July 9, 2024 10:30-12pm

Meeting Purpose

Review the latest research and evidence on the public health benefits and risks of clinical psychedelic-assisted treatments, examine laws and programs in other states authorizing psychedelic use by healthcare providers, and discuss necessary components if Vermont were to pursue such a program.

Meeting attendance:
Kelley Klein, MD, Medical Director, VT Department of Mental Health
Rick Barnett, PsyD, Vermont Psychological Association, Legislative Chair
Robert Gramling, MD, UVMMC Palliative Medicine
Jessa Barnard, VT Medical Society, Executive Director
Steven Bunyon, DO, Board of Medical Practice
Mark Levine, MD, Commissioner, VT Dept of Health
Lucie Garand, Public (MMR)
Rob Althoff, MD, Dept of Psychiatry, UVMMC
Mason Marks, MD, JD- Speaker

Key Takeaways

- The group should start from square one and not make assumptions about psychedelic therapy benefits/risks
- Existing state psychedelic programs (Oregon, Colorado, Utah) have significant cost, access, and regulatory challenges
- Education (public and professional) may be more important than regulating specific treatment sites
- The evidence base is strongest for psilocybin and MDMA, so the group may want to focus on those substances

Topics

Current Legal Landscape

- Oregon allows psilocybin services but prohibits medical claims/treatment
- Colorado will allow "healing centers" to diagnose/treat conditions with 5 psychedelics
- Utah gave two health systems authority to administer MDMA and psilocybin, with few details
- No state has federal approval - programs operate in legal gray area

Potential Paths Forward

- Safe consumption site model with harm reduction services
- Decouple from conventional healthcare to avoid federal conflicts
- Focus on education over regulating specific treatment sites
- Limit scope (e.g. to psilocybin) to simplify task

Evidence Review Approach

- Prioritize reviewing clinical trials on psilocybin and MDMA
- Potentially leverage existing literature reviews (UVM, Sunstone)
- Invite research experts to present evidence summaries

Next Steps

- Reach out to research experts to present evidence summaries
- Determine if decriminalization/safe consumption model is in scope
- Decide which specific substances to focus on reviewing

Action Items

- **Send around Charlie McLean's research review to the group**
- **Share relevant research articles with the group as they become available**
- **Bring summaries of clinical trials from Sunstone to next meeting on August 13th to share with the group**