

Alex Larson, MPS, LPCC, LADC

Regarding HF 4577

4/13/2026

Veterans and Military Affairs Division Committee,

My name is Alex Larson and I am a mental health therapist and chemical health counselor providing psychotherapy within the Twin Cities community. These are my personal views and not representations of my employers' viewpoints. The following is my testimony on how the creation of a state-level psilocybin therapeutic use program could allow for increased access to significant healing for Minnesotans at a time where it is desperately needed.

According to the National Alliance on Mental Illness (NAMI) in 2025, 1 in 5 adults within the state of Minnesota experienced a mental illness yearly. The state is currently experiencing a mental health crisis, with over 90,000 calls made to Minnesota's 988 Suicide & Crisis Line in 2024, representing a 75% increase from 2023.

As a therapist, I am tasked with providing relevant care informed by current scientific study. Emerging evidence suggests that, when given under a supportive context, psilocybin can occasion personally meaningful experiences in recipients. These experiences lead to significant reductions in mental health disorder symptoms and symptom severity. Being able to provide this intervention will allow Minnesotan psychotherapists to increase the potential for impact in addressing our state's crisis through a careful and methodical rollout of the program.

I would like to thank the members of the House Health Committee for considering my testimony.

Sincerely,

Alex Larson, MPS, LPCC, LADC