

1 A MEMORIAL

2 REQUESTING THE DEPARTMENT OF HEALTH TO STUDY THE EFFICACY OF  
3 USING PSILOCYBIN MUSHROOMS FOR THERAPEUTIC TREATMENTS AND THE  
4 ESTABLISHMENT OF A PROGRAM FOR PSILOCYBIN MUSHROOMS TO BE USED  
5 FOR THERAPEUTIC MEDICAL TREATMENTS.

6  
7 WHEREAS, in 2023, the prevalence of mental health  
8 illness among adults in New Mexico is at an all-time high,  
9 with thirty-six and four-tenths percent of adults found to  
10 have reported symptoms of anxiety or depression; and

11 WHEREAS, New Mexico has one of the highest suicide rates  
12 in the United States; and

13 WHEREAS, a large portion of suicides in New Mexico are  
14 veterans and first responders diagnosed with depression or  
15 posttraumatic stress disorder; and

16 WHEREAS, New Mexico has one of the highest rates of drug  
17 overdoses in the United States; and

18 WHEREAS, the department of health's website reports that  
19 New Mexico's alcohol-related death rate is the highest in the  
20 nation; and

21 WHEREAS, studies conducted at New York university, Johns  
22 Hopkins university, the university of Minnesota and other  
23 institutions have shown medical treatments using psilocybin  
24 can relieve major depressive disorder symptoms with supportive  
25 psychotherapy; and

1           WHEREAS, the United States food and drug administration  
2 has twice granted medical providers a "breakthrough therapy  
3 designation" for psilocybin for the treatment of major  
4 depressive disorder; and

5           WHEREAS, the United States department of veterans  
6 affairs has made a public announcement stating its commitment  
7 to studying interventions such as psychedelic-assisted  
8 therapy to promote the mental health of the nation's  
9 veterans; and

10           WHEREAS, randomized controlled trials of psilocybin with  
11 psychological support have reported significant  
12 antidepressant effects in adults with major depressive  
13 disorder and treatment-resistant depression; and

14           WHEREAS, multiple studies have shown that psilocybin may  
15 act by stimulating the nerve cell regrowth responsible for  
16 emotion and memory in the hippocampus, supporting the  
17 hypothesis that psilocybin can help break traumatic cycles  
18 that occur in patients with posttraumatic stress disorder;  
19 and

20           WHEREAS, in 2022, the university of New Mexico's chief  
21 of addiction psychiatry, Snehal Bhatt, was part of the  
22 research team that published a study in the journal of the  
23 American medical association's *JAMA Psychiatry* that found  
24 that psilocybin combined with psychotherapy can sharply  
25 reduce alcohol usage; and

1           WHEREAS, Oregon and Colorado have recently enacted  
2 policies facilitating the use of psilocybin-based treatments,  
3 and multiple municipalities in the United States have  
4 decriminalized the possession of psilocybin;

5           NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE  
6 STATE OF NEW MEXICO that the department of health in  
7 collaboration with the university of New Mexico health  
8 sciences center be requested to study and evaluate the  
9 efficacy of psilocybin-based therapeutic treatments and the  
10 establishment of a program allowing the use of psilocybin  
11 mushrooms for therapeutic medical treatments and the  
12 necessary statutory or regulatory framework for developing  
13 such a program; and

14           BE IT FURTHER RESOLVED that a copy of this memorial be  
15 transmitted to the secretary of health. \_\_\_\_\_

16  
17  
18  
19  
20  
21  
22  
23  
24  
25