Legal?

(continued)

- ▶ Per 7/2022 article in The Intercept, Biden Admin “anticipates regulators will approve MDMA & psilocybin within 2 years for designated breakthrough therapies for PTSD and depression respectively”
- ▶ Bottom line:
  - ▶ Hot topic, lots of interest
  - ▶ Encouraging research results, more to come
  - ▶ Lots of activity around decriminalization and legalization

# Are Psychedelics Legal?

(continued)



# Are Psychedelics Legal?

Link to Psychedelic Legalization and Decriminalization Map:

<https://psychedelicalpha.com/data/psychedelic-laws>



# Conditions

## Conditions

- Treatment-Resistant Depression
- Anxiety
- PTSD
- Addictions & Substance Abuse
- OCD
- Chronic Pain
- Anorexia Nervosa
- Suicidal Ideation
- Cancer & Terminal Illness
  - Fear of dying/death
  - Disease-related depression/anxiety
  - Quality of life
  - Emotional well-being

# A Personal Journey

- ▶ My Decision Process

- ▶ Initial Suggestion

- ▶ Research

- ▶ Several weeks. Started with “How to Change Your Mind,” Michael Pollan docu-series on Netflix“ and “The Reality of Truth,” documentary. Many other sources

- ▶ More conversations and Q&A with counselor

- ▶ Decision Made

- ▶ Oral Ketamine, online clinic

# A Personal Journey

(continued)

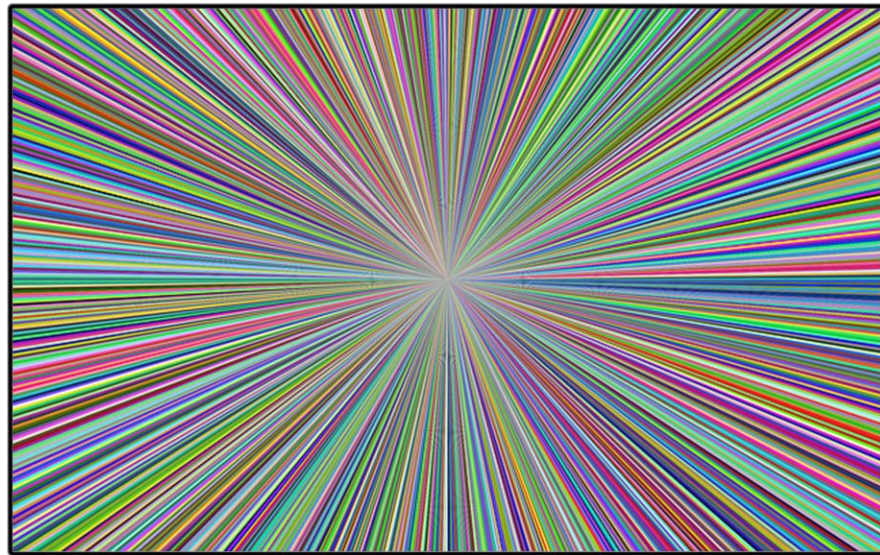
- ▶ Online Clinic Process
  - ▶ Assessment (online, interactive)
  - ▶ Phone consult
  - ▶ Psychiatrist eval, consult, approval, prescription
  - ▶ Purchase
  - ▶ Received medication via mail
  - ▶ Scheduled 1<sup>st</sup> session with clinic

# A Personal Journey

(continued)

- ▶ **First session**
  - ▶ Prep
  - ▶ Activities after session
  - ▶ Integration Therapy

# Questions



# Psychedelic Renaissance

## Music

<https://www.google.com/search?q=lyrics+white+rabbit&oq=lyrics+white+rabbit&aqs=chrome..69i57j69i64j0i512l3j0i22i30l3.4643839j0j15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:c8979bdb,vid:lMyAxotm7l8>