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## **Dr. Rebecca Lenz – HF4577 – Support**

Dear Chair and Members of the Committee,

My name is Dr. Rebecca Lenz. I am a dual-certified psychiatric and adult-geriatric nurse practitioner practicing in Minnesota with over a decade of clinical experience, and I am the founder of Merkaba Integrative Psychiatry.

Throughout my career, I have worked with a wide range of populations, including veterans, and I have seen firsthand the significant and ongoing mental health needs within this community—particularly related to trauma, depression, and treatment-resistant conditions.

I am certified in psilocybin-assisted therapies through the Integrative Psychiatry Institute, and I am currently completing supervised hours toward facilitator licensure in Oregon and Colorado, where regulated psilocybin programs already exist.

In my work, I care for Minnesotans living with depression, trauma, anxiety, and treatment-resistant mental health conditions. Many of these individuals, including veterans, have done everything our system has asked of them. They have tried multiple medications, therapy, and lifestyle changes, yet still struggle to find meaningful relief.

Increasingly, some of them come to me with the same quiet question:  
“Is there anything else?”

Right now, some individuals are seeking psilocybin on their own, without screening, preparation, or integration support. That is where the greatest risks exist.

I also want to briefly acknowledge my perspective shaped through clinical training experiences. In regulated, structured settings, I have witnessed the profound therapeutic potential these experiences can hold when approached with preparation, safety, and integration. These are powerful experiences that can support meaningful psychological insight and change—but without structure, they can also carry risk. These experiences are not appropriate for everyone.

That is exactly why a regulated framework matters.

HF4577 establishes important safeguards, including health screening, informed consent, trained facilitators, and structured support before, during, and after use. These elements



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reflect best practices and align with what we know is necessary to support safety and reduce harm.

This bill also helps bring an already-existing reality into a safer, more accountable system. Without a regulated pathway, individuals will continue to seek these experiences outside of clinical oversight.

For veterans in particular—who experience disproportionately high rates of trauma-related conditions and treatment resistance—this type of structured, supervised access has the potential to fill a critical gap in care.

We are asking veterans to keep trying treatments that often fail them—while safer, structured alternatives remain out of reach.

Minnesota has the opportunity to create a thoughtful, evidence-informed model that prioritizes patient safety, dignity, and responsible access.

Minnesotans deserve safe, regulated pathways to care—not silence, stigma, or unsafe alternatives. I respectfully urge your support for HF4577.

Thank you for your time and consideration.

Sincerely,

Dr. Rebecca Lenz, APRN, DNP, PMHNP-BC, AGNP-BC