

Chair and members of the committee,

My name is John Lichtsinn and I am a board certified psychiatrist.

My chief expertise is in the treatment of PTSD and trauma related disorders. I worked on the Minneapolis VA's PTSD treatment team for 9 years and served as the team's medical director. I continue to practice outpatient psychiatry in the community with a specialty focus on trauma and addiction.

I am writing today to voice my support for the bill HF4577.

Psilocybin and psilocybin assisted therapy have shown enormous potential for PTSD healing. This is a uniquely bright light in a field of care where meds are often inadequate, the therapy often excruciating with a high dropout rate, and the suicide rate tragically and unacceptably high.

Rarely does a week go by without one of my patients inquiring about psilocybin. Individually, they represent a very diverse group of Minnesotans - urban and rural, young and old, first responders, Veterans, and people of all political affiliations and beliefs. What they reliably share is a real interest and cautious hope that psilocybin can be a tool for healing.

The expert guidance established by the psychedelic task force is thorough, thoughtful, and completely in line with the current medical consensus. Accompanied by this bill, we have an actionable framework to begin assessing the potential benefits of psilocybin for Minnesotans in need.

What we do not have is the benefit of time. Please support this bill. It is rooted in solid evidence and true human compassion, and has enormous potential to save lives. Thank you for your time.

John Lichtsinn, MD
Board Certified Psychiatrist
Expanse MN