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02/22/2024

Senator Matt Claman  
Room 429  
Juneau, Alaska 99801

Senate Judiciary Committee  
Alaska State Legislature  
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We at the Alaska Advanced Practice Registered Nurse (APRN) Alliance are writing to support the passage of SB 166, establishing a mental health and psychedelic task force. The Alaska APRN Alliance represents the policy concerns of the 1800 APRNs in Alaska including Certified Nurse Practitioners, Certified Nurse Midwives, Clinical Nurse Specialists, and Certified Registered Nurse Anesthesiologists. As independently licensed health care professionals we play a pivotal role in meeting the health care needs of Alaskans and designing the systems in which they receive care.

It is not controversial to say that Alaskans have unmet mental health needs. The research on psychedelics shows incredible promise in helping people with treatment resistant depression, substance addiction and post-traumatic stress disorder move from chronic disease care to being in complete remission. For example, MDMA received breakthrough therapy designation from the FDA in 2017. An 18-week, phase three trial showed that 71.2% of the people in the MDMA-assisted therapy group no longer met the diagnostic criteria for PTSD, versus 47.6% of those in the therapy-plus-placebo group. MDMA produced no serious, adverse side effects. We anticipate that this medication will receive full FDA approval by the end of 2024.

Psychedelic healthcare requires a fundamentally different approach to providing care. It requires interdisciplinary collaboration. Working with altered states of consciousness brings up novel ethical considerations that are ideally considered before problems arise and with a diverse group of professionals. This well-designed task force has the potential to provide evidence based, multidisciplinary guidance to Alaskan healthcare organizations and licensing boards on how to create accessible, ethical, effective psychedelic health care.

We thank you for your time and urge you to support the passage of SB166.

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