

Fw: Psychedelics in healing

Andy Smith <Rep.Andy.Smith@house.mn.gov>

Tue 3/7/2023 11:06 AM

To: Robin Schmidt <Robin.Schmidt@house.mn.gov>

Could you just file this away for when/if we get a date for Psychedelic Task Force (HF1884).

Rep. Andy Smith
House District 25 B
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Legislative Assistant: Robin Schmidt robin.schmidt@house.mn.gov

From: LA <lastwalley@gmail.com>

Sent: Tuesday, February 28, 2023 1:01 PM

To: Andy Smith <Rep.Andy.Smith@house.mn.gov>

Subject: Psychedelics in healing

Hello Representative Smith,

My name is Leigh Anne White. I am a resident of NE Minneapolis and have been using psychedelics (mostly Ketamine infusions) to aid in my healing from multiple conditions (chronic pain, "treatment resistant depression" and severe PTSD) since 2018. Until 6 mos ago, my infusions were out of pocket and have cost over \$10k.

Due to the unregulated nature of these clinics, I have had some seriously questionable care including one clinic where I was left alone to be monitored by the highschool, teenage daughter of the clinic owner and her friend. My IV was removed by the clinic's teenage, I can guarantee you not medically trained daughter. This was INCREDIBLY disturbing.

Currently, the only clinic that is covered by my insurance (The Remedy) is monopolizing treatment in the Cities and receiving care there is difficult. They are booking a month out and have very limited treatment hours which is impossible for the majority of busy, working people.

My insurance company has now refused to cover the cost of my infusions and is forcing me to use the ketamine nasal spray. This is given in office 3x weekly and takes 3hrs each time. Indefinitely. This is not a feasible option for anyone with a full-time job, kids or a life so I have opted for daily ketamine troches. Monthly out of pocket cost for compounded troches is \$80. This is not cheap but if I want to be able to function, this is the only reasonable option I have and frankly, I am glad to have it.

I am excited about the future of psychedelics in mental health care for our state! Thank you for bringing this important topic to the table for our state! There are so many lives this medication could help change for the better.

If needed, I am available to talk about my experiences regarding 5 yrs of legal psychedelic treatment in our state. My hope is that I can offer insight to what people actually have to do to get the care they need to live.

I recently testified at the Capitol for HF100 (2/21) specifically to keep the MN medical cannabis program active post legalization. I am happy to help lend my voice to the psychedelics cause as it has helped me immensely.

Please include me in any email/phone outreach you may do. I am not on social media so I don't keep up on things in that manner.

Thank you again for doing the good work!

Sincerely,

Leigh Anne White
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