



Psychedelic Medicine Task Force Meeting Summary

- Participants listed below.
- Meeting documents with presentation slides provide more detail and are available on the [task force webpage](#).

Meeting Summary: September 9, 2023, 9:30 AM – 12:30 PM

Welcome

Facilitator, Stacy Sjogren, with Management Analysis and Development (MAD), called the meeting to order. She reviewed the rules of engagement for the meeting, welcomed outside observers, introduced task force staff, and gave reference to the task force webpage to find more information. Stacy also reviewed the legislative charge and task force duties as found on slides 5-7 of the [September meeting presentation \(www.health.state.mn.us/people/psychmed/docs/sept24slides.pdf\)](#).

Roll call was taken, and quorum was secured. See voting log at the bottom of this meeting summary for attendance.

Approve August meeting summary

A motion was made and seconded to approve the August 2024 meeting summary as written. Motion carried. See voting log for details.

Task force logistical business

Dr. Jessica Nielson, task force chair, asked task force members to share public feedback collected from their respective constituencies.

Paula DeSanto shared a need for more integration support. She mentioned a need for more support groups and places to go that aren't necessarily connected to therapists.

Donovan Sather reached out to spiritual elders within Indian Countries. Donovan shared a need to educate and help people understand what will be done with integration and medicine use.

Dr. Ranji Varghese heard from patients who spontaneously provided feedback as well as colleagues in mental health and non-mental health fields. Patients are excited about using psilocybin and other medicines. Patients have said they are open to it in a supportive setting. Those who currently use Ketamine say they have appreciated the care they receive on the front end and in the integration. There was concern about people using or accessing psychedelics without supervision. Some have said adult regulated use is not or should not be too concerning.

Non-psychiatric physicians are potentially excited about making psychedelics more accessible but are concerned about who is going to supervise. Mental health professionals who work in in-patient psychiatric facilities believe these medicines should be tried but have also seen people with bad hallucinations from psychedelics. Mental health professionals want to know how the state will prepare people for instances like bad hallucinations. They are also concerned about potential concerns of triggering issues that may be dormant. In-patient units shared similar concerns, such as, how to screen and who is going to take care of individuals should something happen. In general, a majority were optimistic to potentially add psychedelics as a tool if it is regulated by the state.

Paula echoed a need for community education now, not just later. People are participating in higher numbers and interested in launching some sort of community education activity.

Michael Tabor reached out to veterans and first responders. Many veterans who are dealing with turmoil and PTSD have tried many approaches and feel that psychedelics could be the last resort to them. Michael mentioned the MDMA decision was a disappointment and there is a sense of despair for those who have tried all other approaches. Michael mentioned that if the state moves toward an adult clinical model, many veterans will not be able to afford it. Michael suggested removing the financial barriers and recommended adult regulated use as the best approach to do that. He also suggested adding exceptions, waivers, and other supports to get people the access they need.

Stefan Egan shared his personal experience and conversations with veterans. His fear is that the molecules may be becoming too accessible and diluted. He is concerned that if it is too accepted, recreational, unregulated, and without public education, it will be difficult to get hands around it.

Dr. Varghese added a need to be cautious. He mentioned that while there are benefits, psychedelics are not a magic bullet. There needs to be education and safeguards. He added that it is also costly, and it needs to be accessible for people. The state has to cover some of the expenses so people can access them responsibly.

Decision preparation

Dr. Nielson provided a summary of task force meetings on slides 13-15 of the meeting presentation.

Dr. Nielson reviewed the initial voting process found on slide 16 of the meeting presentation. She reminded the task force that voting is about officially adding a recommendation to the final report to the legislature. The report is a resource for the legislature and the legislature is not bound by any of the recommendations in the report.

Task force members engaged in a discussion about whether abstentions counted towards the total vote count to determine a majority or supermajority. A motion was made and seconded to exclude abstentions toward the total vote count. Motion carried. See voting log for details.

Break

Voting on recommendations

Jess Burke, Senior Management Consultant with MAD, provided an overview of the voting procedures found on slide 19 of the meeting presentation.

Task force members voted by roll call on each recommendation found on slides 21-24 of the meeting presentation. Members were reminded that the vote totals were not yet final as the task force was waiting for a newly appointed member to submit their vote. See voting log for vote tallies.

Task force members engaged in a discussion about broad recommendation 1. Task force members voiced agreement about amending the language on recommendation 1 to include only naturally grown mushrooms containing psilocybin. Members voiced support to revote on recommendation 1 at the next task force meeting.

Task force report development update

Dr. Caroline Johnson, Psychedelics Medicine Scientific Research at the Minnesota Department of Health, provided a report writing update found on slides 25-28 of the meeting presentation.

Task force members provided suggestions to the task force report and volunteered for various roles in the report writing process.

Task force members engaged in a discussion about voting on updated recommendation 1 before the end of the meeting. Some members voiced support to vote before the end of the meeting given the high turnout of task force members. Others recommended a more measured approach and to wanted to provide more time for precise language before voting on the updated recommendation 1.

Adjourn

Members of the public were reminded that if they have comments to provide to the task force, they can email health.psychedelicmedicine@state.mn.us.

Participants

Task force members

Courtney Amundson
Helen Bassett
Guthrie Capossela
Paula DeSanto
Dr. Margaret Gavian
Jeremy Drucker
Stefan Egan
Nick Lehnertz

Member name	Roll call	8/5/24 minutes <i>Motion: Tomczik</i> <i>Second: Phillips</i>	“Votes to abstain” <i>Motion: Capossela</i> <i>Second: Tomczik</i>	Rec. 1 Remove criminal penalties for possession of personal use quantities	Rec. 2 Remove criminal penalties for non-commercial cultivation	Rec. 3 Create state-reg pgm for clinical admin of MDMA/ LSD/psiloc ybin	Rec. 4 Create state-reg pgm for clinical admin of mushrooms.	Rec. 5 Appropriate funding for research.	Rec. 6 Legislature allow and regulate adult use of mushrooms.
Jeremy Drucker	Present	Abstain	No	No	No	No	Abstain	Abstain	No
Stefan Egan	Present	Abstain	Yes	No	Yes	Yes	Yes	Yes	No
Margaret Gavian	Present	Approve	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Bennett Hartz	Absent	--	No	No	No	No	No	Yes	No
Sen. Mark Koran	Present	Abstain	No	No	No	No	Yes	Yes	No
Nick Lehnertz	Present	Abstain	No	No	No	No	No	Abstain	No
Arielle “Ari” McHenry	Present	Approve	Yes	No	Yes	Yes	Yes	Yes	Yes
Jessica Nielson	Present	Approve	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Kit O’Neill	Present	Abstain	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jill Phillips	Present	Approve	No	No	No	No	No	Abstain	No
Kenneth Sass	Present	Approve	No	No	No	No	No	Abstain	No
Donovan Sather	Present	Approve	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Rep. Andy Smith	Present	Approve	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Michael Tabor	Present	Abstain	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Adam Tomczik	Present	Approve	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Ranji Varghese	Present	Abstain	Yes	No	Yes	Yes	Yes	Yes	Yes
Rep. Nolan West	Present	Abstain	Yes	Yes	No	Yes	Yes	Yes	No