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SENATE MEMORIAL 12

56TH LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2024

INTRODUCED BY

Jeff Steinborn and Craig W. Brandt

A MEMORIAL

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

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

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

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

WHEREAS, New Mexico has one of the highest rates of drug

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1 overdoses in the United States; and

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

5 WHEREAS, studies conducted at New York university, Johns
6 Hopkins university, the university of Minnesota and other
7 institutions have shown medical treatments using psilocybin can
8 relieve major depressive disorder symptoms with supportive
9 psychotherapy; and

10 WHEREAS, the United States food and drug administration
11 has twice granted medical providers a "breakthrough therapy
12 designation" for psilocybin for the treatment of major
13 depressive disorder; and

14 WHEREAS, the United States department of veterans affairs
15 has made a public announcement stating its commitment to
16 studying interventions such as psychedelic-assisted therapy to
17 promote the mental health of the nation's veterans; and

18 WHEREAS, randomized controlled trials of psilocybin with
19 psychological support have reported significant antidepressant
20 effects in adults with major depressive disorder and treatment-
21 resistant depression; and

22 WHEREAS, multiple studies have shown that psilocybin may
23 act by stimulating the nerve cell regrowth responsible for
24 emotion and memory in the hippocampus, supporting the
25 hypothesis that psilocybin can help break traumatic cycles that

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1 occur in patients with posttraumatic stress disorder; and
2 WHEREAS, in 2022, the university of New Mexico's chief of
3 addiction psychiatry, Snehal Bhatt, was part of the research
4 team that published a study in the journal of the American
5 medical association's *JAMA Psychiatry* that found that
6 psilocybin combined with psychotherapy can sharply reduce
7 alcohol usage; and

8 WHEREAS, Oregon and Colorado have recently enacted
9 policies facilitating the use of psilocybin-based treatments,
10 and multiple municipalities in the United States have
11 decriminalized the possession of psilocybin;

12 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE STATE
13 OF NEW MEXICO that the department of health be requested to
14 study and evaluate the efficacy of psilocybin-based therapeutic
15 treatments and the establishment of a program allowing the use
16 of psilocybin mushrooms for therapeutic medical treatments and
17 the necessary statutory or regulatory framework for developing
18 such a program; and

19 BE IT FURTHER RESOLVED that a copy of this memorial be
20 transmitted to the secretary of health.