

ADAPT-WA

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Psilocybin Services could be a mental health option for Washingtonians

A political action committee files an initiative to legalize psilocybin therapy

For Immediate Release

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https://www.sos.wa.gov/assets/elections/initiatives/finaltext_2539.pdf

- ADAPT-WA, a political action committee has filed an initiative that would create a legal framework for psilocybin-assisted therapy.
- Psilocybin is a naturally occurring psychoactive compound found in many species of mushroom and has been proven to be effective in treating addiction, depression, anxiety, and PTSD.
- ADAPT-WA is preparing to run a signature gathering drive and voter education campaign to win in November.

If passed this initiative would establish safe, equitable, and legally sanctioned access to psilocybin-assisted therapeutic services under Washington State law. Initiative 1886 Creates a legal framework and training standards for psilocybin session facilitators, as well as a legal pathway for psilocybin producers, distributors, and clinics. It also would create a 20 person advisory board that will create rules to recommend to the WA department of health. Anyone over the age of 21 can have access to these services pending a screening process to ensure no adverse effects might occur.

We're in the midst of a mental-health pandemic. Washington ranks among the states with the highest percentage of people with a diagnosable mental, behavioral or emotional disorder, and that was before Covid. We all know someone who is currently suffering from some form of depression, anxiety, or addiction, and likely have experienced these ailments ourselves. Comprehensive mental health services can be inaccessible to those who need it most, and many of our current pharmaceutical-based solutions are falling short. With a mental healthcare crisis on the rise and a significant shortage of resources, our state and our nation clearly need more effective treatment options.

University research institutions around the country have conducted studies that find psilocybin therapy to be highly effective and addressing root cause issues that lead to positive outcomes for those treated. Psilocybin therapy has an excellent safety record that gets results. Recent rigorous studies at leading medical research institutions such as Johns Hopkins, UCLA, and NYU show that psilocybin can be uniquely effective in treating depression, anxiety, PTSD, and addiction. The FDA granted psilocybin "breakthrough" therapy designation. The University of Washington is currently [studying the effects of Psilocybin](#) on frontline healthcare workers suffering from COVID related depression and burnout.

Psilocybin services are on the rise, especially in the Pacific Northwest. With the successful passage of Oregon I-109 (with 56% of the vote), and the recent Senate Bill sponsored by over a dozen Senators, it's not a question of if, but when and how. ADAPT-WA supporters have been throwing fundraisers across the state including Seattle, Olympia, and Spokane. Lenora Russel, one of the chief petitioners and ADAPT-WA board member believes the time to make this potentially game-changing option for mental healthcare services is now "As a Licensed Mental Health Therapist, Chemical Dependency Specialist, and Social Worker on the front lines of our mental health and chemical dependency epidemic for the last twenty years, I have seen the failed systems up close and their impact on our most vulnerable populations. Psilocybin offers a natural treatment option, to those who qualify, and there is broad based support for psilocybin from both sides of the aisle".

ADAPT-WA is seeking large and small financial donations to support placing I-1886 on the 2022 November ballot:

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