City of Missoula

Public Safety, Health and Operations Committee Agenda

Date: June 15, 2022, 10:20 AM - 11:50 AM

Location: ZOOM Webinar

Members: Stacie Anderson, Mirtha Becerra, Daniel Carlino, John P. Contos, Jordan Hess, Gwen Jones,

Kristen Jordan, Mike Nugent, Jennifer Savage, Amber Sherrill, Sandra Vasecka, Heidi West

Attend by computer:

Join the meeting

Attend by phone:

Cell phone users: 1-253-215-8782, 1-213-338-8477, or 1-267-831-0333

Landline users: 1-888-475-4499 or 1-877-853-5257

Webinar ID: 880 6449 2180

Password: 027222, Press *9 to raise your hand to be recognized for public comment

Watch the meeting:

Web stream (live or on demand), YouTube, or Spectrum Cable Channel 190

For more ways to watch the meeting and submit public comment, see the Citizen Participation Guide.

Issues? Call the City Clerk 406-552-6078.

If anyone attending this meeting needs special assistance, please provide 48 hours advance notice by calling the City Clerk Office at 406-552-6073.

Pages

ADMINISTRATIVE BUSINESS

- 1.1. Roll Call
- 1.2. Approval of the Minutes
 - 1.2.1. Approval of the Minutes of the June 8, 2022 PSO meeting

1

2. PUBLIC COMMENT

3. COMMITTEE BUSINESS

3.1. A resolution supporting entheogenic plant practices

Daniel Carlino, Kristen Jordan 4

Recommended motion:

Adopt a resolution addressing entheogenic plant practices in the City of Missoula.

Recommended motion:

Information only presentation

4. ADJOURNMENT

Missoula City Council Public Safety, Health and Operations Committee Minutes

June 8, 2022 10:30 AM ZOOM Webinar

Members present: Stacie Anderson (chair), Daniel Carlino, John P. Contos, Mirtha Becerra,

Jordan Hess, Gwen Jones, Kristen Jordan, Mike Nugent, Amber Sherrill,

Sandra Vasecka, Heidi West

Members absent: Jennifer Savage

1. ADMINISTRATIVE BUSINESS

1.2 Approval of the Minutes of May 11, 2022 PSO meeting

The minutes were approved as submitted.

3. COMMITTEE BUSINESS

3.1 Continued COVID Funding

Missoula County Health Officer/Department Director D'Shane Barnett reported that COVID-19 response operations have been scaled back significantly, largely due to the federally funding source that covers testing and vaccine activities going away at the end of this month. Activities that have not been federally funded for sometime include: case monitoring, case investigation, and contract tracing. In response to this, the testing center has been closed as of May 19. Before making this move, community health providers were consulted. Ultimately, COVID-19 case investigations can not be discontinued because they are a reportable disease. Moving forward, a skeleton crew will be used and that is what the requested funds will be used for.

Moved by: Amber Sherrill

Commit an additional \$120,927 in American Recovery Plan Act funds for continued Health Department COVID response for July 1, 2022 through December 31, 2022.

AYES: (11): Stacie Anderson, Daniel Carlino, John Contos, Mirtha Becerra, Jordan Hess, Gwen Jones, Kristen Jordan, Mike Nugent, Amber Sherrill, Sandra Vasecka, and Heidi West

ABSENT: (1): Jennifer Savage

Vote results: Approved (11 to 0)

3.2 Interlocal Agreement with Missoula County for Health Services

D'Shane Barnett explained that two years ago the legislature passed HB121 and HB257 which necessitates that a change be made as to how the Board of Health does business. This updated interlocal creates a governing body, separate from the Board of Health.

Under these new bills, the Board of Health does not have the authority to establish the health code. The governing body will now put health code in place, with a couple of exceptions. These exceptions do not apply to emergency rules, unless the governing body repeals the rule. If the governing body does not repeal the rule, the rule will stay in effect for the duration of the emergency. This does not apply to property specific actions, such as a health code issue with a restaurant. Health code violations will continue to be processed by the Board of Health.

Also, the Missoula County Board of Health will no longer hire the Health Officer. The Health Officer is a County employee and will be hired by process led by the County Commissioners. This process allows for the Missoula City Council to appoint someone to the Search Committee, if they so choose. The Search Committee will make the recommendation to the County Commissioners. The County Commissioners then become the hiring body for the health officer.

Dale Bickell discussed the 60/40 cost split in the tax support that the City provides.

(Note: Gwen Jones was not present during the vote.)

Moved by: Amber Sherrill

Approve and authorize the mayor to sign an Interlocal Agreement between the City of Missoula and Missoula County to Cooperate in the Provision of Health Services.

AYES: (10): Stacie Anderson, Daniel Carlino, John Contos, Mirtha Becerra, Jordan Hess, Kristen Jordan, Mike Nugent, Amber Sherrill, Sandra Vasecka, and Heidi West

Vote results: Approved (10 to 0)

3.3 Livestock Exemption for Youth Agriculture Organization Projects

Heidi West introduced an idea to increase urban youth involvement in agricultural educational opportunities and to increase participation in the Missoula County Fair. She shared the current animal ordinance language and discussed the barriers in the language to keeping animals within the city limits. She is seeking support in allowing goats, sheep and additional poultry within the city limits. This exemption would apply strictly to meat animals that are auctioned off at the Fair.

Ms. West is proposing to implement a free animal permit process under Title 6. She pointed out that this would all be a short term project that would have minimal impact on neighbors, as participants get their animals in about April/May and auction them off in August.

Ms. West wanted to see what sort of support she would receive from the committee before moving to the next steps. As she gleans more information, she will update the committee.

Moved by: Sandra Vasecka

Direct staff to assist in the creation of a Livestock Exemption for Youth Organization Projects

AYES: (11): Stacie Anderson, Daniel Carlino, John Contos, Mirtha Becerra, Jordan Hess, Gwen Jones, Kristen Jordan, Mike Nugent, Amber Sherrill, Sandra Vasecka, and Heidi West

ABSENT: (1): Jennifer Savage

Vote results: Approved (11 to 0)

4. ADJOURNMENT

11:35pm



City of Missoula, Montana City Council Committee Agenda Item

Committee:	Public Safety, Health and Operations					
tem:	A resolution supporting entheogenic plant practices					
Date:	May 18, 2022					
Sponsor(s):	Daniel Carlino; Kristen Jordan					
Prepared by:	City Clerk Office					
Ward(s) Affected:	 □ Ward 1 □ Ward 4 □ Ward 2 □ Ward 5 □ Ward 3 □ Ward 6 					

Action Required:

Consider, discuss, and approve a resolution addressing entheogenic plant practices in the City of Missoula.

Recommended Motion(s):

Adopt a resolution addressing entheogenic plant practices in the City of Missoulaa.

Timeline:

Committee discussion: April 20, 2022

Council action (or sets hearing):

Public Hearing (if required):

rinal Consideration

Deadline:

TBD

n/a

n/a

Background and Alternatives Explored:

Practices with entheogenic plants and fungi have been considered sacred to human cultures for thousands of years, and the use of entheogenic plants have shown to be beneficial to the health and well-being of individuals and communities in addressing mental disorders and illnesses via scientific and clinical studies. However, in 1970 the federal government criminalized most entheogenic plants and fungi in the United States.

The criminalization of entheogenic plants and fungi has disproportionately harmed vulnerable populations. The criminalization has increased difficulty for affected Missoulians to have access to affordable, secure housing, stable employment, and non-bias information. The greater weight of the social, cultural, and economic impacts has disproportionately harmed minorities and the disadvantaged.

However, there is a movement across the country with dozens of local and state governments involved to stop further harm from the criminalization of entheogenic plants and fungi. This resolution recommends that we join that movement of reducing harm to humans by declaring that the investigation and arrest of individuals involved solely with the adult use of entheogenic plants be not a funding priority for the City of Missoula

Financial Implications: N/A

Links to external websites: These municipalities passed very similar resolutions: Qakland, CA, Ann Arbor, Mashington DC, Somerville, MA, Cambridge, MA, Cambridge, MA, Cambridge, MA, Basthampton, MA, MA, Washington DC, Somerville, MA, Cambridge, MA, HazelPark, MI, Park, MA, Arcata, Detroit, MI, Port Townsend, WA

Draft dated 5/11/2022

Resolution

A resolution addressing entheogenic plant practices in the City of Missoula

Whereas, Entheogenic Plants, based on the term "entheogen", originally conceived from a working group of anthropologists and ethnobotanists in 1979; and defined herein as the full spectrum of plants, fungi, and natural materials and/or their extracted compounds, limited to those containing the following types of compounds: indole amines, tryptamines, and phenethylamines; and

Whereas, substance abuse, addiction, recidivism, trauma, post-traumatic stress symptoms, chronic depression, severe anxiety, end-of-life anxiety, grief, diabetes, cluster headaches, and other conditions are plaguing our community and that the use of Entheogenic Plants have been shown to be beneficial to the health and well-being of individuals and communities in addressing these afflictions via scientific and clinical studies and within continuing traditional practices, which can catalyze profound experiences of personal and spiritual growth; and

Whereas, practices with Entheogenic Plants have long existed and have been considered to be sacred to human cultures and human interrelationships with nature for thousands of years, and continue to be enhanced and improved to this day by religious and spiritual leaders, practicing professionals, mentors, and healers throughout the world, many of whom have been forced underground; and

Whereas, seeking to improve their health and well-being through the use of Entheogenic Plants puts them in fear of arrest and prosecution; and

Whereas, the Entheogenic Plant practices of certain groups are already explicitly protected in the U.S. under the doctrine of religious freedom – such as the use of ayahuasca by two churches, a Santo Daime congregation and the União do Vegetal; and

Whereas, The United Nations considers Entheogenic Plant material used for ritual purposes as excluded from Schedule 1 substances; and

Whereas, Entheogenic Plants have been shown to alleviate treatment resistant cases of opiate and methamphetamine addiction at significantly higher rates than all other treatments for addiction. In addition, Entheogenic Plants reported to be beneficial for addiction therapy related to specific work-related PTSD encountered by first responders such as EMT, police, and firefighters, as well as military veterans; and

Whereas, Entheogenic Plants can lead to experiences that are reported as mystical or experientially similar to near death experiences and that are can be demonstrably beneficial in treating addiction, depression, PTSD, and in catalyzing profound experiences of personal and spiritual growth; and

Whereas, Entheogenic Plants that contain phenethylamine compounds can be beneficial in healing drug and alcohol addiction and for individual spiritual growth, and have been utilized in sacred initiation and community healing by diverse religious and cultural traditions for millennia and continuing use as religious sacraments in modern times; and

Whereas, psilocybin, naturally occurring in Entheogenic Plants, can alleviate end-of-life anxiety for hospice and terminal cancer patients, can reduce prison recidivism, and can effectively treat substance abuse, depression, cluster headaches; and

Whereas, a Johns Hopkins University study on "healthy-normals" found that psilocybin can occasion mystical-type experiences, which were considered one of the top five most meaningful experiences in a subject's life for over 75% of their subjects within the first year after the study, and also found continuing positive life-style changes after a 14-month follow-up; and

Whereas, the City of Missoula has declared its core values, "in the wake of a national reckoning to systemic inequities" to include Justice, Equity, Diversity and Inclusion (JEDI) in Resolution 8533, and has vowed to utilize these, and their related values, as a lens through which the City of Missoula can guide future policies and practices; and

Whereas, the criminalization of entheogenic plants and fungi, instead of fostering, cultivating, and preserving a culture rooted in justice, equity, diversity and inclusion, targets vulnerable populations, who are met from the community with increased difficulty in being able to access affordable housing, stable employment, and non-bias information. The greater weight of the social, cultural, and economic impacts are being perpetuated against minorities and the disadvantaged; and

Whereas, the City of Missoula wishes to declare its desire not to expend City resources in any investigation, detention, arrest, or prosecution solely based on alleged violations of state and federal law regarding the use of Entheogenic Plants and Fungi as a standalone offense; and

Whereas, enforcement of laws regulating the possession and use of Entheogenic Plant and Fungi has not been a high priority for the City of Missoula with very little public funds directed toward proactive investigation or prosecution of such cases. In conclusion, the investigation and arrest of individuals involved solely with the adult use of entheogenic plants on the federal schedule 1 list is currently not a funding priority for the City of Missoula; and

Now therefore be it resolved, that the Mayor and City Council hereby declare that it shall be the policy of the City of Missoula that no department, agency, board, commission, officer or employee of the city, including without limitation, Missoula Police Department personnel, shall use any city funds or resources to assist in the enforcement of laws for the use and possession of Entheogenic Plants by adults as a standalone offense. This resolution is non-binding and only applies to the Missoula City police and Missoula City departments and does not apply to county, state, or federal enforcement; and

Be it further resolved, this resolution does not authorize or enable any of the following activities: commercial sales or manufacturing of these plants and fungi, possession of or distributing these materials in schools, driving under the influence of entheogenic plants or compounds, public disturbance or jeopardizing public safety or co-occurring offenses; and

Be it further resolved, that the Missoula City Council directs the City administration to instruct the City's state lobbyists to work in support of decriminalizing all Entheogenic Plants and plant-based compounds that are listed on the Federal Controlled Substances Schedule 1 and contain indole amines, tryptamines, and phenethylamines for adults; and

Be it further resolved, that the Mayor and City Council direct the City Clerk to furnish a copy of this resolution to the Missoula County Attorney to make them aware of the City Council's policy on adult use of Entheogenic Plants or plant-based compounds on the Federal Schedule 1 List that contain indole amines, tryptamines, and phenethylamines; and

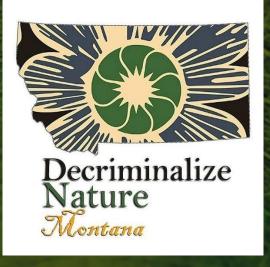
Be it further resolved, that if any provision of this resolution is declared by a court of competent jurisdiction to be contrary to any statute regulation or judicial decision or its applicability to any agency person or circumstances is held invalid the validity of the remainder of this resolution and its applicability to any other agency person or circumstance shall not be affected.

Passed and adopted				
ATTEST:	APPROVED:	APPROVED:		

Martha L. Rehbein Legislative Services Director/City Clerk John Engen Mayor







DECRIMINALIZENATURE.ORG Page 9 of 25

Entheogens Defined

- Entheogens are defined herein as the full spectrum of plants, fungi, and natural materials and/or their extracted compounds, limited to those containing the following types of compounds: indole amines, tryptamines, and phenethylamines
- Entheogens can benefit psychological and physical wellness, support and enhance religious and spiritual practices, and can reestablish human's unalienable and direct relationship to nature.















Current Research: Physical Health

ISSN: 0279-1072 print/2159-9777 online DOI: 10.1080/02791072.2015.1107664

Cell Reports Psychedelics Promote Structural and Functional Neural Plasticity Graphical Abstract Authors Calvin Ly, Alexandra C. Greb, Lindsay P. Cameron, ..., Kassandra M. Ori-McKenney, John A. Gray, David E. Olson Journal of Psychoactive Drugs, 47 (5), 372–381, 2015 Copyright © Taylor & Francis Group, LLC

Indoleamine Hallucinogens in Cluster Headache: Results of the Clusterbusters Medication Use Survey













Current Research: Recidivism, Crime Reduction, IPV

Original Paper

Hallucinogen use and intimate partner violence: Prospective evidence consistent with protective effects among men with histories of problematic substance use

Zach Walsh¹, Peter S Hendricks², Stephanie Smith³, David S Kosson³, Michelle S Thiessen¹, Philippe Lucas⁴ and Marc T Swogger⁵



Journal of Psychopharmacology 1–7 © The Author(s) 2016 Reprints and permissions: sagepub.co.uk/journalsPermissions.nav DOI: 10.1177/0269881116642538 jop.sagepub.com The New Hork Times

In Brazil, Some Inmates Get Therapy With Hallucinogenic Tea

Short Report

Hallucinogen use predicts reduced recidivism among substance-involved offenders under community corrections supervision

Peter S Hendricks¹, C Brendan Clark², Matthew W Johnson³, Kevin R Fontaine¹ and Karen L Cropsey²



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Journal of Psychopharmacology 2014, Vol 28(1) 62-66 © The Author(s) 2013 Reprints and permissions: sagepub.co.uk/journalsPermissions.nav DOI: 10.1177/2059881113513851 jop.sagepub.com

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Original Paper

Psilocybin use is associated with lowered odds of crime arrests in US adults: A replication and extension

Grant M Jones and Matthew K Nock



Journal of Psychopharmacology 2022, Vol. 36(1) 66-73 © The Author(s) 2021 Article reuse guidelines: sagepub.com/journals-permissions DOI: 10.1177/02698811211058933 journals.sagepub.com/home/jop

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Current Research: Curing Substance Use Issues

THE AMERICAN JOURNAL OF DRUG AND ALCOHOL ABUSE http://dx.doi.org/10.1080/00952990.2017.1320802



A OPEN ACCESS

Treatment of opioid use disorder with ibogaine: detoxification and drug use outcomes

Thomas Kingsley Brown, PhD^a and Kenneth Alper, MD^b

^aUniversity of California, San Diego, CA, USA; ^bDepartments of Psychiatry and Neurology, New York University School of Medicine, New York, NY, USA

Ibogaine Detoxification Transitions Opioid and Cocaine Abusers Between Dependence and Abstinence: Clinical Observations and Treatment Outcomes

Deborah C. Mash^{1,2*}, Linda Duque¹, Bryan Page³ and Kathleen Allen-Ferdinand⁴

Department of Neurology, Leonard M. Miller School of Medicine, Miami, FL, United States, Department of Molecular and Cellular Pharmacology, Leonard M. Miller School of Medicine, Miami, FL, United States, 3 Department of Anthropology, University of Miami, Coral Gables, FL, United States, 4 General Medical Practice, Basseterre, Saint Kitts and Nevis

Current Drug Abuse Reviews, 2014, 7, 101-116

101

Psychedelics as Medicines for Substance Abuse Rehabilitation: Evaluating Treatments with LSD, Peyote, Ibogaine and Ayahuasca

Michael Winkelman

ORIGINAL RESEARCH article

Front. Psychiatry, 24 April 2018 | https://doi.org/10.3389/fpsyt.2018.00136

Assessment of Alcohol and Tobacco Use **Disorders Among Religious Users of** Ayahuasca













Current Research: Depression & Anxiety

Original Paper

Efficacy and safety of psilocybin-assisted treatment for major depressive disorder: Prospective 12-month follow-up

Natalie Gukasyan¹, Alan K Davis^{1,2}, Frederick S Barrett¹, Mary P Cosimano¹, Nathan D Sepeda¹, Matthew W Johnson¹ and Roland R Griffiths 1,3 10



Journal of Psychopharmacology 2022, Vol. 36(2) 151-158 © The Author(s) 2022 @ 03

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Psychological Medicine

cambridge.org/psm

Original Article

Cite this article: Palhano-Fontes F et al (2019) Rapid antidepressant effects of the psychedelic avahuasca in treatment-resistant depression: a randomized placebo-controlled trial. Psychological Medicine 49, 655-663. https://doi.org/10.1017/S0033291718001356

Received: 13 February 2018 Revised: 16 April 2018 Accepted: 24 April 2018



Fernanda Palhano-Fontes^{1,2}, Dayanna Barreto^{2,3}, Heloisa Onias^{1,2}, Katia C. Andrade^{1,2}, Morgana M. Novaes^{1,2}, Jessica A. Pessoa^{1,2}, Sergio A. Mota-Rolim^{1,2}, Flávia L. Osório^{4,5}, Rafael Sanches^{4,5}, Rafael G. dos Santos^{4,5}, Luís Fernando Tófoli⁶, Gabriela de Oliveira Silveira⁷, Mauricio Yonamine⁷, Jordi Riba⁸, Francisco R. Santos⁹, Antonio A. Silva-Junior⁹, João C. Alchieri¹⁰, Nicole L. Galvão-Coelho^{5,11}, Bruno Lobão-Soares^{5,12}, Jaime E. C. Hallak^{4,5}, Emerson Arcoverde^{2,3,5}, João P. Maia-de-Oliveira^{2,3,5} and Dráulio B. Araúio^{1,2}













Clinical Trial > J Psychopharmacol, 2016 Dec;30(12):1165-1180. doi: 10.1177/0269881116675512.

Rapid and sustained symptom reduction following psilocybin treatment for anxiety and depression in patients with life-threatening cancer: a randomized controlled trial

Stephen Ross 1 2 3 4 5 6, Anthony Bossis 7 2 4, Jeffrey Guss 7 2 4, Gabrielle Agin-Liebes 8, Tara Malone ⁷, Barry Cohen ⁹, Sarah E Mennenga ⁷, Alexander Belser ¹⁰, Krystallia Kalliontzi ², James Babb 11, Zhe Su 3, Patricia Corby 2, Brian L Schmidt 2

Original Paper

Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial

Roland R Griffiths^{1,2}, Matthew W Johnson¹, Michael A Carducci³, Annie Umbricht¹, William A Richards¹, Brian D Richards¹, Mary P Cosimano¹ and Margaret A Klinedinst¹



Journal of Psychopharmacology 2016, Vol. 30(12) 1181-1197 © The Author(s) 2016



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John Hopkins Study: "Healthy Normals"



Psychopharmacology DOI 10.1007/s00213-006-0457-5

ORIGINAL INVESTIGATION

Psilocybin can occasion mystical-type experiences having substantial and sustained personal meaning and spiritual significance

R. R. Griffiths · W. A. Richards · U. McCann · R. Jesse

> J Psychopharmacol. 2008 Aug;22(6):621-32. doi: 10.1177/0269881108094300. Epub 2008 Jul 1.

Mystical-type experiences occasioned by psilocybin mediate the attribution of personal meaning and spiritual significance 14 months later

Rr Griffiths 1, Wa Richards, Mw Johnson, Ud McCann, R Jesse









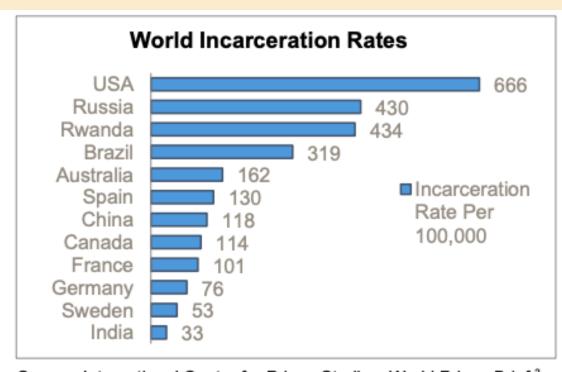


Working Towards Humane Drug Policy

The United States government leads the world in rates of incarceration.

Arrests for entheogenic plants make it harder for Missoulians to:

- 1) Find secure employment
- 2) Find secure, affordable housing
- 3) Receive non-bias information



Source: International Centre for Prison Studies, World Prison Brief.3

Page 16 of 25 (2016)

Working Towards Humane Drug Policy

The United States drug policies have disproportionately harmed Black, Indigenous, & People of Color (BIPOC) in the United States and in our community.

Arrests for entheogenic plants make it harder for Missoulians to:

- 1) Find secure employment
- 2) Find secure, affordable housing
- 3) Receive non-bias information

MONTANA



2018 SUMMARY

Montana ranks in the nation for largest racial disparities in arrests for

marijuana possession

Black people were more likely than white

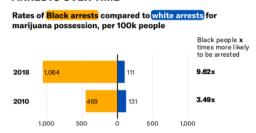
people to be arrested

for marijuana possession 1

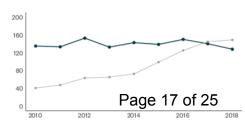
Arrests for the possession of marijuana made up of all drug arrests in the state \downarrow

> Direction of → indicates increase or decrease since 2010.

ARRESTS OVER TIME



Statewide marijuana possession arrest rates compared to all other drug arrest rates, per 100k people

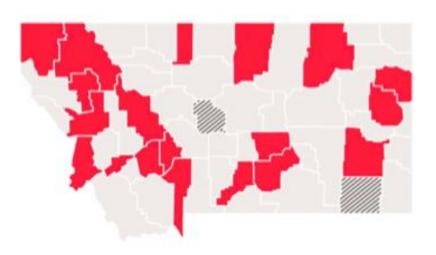


(2010-2018 Study by ACLU)

Working Towards Humane Drug Policy

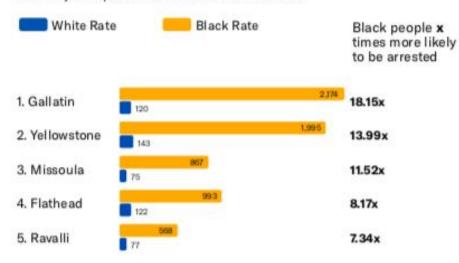
BY THE COUNTY

All counties with racial disparities above the national average (3.64x)



Counties with the largest racial disparities

Counties with a pop. of >30,000, a data coverage of >50% and at least 25 marijuana possession arrests are included.



Arrests per 100k

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Decriminalization Policy Nationwide

Cities/states that have decriminalized entheogens: Denver, Oakland, Santa Cruz, Ann Arbor, Washtenaw County, MI, Oregon, Washington DC, Somerville, Cambridge, Northampton, Eastampton, Seattle, Arcata, Detroit, Port Townsend, Hazel Park













After Decriminalization

Denver study: No threat to public health or safety

No known reports of emergencies or increased crime related to entheogens in the decriminalized cities

There has been no major increase in arrests related to the distribution of psilocybin mushrooms and no major cartel elements or organized crime.

According to limited and preliminary university-level observational research for Colorado, most individuals set a positive intention prior to use and reported using psilocybin mushrooms for self exploration and mental health.

In March 2021, the Denver Psilocybin Mushroom Policy Review Panel (the Panel) unanimously agreed that decriminalizing psilocybin has not created any significant public health or safety issue since May 2019.

There have been no significant negative impacts on public safety as a result of decriminalizing psilocybin possession in the City of Denver.











What This Means for City Council

- This not a complex legalization or regulation model, we are simply asking to not arrest individuals for growing, gathering, and gifting entheogens.
- To continue making entheogens not a funding priority for law enforcement or other agencies in Missoula
- To restrict budget expenditures for investigation, persecution, arrest for solely entheogenic issues
- To call upon the County Attorney to cease prosecution of persons involved in use of entheogens
- To instruct city's lobbyists to support at state level













VIEWPOINT

Two Models of Legalization of Psychedelic Substances Reasons for Concern

William R. Smith, MD, PhD

Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania, Philadelphia; and Scattergood Program for Applied Ethics of Behavioral Health Care, Department of Medical Ethics and Health Policy, Perelman School of Medicine, University of Pennsylvania, Philadelphia.

Paul S. Appelbaum, MD

Department of Psychiatry, Columbia University Vagelos College of Physicians and Surgeons, New York, New York; and Center for Law, Ethics and Psychiatry, New York State Psychiatric Institute, New York. hindered research on the therapeutic uses of psychedelics for decades, recent studies have brought increasing attention and enthusiasm to the potential benefits of psychedelic treatment. Accompanying this revival of psychedelic research have been initiatives by states and localities to legalize psychedelic possession and use. Two of the most ambitious measures, in Oregon and California, take different paths to legalization. This Viewpoint reviews these initiatives and the concerns they raise by looking to the cautionary precedents involving the legalization and commercialization of

In 1973, the federal government classified psychedelics

as schedule I substances, rendering possession illegal,

even for research purposes except under tightly regu-

lated circumstances. Although these restrictions have

Models of Psychedelic Legalization

other controlled substances.

Oregon became the first state to legalize broad clinical use of psilocybin, a schedule I psychedelic, through a November 2020 ballot initiative, the Oregon Psilocybin Services Act. The new law charged the Oregon Health Authority (OHA) with implementing clinical psilocybin regulation and licensure for treatment by the end of 2022. To guide the OHA in doing so, it created the Oregon Psilocybin Advisory Board, with members from psychology, allopathic and naturopathic medicine, public health, and other professions. Oregon appears to be expecting the federal government to ignore psilocybin use under the new law, as it has in states that have legalized the possession of marijuana, which is another schedule I drug.

In contrast, California Senate bill 519 would make California the first state to legalize the possession, personal use, and noncommercial sharing of psychedelics by adults, although similar local ordinances already have been adopted in Denver, Colorado; Oakland, California; Ann Arbor, Michigan; and Cambridge, Massachusetts. The bill was passed by the California Senate in June 2021 and, as of July 12, 2021, awaits action in the California Assembly. The bill also requires the state's Department of Public Health to study and report on approaches "to promote safe and equitable access...in permitted legal contexts." Should it fail to pass the Assembly, a 2022 ballot initiative with similar goals is being prepared.

Potential Benefits and Unknown Risks of Psychedelic Agents

Psychedelic research is still preliminary in many ways, although some studies have shown promising effects on depression, suicidality, substance use, and posttraumatic stress disorder (PTSD). In a phase 2 clinical trial of 59 selected patients, there was no significant differ-

ence between psilocybin and escitalopram for treating depressive symptoms. 2 In a phase 3 trial involving 91 patients, 3,4-methylenedioxymethamphetamine (MDMA) was more effective than placebo for treating PTSD symptoms (d = 0.91). 3 However, most of the literature on psychedelics has been limited by small sample sizes, difficulties with blinding given the subjective effects of psychedelics, and exclusion of participants with comorbidities, histories of drug use, and personal or family histories of psychotic disorders. $^{1-3}$ The extent to which findings like these may generalize to larger and more representative patient samples is unknown.

Serotonergic psychedelics, such as psilocybin, must be distinguished from other substances that are also sometimes called psychedelic and included in these legalization measures, such as the entactogen (ie, a compound that creates a sense of empathy and emotional connection) MDMA. The neurobiological mechanisms of neither class are fully understood, although according to many investigators the "mystical experiences" are critical to the clinical benefits of serotonergic psychedelics and empathetic effects to those of MDMA.¹

More importantly, current evidence for the risk profiles of these classes is notably different. The epidemiology and acute toxic effects of MDMA, including hyperthermia, hypertension, seizure, arrythmia, and psychosis, have long been subject to careful study, ⁴ enabling an evidence-based discussion of the risks of their use. In contrast, even though serotonergic psychedelics appear to have low abuse potential, their risks outside carefully controlled trials are not well understood. Early case reports of psychedelics precipitating psychotic episodes have led to understandable concern about their effects on people predisposed to psychotic disorders. The few large-scale surveys focusing on serotonergic psychedelics obtained illicitly offer conflicting guidance on this and other risks.

A study of 1993 psilocybin users who experienced "bad trips" reported that 62% characterized them as among the 10 most "challenging" experiences in their lives, 10.7% reported having put themselves or others at physical risk, and 2.6% had become physically violent.⁵ Ten percent of respondents reported symptoms lasting more than 1 year, with a small number of cases consistent with "enduring" psychosis (rather than substance-induced psychosis, which is, by definition, transient).⁵ Yet, other studies have suggested that history of psychedelic use was associated with decreased suicidality and distress⁶ and found no relationship between lifetime psychedelic use and current psychotic or other symptoms, ⁷ although the incidence of transient, psychedelic-induced psychosis is uncertain.

Corresponding Author: William R. Smith, MD, PhD, Department of Psychiatry, University of Pennsylvania, 3535 Market St, Philadelphia, PA 19104 (william. smith@pennmedicine. upenn.edu).

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The Diverse Roots of Psychedelic Advocacy

Despite the preliminary nature of the scientific evidence, the push for legalization of psychedelics is driven by the confluence of at least 4 factors. First is popular media, which have encouraged remarkable public enthusiasm about psychedelics, perhaps beyond that warranted by the current state of evidence. Second is the growing concern about the adverse effects of the criminalization of substance use, including high rates of incarceration in marginalized communities. These first 2 have led to a third: funding from a small number of wealthy enthusiasts in support of legalization of psychedelic substances. The fourth factor is the prospect of commercialization and resulting tax revenue. Venture capital firms and other investordriven companies see opportunities to develop treatments and build clinics to profit from popular interest in psychedelics. State legislators have perceived that legalization of psychedelic substances, along with drugs such as cannabis, is a potential, easily tapped source of revenue for their cash-strapped states.

Although both therapeutic potential and positive effects of decriminalization are important considerations, advocates tend to give limited attention to countervailing concerns. Yet, if legalization is followed by commercialization, with psychedelic shops proliferating (like the cannabis boutiques that have opened in cities where that drug has been legalized), vulnerable populations may have unprecedented access to these substances. Moreover, the contribution of psychedelics to the criminalization and incarceration of Black individuals and other disenfranchised groups is not entirely clear; it may be several orders of magnitude less than that of other criminalized substances, such as cocaine and cannabis.

Lessons From Legalization and Commercialization of Drugs

Cannabis legalization offers an instructive analogy to the extraclinical legalization of psychedelics proposed in California. As with psychedelics, commercial interests encourage the perception that marijuana poses less psychiatric risk and offers greater benefit than the evidence suggests. Concerns about decriminalization are also critical to cannabis legalization efforts, and perhaps are more warranted than for psychedelics.

Although the results of cannabis legalization are debated, they are, at best, mixed. Benefits of decriminalization are clearly robust given the disproportionate frequency of incarceration for cannabis possession among disenfranchised groups, and other benefits in-

clude relief from specific types of pain. However, in states that have legalized cannabis, cannabis use disorder increased by 25% in people aged 12 to 17 years from 2008 to 2016 and by 36% in those older than aged 26 years. This may increase as commercialization progresses. For persons who use cannabis, use for self-medication, losses in social functioning, impaired driving, and psychiatric comorbidities have all increased with legalization. Perhaps most concerningly, strong correlations between legalization and increasing prevalence of psychosis and consequent hospitalization have been reported. In Portugal, which decriminalized cannabis use in 2001, hospitalization in public hospitals for psychotic disorders increased from 24 in 2001 to 588 in 2015, and the proportion of patients with concomitant cannabis use disorder rose from 0.87% to 10.60%.

Alternatively, even with strictly clinical use, as proposed for psilocybin in Oregon, non-evidence-based marketing may supplant evidence-based practice. As with the proliferation of for-profit chains of ketamine clinics, some firms now envision networks of psychedelic clinics for indications beyond treatment of depression. Investigative reports suggest that many ketamine clinics fail to screen patients properly, offer ketamine for indications and at doses not supported by appropriate evidence, lack a psychiatrist or other mental health professional on staff, and promote their services with claims far exceeding the evidence base. Because ketamine was already approved for use as an anesthetic, its off-label use is unregulated, in contrast to the US Food and Drug Administration Risk Evaluation and Mitigation Strategies required for the administration of esketamine, which is an intranasal formulation of ketamine.

Due Care in Psychedelic Legalization

The promise of therapeutic benefit from psychedelics is appealing, but overly rapid legalization and commercialization may short-circuit prudent legal reforms. There are other ways of accomplishing some of the goals of legalization while limiting the risks, such as deprioritizing enforcement of laws against psychedelic possession (as some cities have already done). Yet, the current debate creates a sense of urgency for decriminalization and a promise of solving a mental health "crisis" that may obscure potential harms of rapid implementation, largely unknown but potentially foreshadowed by prior experience. Slowing the rush to legalization of psychedelics to clarify the evidence, giving policy makers and the public better information, and to develop careful regulatory policy would be wise.

ARTICLE INFORMATION

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City of Missoula, Montana City Council Committee Agenda Item

Committee:	Public Safety, Health and Operations						
Item:	Re-entry Challenges for Returning Citizens and Local Resources						
Date:	June 6, 2022						
Sponsor(s):	Kristen Jordan, Ward 6						
Prepared by:	same						
Ward(s) Affected:	□ Ward 1 □ Ward 2 □ Ward 3 □ All Wards		Ward 4 Ward 5 Ward 6 N/A				
Action Required: No action required Recommended Motior I move the City Council: Timeline: Committee discussion: Council action (or sets here) Public Hearing (if required Final Consideration Deadline:	information on nearing):	June 15, 2 n/a n/a n/a n/a n/a					

Background and Alternatives Explored:

Benny Lacayo works with Welcome Back. Welcome Back! is a community of people returning to Missoula, MT after incarceration, who are committed to helping each other succeed. Welcome Back is an affiliate of the Missoula Interfaith Collaborative in partnership with Partners for Reintegration. June is "Reentry" month, and Mr Lacayo will be providing Council members with information about what it's like being a Returning Citizen and information on "Reentry" month, including community opportunities to understand the current approach to incarceration and inspire an imagination for how a more progressive an compassionate approach might better serve the needs of this community and the individuals and families therein.

Financial Implications:

n/a

Links to external websites:

https://www.facebook.com/welcomeback2missoula/