

## Konrad Jackson

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**From:** Brooke Lavender <brookelavender11@gmail.com>  
**Sent:** Monday, February 05, 2024 2:07 PM  
**To:** Senate Labor and Commerce  
**Subject:** Support and Testimony for SB166

Labor and Commerce Committee Members,

My life has been really crazy and if I shared my whole story, you probably wouldn't believe all that I have survived. With a childhood marked by the scars of gun violence resulting in a plea bargain when I was twelve, (<https://law.justia.com/cases/texas/seventh-court-of-appeals/2008/12578.html>), and mental, physical, and sexual abuse from one of my parents. My brother nearly died from an eating disorder shortly after. I graduated high school at seventeen. I proceeded to college on a d1 track and field team, and debated collegiately as well. Unfortunately, I could not escape my abusers. At the age of 21, I sought refuge in Alaska, hoping for a fresh start. However, the trauma I carried left me drowning in depression, and conventional prescription drugs offered no solace, and exacerbated my symptoms. I hit rock bottom years ago, attempting to escape the pain through suicide and was drinking to cope with all the trauma I endured and could not deal with.

I was stuck and in the depths of despair, I stumbled upon microdosing psychedelic medicine-a path to healing that transformed my life. It wasn't an easy journey, but microdosing and EMDR therapy became my beacon of hope, pulling me from the brink of darkness. It not only eased my depression but also played a vital role in my journey to sobriety (I am 140 days sober today!), providing a perspective and strength that traditional medications couldn't offer. Microdosing is not addictive, and I no longer require this medicine or any medicine to treat any symptoms of my C-PTSD.

Despite what I have been through, I have maintained being a professional, and an involved community member and volunteer. I see a brighter future, and want to make an impactful change.

This is why I'm passionately advocating for SB166. My story is a testament to the transformative power of psychedelic medicine, and the research underscores the importance of acknowledging the historical role of indigenous healing practices.

In addition to my personal matters and for those interested in the science behind it all, psychedelics have been shown to enhance neuroplasticity. Neuroplasticity refers to the brain's ability to reorganize itself by forming new neural connections. In the context of my work with people diagnosed with ALS, where the progressive degeneration of motor neurons occurs, promoting neuroplasticity could potentially help compensate for lost function by establishing new neural pathways. I would love it if doctors were given the ability to research this further in our state.

Research emphasizes the necessity of broadening the Western medical framework to include cultural considerations (<https://akjournals.com/view/journals/2054/4/1/article-p1.xml>). We know that prescription drugs sometimes help, but look at any statistical rate you want pertaining to mental health, addiction, and homelessness and you know that they are not the cure for everyone. Let's give a more indigenous and holistic approach to these issues, and maybe we can cure them and rehabilitate people more permanently. It is clear what is currently being done, is not working well enough.

My journey is just one story among many, and I implore the legislature to pass SB166. Let's embrace the potential of psychedelic medicine, ensuring it becomes a beacon of hope for those who, like me, found solace and strength in unconventional paths to healing.

Respectfully Submitted,

