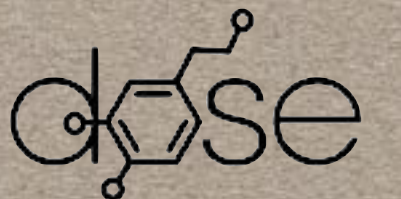


# DOSE RX IMPACT DECK - PSYCHEDELICS

## INTRODUCTION - WHAT IS A PSYCHEDELIC?

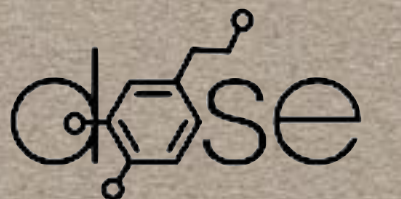
- \* Psychedelics are a class of psychoactive substances that profoundly alter an individual's perception, thoughts, feelings, and sensory experiences. These substances are known for their ability to induce hallucinations, altered states of consciousness, and heightened sensory perceptions, sometimes blurring the line between the inner and outer world.
- \* Psychedelics encompass a wide range of compounds, both natural and synthetic, such as psilocybin found in certain mushrooms, LSD, MDMA, and ketamine. Their effects can vary widely, from mystical and introspective experiences to the distortion of time, space, and reality, making them a subject of scientific research, cultural fascination, and exploration for personal growth and therapy.
- \* In 1973, the federal government classified psychedelics as schedule I substances, rendering possession illegal, even for research purposes except under tightly regulated circumstances.
- \* In the years since, a growing demand for psychedelic research and legalization has brought about a shift in policy and practice. With rising levels of PTSD, anxiety, and other mental health issues, psychedelics are now being explored as a treatment for these and many other conditions, including autism spectrum disorders, alcoholism and drug addiction, and even migraine headaches.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## INTRODUCTION - WHAT IS OUR CURRENT PUBLIC PERCEPTION OF PSYCHEDELICS?

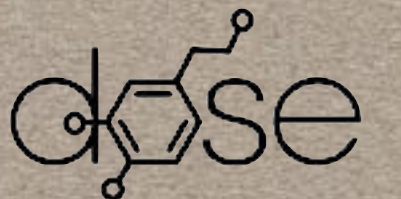
- \* The current public perception of psychedelics is undergoing a significant shift. While these substances were once associated with stigma and negative stereotypes, there is a growing trend towards more open-minded and informed views. Increased scientific research on the therapeutic potential of psychedelics in addressing mental health issues, such as depression and PTSD, has played a pivotal role in reshaping public opinion.
- \* Many people now view psychedelics as potential tools for personal growth and self-exploration. Simultaneously, concerns regarding misuse, safety, and the need for responsible use remain, but there is a growing sense that psychedelics have the potential to positively impact mental health and well-being when used under controlled, therapeutic conditions. This evolving perception is reflected in shifting public policies, with some cities, states, and countries around the world decriminalizing or legalizing psychedelics, further contributing to the changing landscape.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## INTRODUCTION - WHAT IS THE FUTURE OF PSYCHEDELICS?

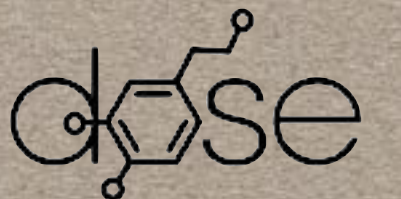
- \* The potential future of psychedelics is increasingly promising. With an expanding body of scientific research supporting their therapeutic applications, psychedelics are poised to become a transformative force in mental health care. It is likely that in the coming years, we will witness a growing acceptance of psychedelics in clinical settings, with treatments such as psilocybin- and MDMA-assisted therapy becoming more accessible.
- \* Policy changes may continue to unfold, decriminalizing or legalizing psychedelics in various jurisdictions. As the public perception evolves, psychedelics could play a central role in addressing mental health challenges like depression, anxiety, and PTSD, ultimately contributing to a more holistic and compassionate approach to psychological well-being. However, the responsible and regulated use of these substances, coupled with ongoing research, will be vital to realizing their full potential while ensuring safety and efficacy.
- \* The Multidisciplinary Association for Psychedelic Studies (MAPS), the leading proponent for psychedelic research and legalization, achieved a significant milestone when the U.S. Food and Drug Administration (FDA) granted Breakthrough Therapy Designation to MDMA-assisted therapy for PTSD, expediting its development and review.
- \* MAPS has shown a commitment to promoting diversity and inclusion within the field of psychedelic research, aiming to address disparities and ensure equitable access to benefits.
- \* In the US, President Joe Biden's administration "anticipates" that regulators will approve MDMA and psilocybin within the next two years for designated breakthrough therapies for PTSD and depression, respectively. The administration is "exploring the prospect of establishing a federal task force to monitor" the emerging psychedelic treatment ecosystem.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## LEGAL FACTS

- \* Global legal policies toward psychedelics vary widely, with some countries implementing strict punitive measures and others adopting more progressive and harm-reduction-oriented approaches. These policies have profound implications, ranging from high rates of incarceration for individuals found in possession of psychedelic substances to extremely harsh punishments in some nations, including the death penalty.
- \* The global war on drugs, initially aimed at curbing substance abuse, has had detrimental consequences, including the perpetuation of a costly and often ineffective punitive approach, the exacerbation of health and social issues, and the criminalization of individuals struggling with addiction and mental health concerns, along with those pursuing spiritual ends through the use of psychedelics.
- \* As attitudes evolve and scientific research highlights the potential therapeutic benefits of psychedelics, there is a growing push for legal reform and the reconsideration of these policies, driven by a desire to prioritize health, well-being, and a more compassionate and evidence-based approach to drug regulation.



# DOSE RX IMPACT DECK - PSYCHEDELICS

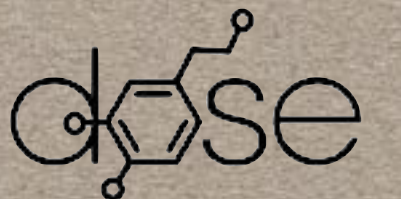
## LEGAL FACTS - GLOBAL PSYCHEDELIC DRUG POLICY - NORTH AMERICA

**United States:** While the decriminalization or medical legalization of psychedelics has been underway in some U.S. states and cities, there have been cases of individuals receiving long prison sentences for possession of substances like LSD or psilocybin in states with strict drug laws. These cases vary widely, and extreme punishments are generally the exception.

**Canada:** In Canada, psychedelics encompass a range of restricted plants, fungi, and chemicals that are federally regulated as controlled substances by the Controlled Drugs and Substances Act (CDSA). Under the CDSA, each psychedelic is organized into schedules based on perceived harm, on a scale of one to nine, with Schedule I being designated the most harmful for Canadians.

Most psychedelics are listed under Schedule III, with the exception of ketamine and MDMA which fall under Schedule I. But not all plants containing psychedelics are illegal. And some Schedule I psychedelics are available in fancy private clinics (for a handsome fee), while others in Schedule III have just opened up to qualifying patients under a physician's care.

A groundswell of Canadian psychedelic companies, bolstered by over \$289 million in venture capital, is currently permitted to manufacture psilocin, psilocybin, mescaline, DMT and MDMA with a "dealer's licence." Today, these companies can only sell these substances for research purposes to a small, but growing number of Health Canada-approved studies.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## LEGAL FACTS - GLOBAL PSYCHEDELIC DRUG POLICY - EUROPE

### Permissive Approaches

Portugal: Portugal decriminalized the possession and use of all drugs, including psychedelics, for personal use in 2001. It has focused on a harm reduction and public health approach.

Netherlands: The Netherlands is known for its "tolerance policy." Psychedelics like magic mushrooms (containing psilocybin) have been sold openly in "smart shops" under certain regulations. Cannabis is also tolerated for personal use.

### Mixed Approaches

Spain: Spain has a somewhat decentralized approach. Some regions, like Catalonia, have decriminalized the personal use and cultivation of cannabis and some psychedelics, while others maintain stricter regulations.

### Prohibitive Approaches

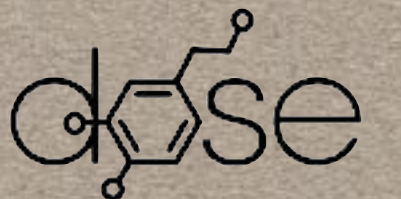
Germany: Germany has strict drug laws, and possession of psychedelics is generally prohibited. Medical use of some substances, like psilocybin, is permitted on a case-by-case basis.

France: France maintains stringent drug laws, and the possession of psychedelics is illegal. There are limited exceptions for medical and research use.

United Kingdom: The UK has strict regulations against the possession and use of most psychedelics, including LSD and magic mushrooms. Research into their potential therapeutic benefits is ongoing.

Sweden: Sweden has strict drug policies, and the possession of psychedelics is illegal. The focus is on prevention and law enforcement.

Poland: Poland has restrictive drug laws, and the possession of psychedelics is generally illegal.



# DOSE RX IMPACT DECK - PSYCHEDELICS

LEGAL FACTS - GLOBAL PSYCHEDELIC DRUG POLICY - ASIA \*SAMPLE

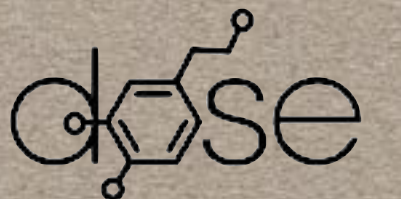
**Indonesia:** Indonesia has some of the world's strictest drug laws. Possession of relatively small amounts of psychedelics, such as magic mushrooms, can result in severe penalties, including lengthy prison sentences. There have been cases of foreigners facing the death penalty for drug-related offenses.

**Singapore:** Singapore has extremely strict drug laws, and possession of even a small amount of a psychedelic substance can lead to life imprisonment or even the death penalty in certain cases.

**Malaysia:** Malaysia has also imposed harsh penalties for drug-related offenses, with long prison sentences or even the death penalty as potential consequences for possession of psychedelics.

**Thailand:** While Thailand has been making some efforts to reform its drug policies, the possession of large quantities of certain psychedelics can still result in substantial prison sentences.

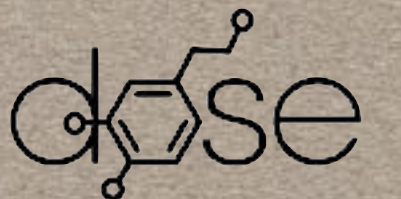
**Japan:** Japan maintains strict drug laws, and possession of psychedelics can lead to imprisonment. In some cases, sentences have been known to extend to several years, although the specifics can vary depending on factors such as the quantity of the substance and previous criminal history.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## LEGAL FACTS - SOME RECENT MILESTONES

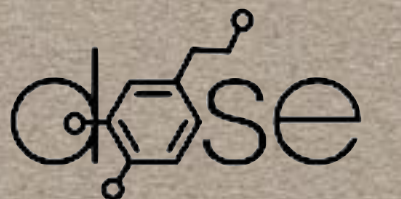
- \* On 5 October 2022, the Canadian province of Alberta announced it would be among the first to regulate and allow the use of Psilocybin, LSD, MDMA, mescaline, ketamine, and DMT for medicinal purposes in drug-assisted psychotherapy. The new regulations came into effect in January 2023.
- \* On 5 February 2023, Australia approved psilocybin and MDMA in prescription medications for the treatment of PTSD and treatment resistant depression.
- \* 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. Governor Newsome vetoed this bill after it was passed in October 2023, citing the need for “regulated treatment guidelines.”



# DOSE RX IMPACT DECK - PSYCHEDELICS

## SPECIFIC DRUG POLICIES - PSILOCYBIN

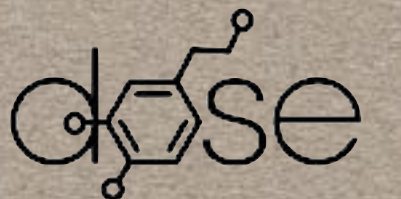
- \* The legal status of psilocybin mushrooms varies worldwide. Psilocybin and psilocin are listed as Schedule I drugs under the United Nations 1971 Convention on Psychotropic Substances. Schedule I drugs are defined as drugs with a high potential for abuse or drugs that have no recognized medical uses. However, psilocybin mushrooms have had numerous medicinal and religious uses in dozens of cultures throughout history and have a significantly lower potential for abuse than other Schedule I drugs.
- \* 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.
- \* In May 2021, the state of Washington passed a law decriminalizing the possession of small amounts of psilocybin and other psychedelics (SB 5194, 2021).
- \* In 2022, Colorado legalized psilocybin mushrooms for both medical and recreational use.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## SPECIFIC DRUG POLICIES - KETAMINE

- \* Ketamine is a dissociative anesthetic drug that has been classified as a Schedule III controlled substance in the United States due to its potential for abuse (DEA, 2021). It has been used legally in medical settings for anesthesia and pain management.
- \* Ketamine has gained attention as a potential psychotherapy treatment for various mental health conditions, particularly treatment-resistant depression.
- \* In the 2000s, researchers began to explore the use of ketamine for its rapid-acting antidepressant effects, separate from its traditional anesthetic use.
- \* Regulatory approaches to ketamine therapy vary by jurisdiction, and some regions have implemented specific regulations to ensure safe administration.
- \* There are now hundreds of legally operating ketamine psychotherapy clinics across the U.S.
- \* Ketamine's journey from a widely used anesthetic, to popular club drug, to an emerging psychotherapy treatment for depression and other mental health conditions reflects a changing landscape in the field of mental health treatment and highlights the importance of ongoing research and careful regulation.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## SPECIFIC DRUG POLICIES - LSD, MDMA

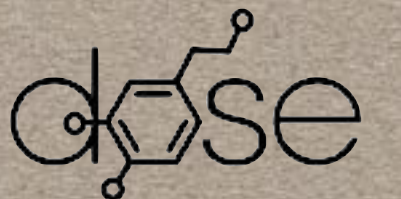
**LSD** is classified as a Schedule I controlled substance in the United States, making it illegal to possess, use, or distribute.

Some countries, such as Switzerland and the Netherlands, have more lenient approaches to LSD, allowing limited medical and research use in controlled settings.

**MDMA** is classified as a Schedule I controlled substance in the United States, making it illegal for recreational or medical use.

However, the U.S. Food and Drug Administration (FDA) granted "Breakthrough Therapy" status to MDMA-assisted therapy for post-traumatic stress disorder (PTSD), which expedited clinical trials and research (MAPS, 2021).

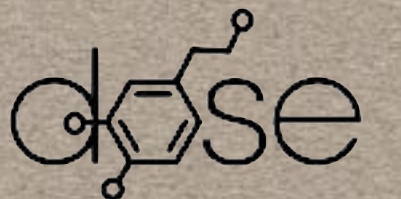
In some jurisdictions, MDMA-assisted therapy was being explored or piloted as a treatment for PTSD, with the potential for regulatory approval in the future.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## SCIENTIFIC STUDIES

- \* The present and future of scientific studies involving psychedelics represent a fascinating journey of exploration and discovery. In the past, these substances were subjects of both scientific inquiry and countercultural experimentation, leading to a mixture of enthusiasm and controversy.
- \* The present, however, reveals a remarkable resurgence in interest and legitimacy, with rigorous research supporting the therapeutic potential of psychedelics in addressing mental health conditions.
- \* As we peer into the future, the landscape of psychedelic science is poised to continue evolving, with a promising trajectory toward the incorporation of these compounds into mainstream medicine. These substances, once marginalized, are increasingly seen as potential tools for healing, personal growth, and consciousness exploration, promising transformative impacts on our understanding of the human mind and mental health care.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## SCIENTIFIC STUDIES

### **Psilocybin:**

Clinical trials have demonstrated that psilocybin-assisted therapy can significantly reduce symptoms of depression and anxiety in patients with life-threatening illnesses, with 60-80% of participants showing clinically significant improvements. (Griffiths et al., 2016)

A study found that a single high-dose session of psilocybin was associated with substantial and sustained reductions in depression and anxiety in cancer patients, with 60-80% experiencing significant reductions in symptoms. (Ross et al., 2016)

### **Ketamine:**

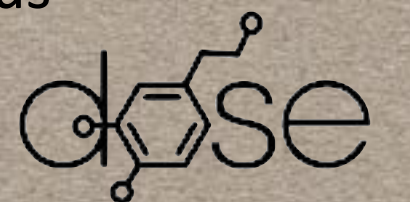
Intravenous ketamine has been shown to provide rapid and significant relief for patients with treatment-resistant depression, with up to 70% of patients experiencing improvements in their symptoms within hours to days of treatment. (Zarate et al., 2006)

Ketamine-assisted therapy has demonstrated effectiveness in reducing symptoms of PTSD, with studies reporting a significant reduction in symptom severity. (Feder et al., 2014)

### **LSD:**

Research on LSD therapy for anxiety in patients with life-threatening illnesses showed that a single dose led to significant reductions in anxiety and improvements in overall well-being, with some effects lasting up to 12 months. (Gasser et al., 2014)

A meta-analysis of LSD-assisted therapy studies found that it was associated with significant and sustained reductions in anxiety and depression in various clinical populations. (Krebs et al., 2013)



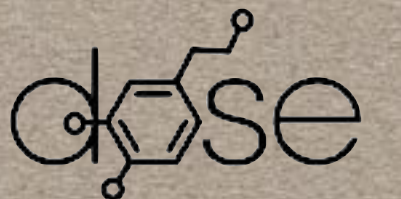
# DOSE RX IMPACT DECK - PSYCHEDELICS

## CASE STUDY - MDMA - PHASE 3 CLINICAL TRIALS

- \* In clinical trials, MDMA-assisted therapy has shown promise in the treatment of PTSD, with approximately 67% of participants no longer meeting the criteria for PTSD after two MDMA-assisted sessions. (Mithoefer et al., 2018)
- \* A long-term follow-up study found that the benefits of MDMA-assisted therapy for PTSD were durable, with participants maintaining improvements in their symptoms several years after treatment. (Mithoefer et al., 2019)

### **Phase 3 Clinical Trials for MDMA-Assisted Therapy:**

- \* MAPS initiated Phase 3 clinical trials to evaluate the safety and efficacy of MDMA-assisted therapy for PTSD, aiming to provide a path toward regulatory approval (MAPS, 2021).



# DOSE RX IMPACT DECK - PSYCHEDELICS

## ONGOING STUDIES

**Psychedelic-Assisted Therapy for Alcohol and Substance Use Disorders:** Ongoing studies are assessing the effectiveness of psychedelics in the treatment of substance use disorders, including alcohol addiction.

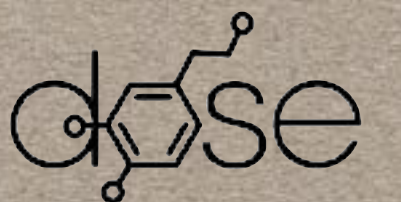
**Ketamine Studies for Various Mental Health Conditions:** Ongoing research explores the use of ketamine in the treatment of conditions like depression, bipolar disorder, and suicidal ideation.

**Microdosing Studies:** Researchers are conducting ongoing investigations into the potential benefits and risks of microdosing psychedelics like LSD and psilocybin.

**Combination Therapies:** Some ongoing studies are exploring the effectiveness of combining different psychedelics or combining psychedelics with psychotherapy for enhanced therapeutic outcomes.

**International Research:** Ongoing research extends beyond the United States, with studies and trials taking place in various countries, including Canada, the UK, and the Netherlands.

**Diverse Mental Health Conditions:** Studies are exploring the use of psychedelics for a wide range of mental health conditions, including depression, anxiety, PTSD, obsessive-compulsive disorder (OCD), and more.



# DOSE RX IMPACT DECK - PSYCHEDELICS

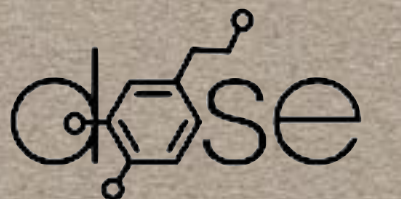
## HEALTH STATISTICS- WHY WE NEED PSYCHEDELIC SCIENCE - PTSD

**With the advent of COVID and global warming, rates of PTSD, anxiety, depression, and other mental health disorders are rising around the world.**

### PTSD Statistics

#### **United States:**

- \* It was estimated that approximately 7-8% of the U.S. population would experience PTSD at some point in their lives (National Center for PTSD, 2021).
- \* The lifetime prevalence of PTSD among veterans of the U.S. military was estimated to be around 30% (U.S. Department of Veterans Affairs, 2021).
- \* In the aftermath of significant events such as natural disasters, mass shootings, or terrorist attacks, there is often an increase in the number of individuals at risk of developing PTSD.

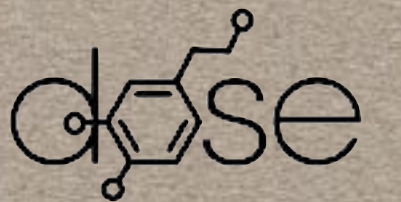


# DOSE RX IMPACT DECK - PSYCHEDELICS

HEALTH STATISTICS- WHY WE NEED PSYCHEDELIC SCIENCE - PTSD

## Globally:

- \* The prevalence of PTSD varies worldwide and can be significantly affected by factors like conflict, natural disasters, and societal conditions.
- \* Studies have shown that the global prevalence of PTSD among conflict-affected populations can range from 5-40% (Steel et al., 2009).
- \* Natural disasters, such as earthquakes, tsunamis, and hurricanes, have been associated with increased rates of PTSD in affected regions (Kessler et al., 2008).



# DOSE RX IMPACT DECK - PSYCHEDELICS

## HEALTH STATISTICS- WHY WE NEED PSYCHEDELIC SCIENCE - DEPRESSION

### United States:

- \* **Prevalence:** Depression is highly prevalent in the U.S. It is estimated that approximately 21 million adults, or around 8.4% of the U.S. population, experience at least one major depressive episode in a given year (National Institute of Mental Health, 2021).
- \* **Rising Rates:** The rates of depression have been on the rise over the past few decades. The increase in the number of individuals reporting depressive symptoms is a concerning trend.
- \* **Youth and Adolescents:** Depression is not limited to adults. In 2019, about 16.1% of U.S. teenagers aged 12 to 17 reported experiencing a major depressive episode in the past year (SAMHSA, 2020).
- \* **Comorbidity:** Depression often co-occurs with other mental health conditions. For example, individuals with depression are more likely to have anxiety disorders and vice versa, compounding the overall mental health burden (National Institute of Mental Health, 2021).
- \* **Gender Differences:** Women tend to be diagnosed with depression more frequently than men. This gender difference has persisted over time, with about 9.5% of women experiencing a major depressive episode compared to 5.5% of men (SAMHSA, 2020).
- \* **Economic Impact:** Depression carries a substantial economic burden. The costs associated with healthcare, productivity loss, and disability due to depression run into the tens of billions of dollars in the U.S. annually (American Psychiatric Association, 2021).
- \* **Suicide:** Depression is a significant risk factor for suicide. In the U.S., suicide rates have been increasing, and mental health conditions, including depression, play a major role in many suicide cases (CDC, 2021).
- \* **Access to Treatment:** Many individuals with depression do not receive adequate treatment. Barriers such as lack of access to mental healthcare, stigma, and socioeconomic factors can limit treatment options (Substance Abuse and Mental Health Services Administration, 2020).
- \* **Pandemic Impact:** The COVID-19 pandemic has had a notable impact on mental health, including an increase in rates of depression. The pandemic-related stressors, social isolation, and economic challenges have contributed to worsening mental health conditions (Kaiser Family Foundation, 2021).

# DOSE RX IMPACT DECK - PSYCHEDELICS

## HEALTH STATISTICS- WHY WE NEED PSYCHEDELIC SCIENCE - DEPRESSION

### **Globally:**

**Global Prevalence:** Depression is a widespread mental health condition. According to the World Health Organization (WHO), an estimated 264 million people of all ages suffer from depression globally.

**Regional Variations:** Rates of depression can vary by region and country. Factors like socioeconomic conditions, access to mental healthcare, and cultural factors contribute to these variations.

**Gender Differences:** Studies have consistently shown that women are more likely to be diagnosed with depression than men. Globally, women are about twice as likely as men to experience depression.

**Youth and Adolescents:** Depression is a leading cause of disability among adolescents worldwide. It is estimated that 10-20% of adolescents experience mental health disorders, including depression.

**Economic Impact:** Depression imposes a significant economic burden on countries and individuals. In the United States, for instance, the economic costs of depression, including healthcare expenses and lost productivity, are substantial.

**Suicide:** Depression is a major risk factor for suicide. Over 90% of individuals who die by suicide have a diagnosable mental disorder, often depression. Globally, suicide is among the leading causes of death, particularly in younger age groups.

**Comorbidity:** Depression often co-occurs with other mental health conditions, such as anxiety and substance use disorders, further complicating diagnosis and treatment.

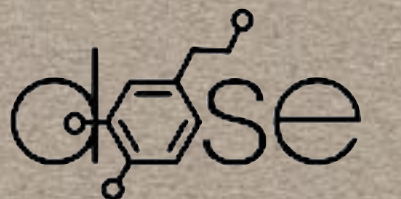
**Global Initiatives:** Mental health organizations, governments, and global health institutions have recognized the growing rates of depression and have launched initiatives to improve mental health awareness, accessibility of treatment, and reduce stigma.

# DOSE RX IMPACT DECK - PSYCHEDELICS

## PUBLIC EDUCATION INITIATIVES

### Strategies for Public Education Around Psychedelics:

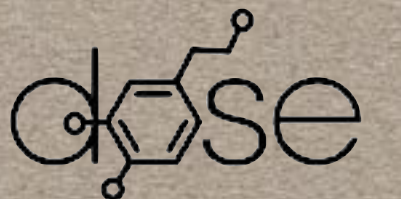
- \* Academic Courses: Introduce interdisciplinary courses that focus on the science, history, cultural context, and therapeutic potential of psychedelics.
- \* Develop courses that provide an overview of relevant fields, including psychology, neuroscience, anthropology, and sociology.
- \* Research Opportunities: Establish research programs to investigate the effects of psychedelics on mental health and cognition, involving both undergraduate and graduate students.
- \* Encourage faculty and students to engage in research projects related to psychedelics, promoting hands-on learning.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## PUBLIC EDUCATION INITIATIVES (CONT.)

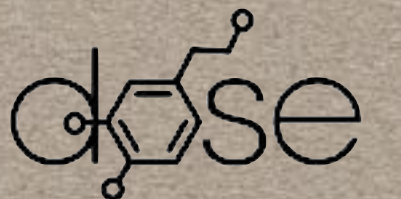
- \* Guest Lectures and Speakers: Invite experts, researchers, and advocates in the field of psychedelic studies to give guest lectures or talks.
- \* Host panel discussions and Q&A sessions to facilitate dialogue and provide diverse perspectives.
- \* Support the formation of student-led organizations dedicated to promoting education and awareness about psychedelics. These groups can host events, workshops, and discussions on topics related to psychedelics.
- \* Organize harm reduction workshops to teach students about the potential risks and safety measures associated with psychedelic use.
- \* Collaborate with local harm reduction organizations to provide practical resources.
- \* Train peer counselors who can provide information and support for students who may be considering or have experienced psychedelic use.
- \* Offer resources for safe and responsible use, as well as referrals to mental health services if needed.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## PUBLIC EDUCATION INITIATIVES (CONT.)

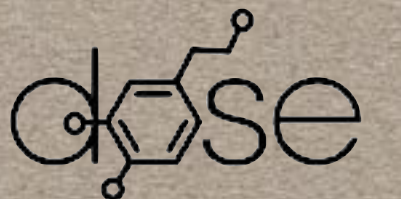
- \* Online Resources: Create online portals or websites that host educational materials, articles, documentaries, and research findings related to psychedelics. Ensure that these resources are easily accessible to students and faculty.
- \* Integration of Indigenous and Cultural Perspectives: Incorporate courses and workshops that explore the indigenous, cultural, and historical use of psychedelics, emphasizing respect and understanding.
- \* Develop guidelines and best practices for the ethical use of psychedelics, emphasizing the importance of intention, set, and setting. Highlight the importance of cultural sensitivity and ethical considerations.
- \* Mindfulness and Meditation Practices: Offer classes in mindfulness and meditation, as these practices can complement and enhance the benefits of psychedelic therapy and self-exploration.
- \* Encourage responsible, informed decision-making.
- \* Public Forums and Debates: Host public forums and debates that discuss the potential benefits and drawbacks of psychedelic use.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## PUBLIC EDUCATION INITIATIVES (CONT.)

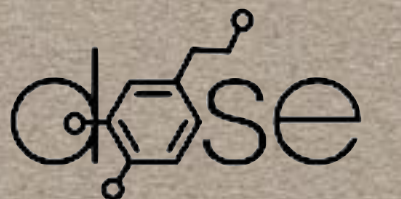
- \* Collaboration with Healthcare Programs: Partner with medical schools, nursing programs, and mental health departments to integrate psychedelic education into the training of future healthcare professionals.
- \* Policy and Legal Seminars: Offer seminars that focus on the current legal landscape surrounding psychedelics and the implications of changing legislation.
- \* Explore the regulatory and ethical challenges associated with research and clinical use.
- \* Public Awareness Campaigns: Launch public awareness campaigns within the university to reduce stigma, dispel myths, and encourage safe and responsible use.
- \* Continued Research and Assessment: Continuously evaluate the effectiveness of educational initiatives through surveys, feedback, and assessment of changes in attitudes and knowledge among students and staff.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## IN THE MEDIA

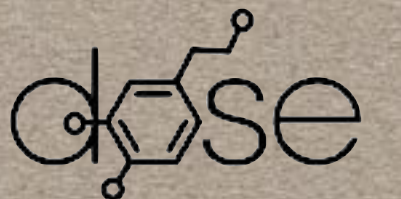
- \* The portrayal of drugs in the media has long held a complex and influential role in shaping public perception, understanding, and discourse surrounding substance use. In general, media representations of drugs have ranged from sensationalized and stigmatizing narratives to more nuanced and realistic depictions, reflecting the evolving societal attitudes and policies toward these substances.
- \* Psychedelics, in particular, have a distinct place in this narrative. Over the years, their portrayal in media has undergone dramatic shifts, from being demonized as dangerous and mind-altering substances to receiving growing attention for their potential therapeutic benefits and consciousness-expanding qualities. This transformation of media depictions illustrates the broader journey of drug representation, reflecting changing cultural norms, scientific discoveries, and a shift in focus from sensationalism to a more informed and balanced perspective.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## IN THE MEDIA (CONT.)

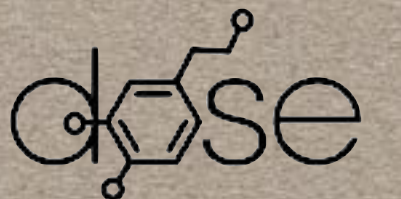
- \* Increased Media Mentions: Media mentions of psychedelics in the U.S. have shown substantial growth. In 2020, media coverage of psychedelics increased by over 50% compared to the previous year (Factiva, 2020).
- \* Documentaries and Films: The release of documentaries and films focused on psychedelics, such as "Fantastic Fungi," "The Mind, Explained," and "Have a Good Trip," has contributed to broader media coverage and public awareness (IMDb, 2021).
- \* News Outlets: A variety of news outlets, including major publications like The New York Times, The Washington Post, and The Guardian, have reported on the changing landscape of psychedelic research and therapy.
- \* Podcasts: There has been a surge in the number of podcasts dedicated to exploring various aspects of psychedelics, including their history, therapeutic potential, and cultural significance.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## IN THE MEDIA (CONT.)

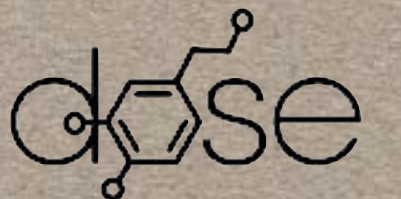
- \* **Scientific Journals and Reports:** Increased scientific research and studies on psychedelics have been featured in peer-reviewed journals and discussed in mainstream media outlets, highlighting their therapeutic potential.
- \* **Psychedelics and Mental Health:** Media coverage often focuses on the use of psychedelics in mental health treatment, with stories of patients benefiting from psychedelic-assisted therapy.
- \* **Decriminalization and Legalization:** News articles and reports have covered the changing legal landscape, including the decriminalization and potential legalization of psychedelics in some U.S. states and cities.
- \* **Interviews and Experts:** Media outlets frequently feature interviews and discussions with experts in the field, such as researchers, therapists, and advocates, to provide insights and context.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## IN THE MEDIA (CONT.)

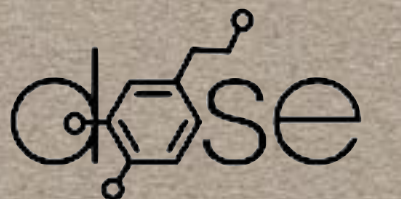
- \* **Psychedelic Culture and Art:** Coverage also explores the cultural and artistic aspects of psychedelics, with articles and features on art, music, and festivals inspired by the psychedelic experience.
- \* **Diverse Perspectives:** Media coverage represents a range of perspectives, from those advocating for the therapeutic use of psychedelics to those expressing concerns about their potential risks.
- \* **Ethical and Legal Considerations:** Reporting often addresses the ethical and legal considerations surrounding the use of psychedelics, including discussions about regulations and patient safety.
- \* **Public Opinion Shifts:** Increased media coverage has contributed to shifting public attitudes toward psychedelics, reducing stigma and fostering more open discussions on the topic.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## EVIDENCE FOR CHANGING ATTITUDES

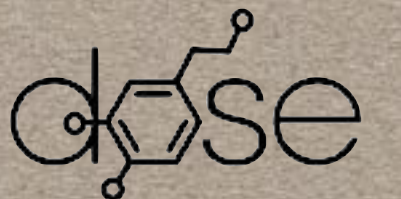
- \* **Public Support for Medical Use:** According to a 2020 poll, 67% of Americans supported the medical use of psilocybin for treating mental health conditions, indicating a significant shift in public opinion (YouGov, 2020).
- \* **Reduced Stigma:** Stigmatization of psychedelic substances has declined, with more individuals expressing openness to considering psychedelics as a potential treatment for mental health issues (The Third Wave, 2021).
- \* **Patient Testimonials:** Personal stories of individuals who have experienced positive outcomes from psychedelic-assisted therapy have contributed to changing attitudes. These testimonials are often shared on social media platforms and in the public sphere.
- \* **Community Advocacy:** A growing number of advocacy groups and grassroots organizations have emerged to support responsible and evidence-based policies related to psychedelic medicine, demonstrating a rise in community engagement and activism (MAPS, 2021).
- \* **Support from Mental Health Professionals:** Mental health professionals and therapists are increasingly open to the idea of integrating psychedelics into treatment options for conditions such as depression, PTSD, and anxiety (Johnson et al., 2020)



# DOSE RX IMPACT DECK - PSYCHEDELICS

## GOALS FOR THE FUTURE

- \* Decriminalize: Advocate for the decriminalization of psychedelics, with a focus on redirecting law enforcement resources away from non-violent drug offenses and toward public health and safety.
- \* Research: Promote and support scientific research into the safety, efficacy, and therapeutic potential of psychedelics for various mental health conditions, leading to their recognition as legitimate treatments.
- \* Harm Reduction: Encourage and provide harm reduction education and resources to minimize the potential risks associated with psychedelic use, emphasizing safety, responsible dosing, and informed decision-making.
- \* Reparations for Those Incarcerated During the Drug War: Advocate for policies and initiatives that address the historical injustices and disparities in drug-related arrests and incarceration, with a focus on reparations for those affected by the War on Drugs, often people of color.

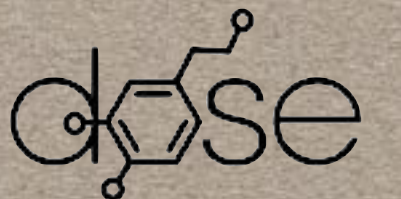


# DOSE RX IMPACT DECK - PSYCHEDELICS

## GOALS FOR THE FUTURE (CONT.)

- \* End Unnecessary Violence and Suffering: Work to reduce unnecessary violence and suffering caused by punitive drug policies, emphasizing a public health approach over criminalization, and pushing for policies that prioritize health and social support.
- \* New Post-War on Drugs Educational Programs: Promote educational programs that provide evidence-based information on psychedelics, their risks, and potential benefits, and address the gaps in knowledge created by decades of drug war propaganda.
- \* Personal Growth and Consciousness Exploration: Encourage the responsible and intentional use of psychedelics for personal growth, self-exploration, and expanded consciousness, with a focus on the value of these experiences in individual well-being and overall human flourishing.

These goals collectively aim to reshape the societal understanding and approach to psychedelics, shifting away from outdated punitive drug policies and stigmatization toward a more balanced and informed perspective, which emphasizes their therapeutic potential, safety, and benefits, while addressing the historical injustices perpetuated by the War on Drugs.



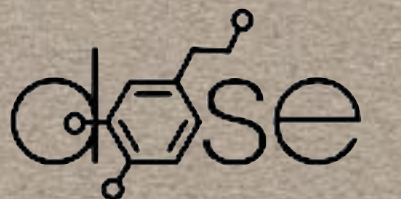
# DOSE RX IMPACT DECK - PSYCHEDELICS

THE ROAD AHEAD - FOLLOW CANNABIS, WHAT WE LEARNED

The legalization of cannabis for medical use has undeniably opened doors for the consideration of other substances. The success of medical cannabis programs in providing relief for patients, reducing stigma, and fostering productive conversations about the potential of other substances bodes well for the future of psychedelics in medicine.

However, it's important to note that the path to legalization for psychedelics may differ from that of medical cannabis. The unique properties and potential risks of each substance necessitate distinct regulatory approaches. Nevertheless, the experience of medical cannabis demonstrates that a shift in public perception, informed by scientific research, patient testimonials, and collaboration with healthcare professionals, can pave the way for the responsible medical use of psychedelics in the future.

In this evolving landscape, it is essential to prioritize patient well-being, medical oversight, and scientific rigor while navigating the path toward legalized medical use of psychedelics. With these considerations in mind, the world may see a future where psychedelics are harnessed for their therapeutic potential in controlled and responsible settings.



# DOSE RX IMPACT DECK - PSYCHEDELICS

## IN CLOSING - LESSONS FOR PSYCHEDELICS

The path taken by medical cannabis carries valuable lessons for the potential legalization of psychedelics for medical use:

- \* **Scientific Research:** Just as with medical cannabis, rigorous scientific research is critical for psychedelics. Studies have already demonstrated the potential of substances like psilocybin, MDMA, and ketamine for mental health issues like depression, PTSD, and anxiety. Ongoing research is crucial to provide the empirical evidence necessary to sway policymakers and medical professionals.
- \* **Public Awareness:** Stories of individuals who have benefited from psychedelics in controlled, therapeutic settings can be a powerful tool for shifting public perception. Patient testimonials can help demystify these substances and highlight their potential in treating various mental health conditions.
- \* **Regulation and Oversight:** Establishing regulatory frameworks for the medical use of psychedelics is paramount. Safety, dosage, and guidelines for administration must be carefully defined to ensure that patients receive appropriate care.
- \* **Collaboration with Healthcare Professionals:** Engaging with healthcare professionals, including therapists and psychiatrists, is crucial. Their support and involvement can provide a level of professional credibility that is instrumental in moving towards legalization.
- \* **Community and Advocacy:** Building a strong, informed, and motivated advocacy community can help propel the legalization of psychedelics. Advocacy groups can work to educate the public and lobby for sensible, evidence-based regulations.

