

May 2023

Legal Psilocybin mushrooms in **Oregon:** a prologue

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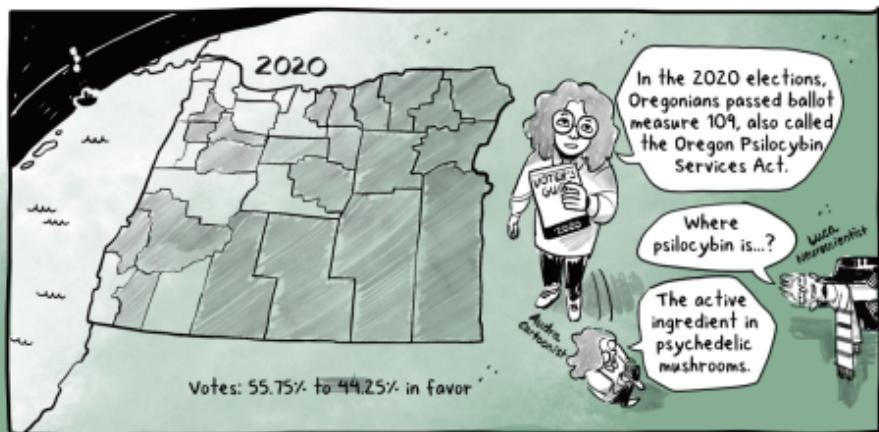


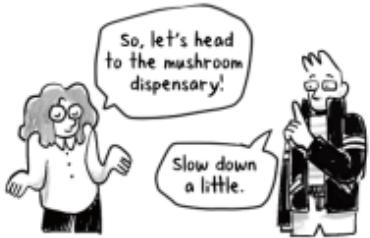
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Written May 2023. Your local laws and regulations may have changed since this comic was released.





WHAT THE OREGON PSILOCYBIN SERVICES ACT DOES NOT DO:

The Oregon Psilocybin Services Act does not make it legal to take mushrooms:



In your home



On a hike
At a festival



In a hospital



The Oregon Psilocybin Services Act does not create cannabis-style dispensaries.



The Oregon Psilocybin Services Act does not make it legal to grow your own mushrooms.

THE PSILOCYBIN SERVICES ACT DOES NOT LEGALIZE OR DECRIMINALIZE PSYCHEDELICS

Psilocybin is a Schedule One drug federally. Psychedelic drugs were decriminalized in Oregon in 2020, under ballot measure 110, or the Drug Addiction Treatment and Recovery Act.

The Act decriminalized possessing small amounts of many different drugs.

Now, if you're found to possess less than 12 grams of psilocybin, you'll have to pay a \$100 fine or complete a health assessment. Possessing more than 12 grams could lead to jail time.

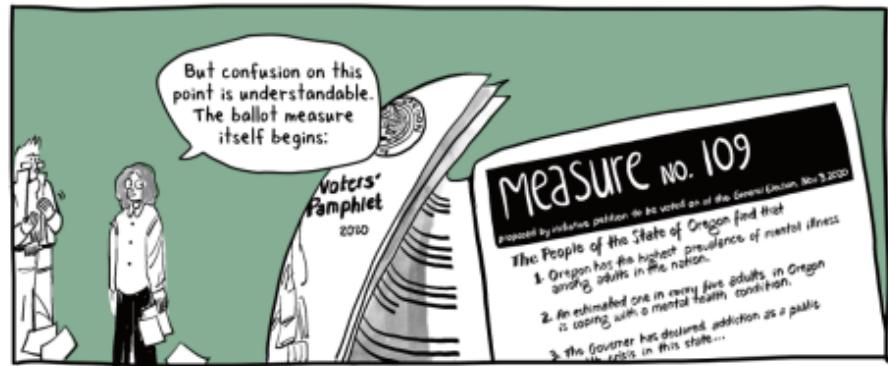
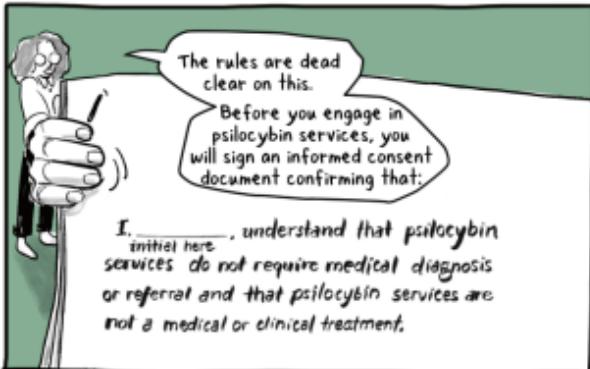
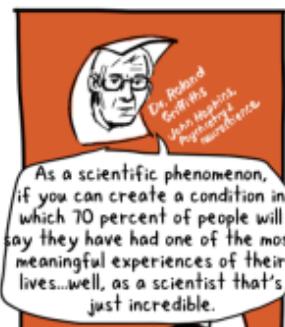
What is Schedule One?

The most restricted kind of drug, considered to have "high potential for abuse and no medical use."

Federal rules are a bit obsolete...







ENTITIES LICENSED UNDER THE OREGON PSILOCYBIN SERVICES ACT



MANUFACTURERS

grow mushrooms &
make products indoors



LABS

test for potency
and speciation



FACILITIES
where the
~magic~ happens



FACILITATORS
support clients
through the process

PSILOCYBIN SERVICES CONSIST OF

the PREP session



the ADMINISTRATION session

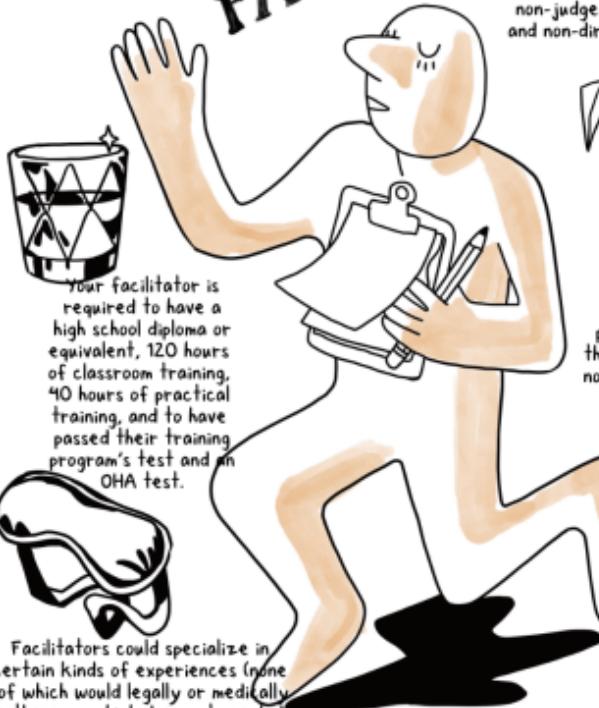


& the OPTIONAL
INTEGRATION session(s)



THE FACILITATOR

is "affirming, non-judgemental, and non-directive."



Your facilitator is required to have a high school diploma or equivalent, 120 hours of classroom training, 40 hours of practical training, and to have passed their training program's test and an OHA test.

If your facilitator has a professional license (nursing, therapy, massage, etc) they're not working in that capacity or using those privileges during the session.



Facilitators could specialize in certain kinds of experiences (none of which would legally or medically be therapy, which does not preclude them from being meaningful), such as:



Reconnecting with nature and one's body



Fostering creativity



Having an experience with a partner



Thinking about grief, or racial, sexual, or childhood trauma

The facilitator may refer you to someone else if you're seeking a particular experience they don't specialize in, or if you have specific risk factors they don't feel prepared to handle. Ideally, a strong network of facilitators will help clients find a perfect fit.



PREPARATION SESSION

Step one: a preparation session at least 24 hours before psilocybin administration.

A prep session is a dialogue with the facilitator discussing factors that could impact a psilocybin experience and a client's intention and expectation. It may be virtual.



Facilitators will ask specific questions about you and your life; you don't need to disclose your entire medical history.

QUESTIONS INCLUDE

Have you taken Lithium in the last 30 days?

Y

N

Do you have thoughts of causing harm to yourself or others?

Y

N

You may not participate in psilocybin services under the current rules.

Have you been diagnosed or treated for active psychosis?

Y

N

Please consider consuming a psilocybin product that is not whole or homogenized fungi.

Have you ever had an allergic reaction to mushrooms?

Y

N

Will you require assistance consuming psilocybin?

Will you require assistance consuming medication during the session?

Y

N

You can select an appropriate client support person to have in the room.

Will you require assistance with mobility, mobility aids, or communication aids?

Y

N

Do you need an interpreter?

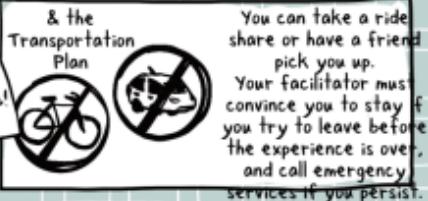
Y

N

This isn't the standard set of exclusion criteria for psilocybin clinical trials, where participants are excluded if they have a personal or family history of bipolar depression or schizophrenia; are currently taking SSRIs; or have cardiac conditions.

And now, the paperwork!

Fill out the:



And read the:

Client Bill of Rights, whose rights include:
being treated with dignity, receiving equitable care, having privacy and confidentiality.
Informed consent document, making sure you understand Oregon Psilocybin Services and potential effects of psilocybin.
Product information document for psilocybin products that may be consumed.

& (of course) obtain written consent if participating in activities including:

- A group administration session.
- Use of supportive touch during an administration session.
- Video or audio recording of the session.
- Presence of an interpreter or a client support person.
- Opting out of sharing de-identified client data.

All the documents you create during this session will be saved by your facilitator and the facility you were at.

BIRD'S EYE VIEW OF THE Administration Session

1.

Going to a service center



2.

Where you purchase psilocybin products



3.

Consume them under the supervision of a licensed facilitator



4.

And wait there until all effects have passed





To introduce the mushrooms, we turn to



We know that psilocybin fungi have been used by peoples across Mexico, Central America, and likely North and South America as well. So it's important to honor that. This is not a new idea.

"When we were deciding what fungi to allow, we considered psilocybin producing fungi that grow here in the Pacific Northwest."



Psilocybe azurescens

"but they have the potential to be confused with visually similar poisonous ones. So we didn't go with those."



Galerina marginata

"The species we did go with, *Psilocybe cubensis*, exists in a population distributed from tropical Florida, all the way down into Central and South America."



Mexican Dutch King

"Cubensis grows indoors fine, in legit labs."



Penis Envy

"We chose naturally occurring psilocybin over synthetic because there is a long, safe history of consumption. Not only in pop culture but also indigenous cultures."



B+

"That's our first goal, consumer safety. We want people to have safe experiences."



Golden teacher

Eventually you may be choosing between dried whole mushrooms, extracts, and edibles as diverse as the cannabis industry's.



25mg psilocybin



You may have up to two servings, where a serving contains approx. 25mg of psilocybin.



25mg is the amount served to people in many clinical trials

And may also combine the mushrooms with any prepackaged food you bring (as long as it doesn't contain other adulterants, like cannabis, alcohol, or caffeine).

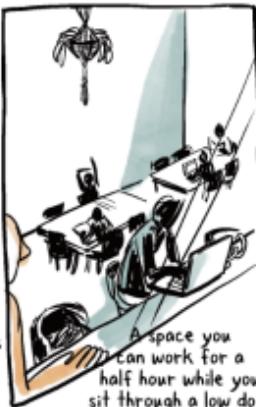


Selecting your service center

Many kinds of psilocybin service facilities are possible under the current rules.

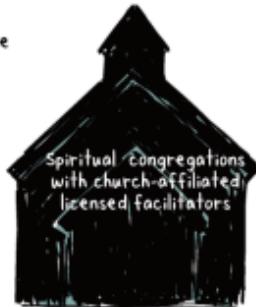
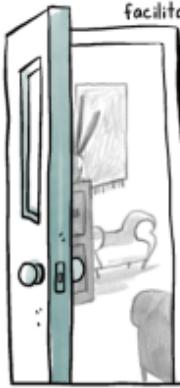


High priced luxury resorts for weekend retreats.



A space you can work for a half hour while you sit through a low dose.

Small practices run by a facilitator offering one-on-one facilitation sessions.



Group sessions outside.



Depending on where you live, your closest service center may be far away.

Pets aren't allowed unless they're a service animal.



Similarly, a client support person is present for a specific reason, such as: assistance consuming psilocybin or other medication during the session; aiding mobility; or aiding communication.



With your permission, your facilitator may provide "supportive touch" consisting of hand-to-hand, hand-to-shoulder, hand-to-foot contact, and hugs.



If you would like documentation of your session, you may request for it to be recorded.





You may pay for services in cash. Like cannabis, it's a federal illegal substance and service centers won't necessarily be able to work with banks and take cards.



How much will this cost? Will it be affordable?

It could cost hundreds or thousands of dollars.



And the way the Oregon Psilocybin Services Act is written requires the program to be fully funded by licensing fees, which will be highest as the program begins.

This is for many reasons—the federal illegality of the substance increases the tax burden on licensees.

Plus the nature of psilocybin trips—4-6 hours of direct supervision—are labor intensive.

dose	min duration	min facilitator: client ratio
>2.5 mg	30 min	1:25
>5 mg	1 hr	1:15
>10 mg	2 hr	1:8
>15 mg	4 hr	1:6
>25 mg	5 hr	1:4
>35 mg	6 hr	1:2

Group sessions will be cheaper, and so will taking smaller doses where you're at the facility for a shorter time.

And it's not a medical program, insurance will not cover it.
Not to sound like a broken record

The Psilocybin Services Act mandates the creation of a program accessible to all Oregonians, and the OHA is working hard to meet this goal.

But it's undeniable many Oregonians will be priced out of Psilocybin Services as they currently stand.

Integration SESSION



I've heard the word 'integration' a lot. I'm seeing here that nearly every clinical trial on psilocybin has at least one, often several integration sessions.

Integration is a pretty important part of the psilocybin process, yeah?

Yes, and...

There's integration in the cultural psychedelic sense, which has a broader definition than integration in the Oregon Psilocybin Services sense.

Integration in the psychedelic sense refers to processing your experience.

The Oregon Psilocybin Services integration session specifically is an optional session your facilitator must offer, where you review your experience with their non-directive facilitation.

However, you can integrate your psilocybin experiences outside the Oregon Psilocybin Services integration session.



You can integrate in a peer support group in your community (they exist!)



You can integrate with a therapist or other guide outside the OPS framework.



Talking with friends and family is integration.



and so is thinking and writing about your experience.

TL;DR

Oregon Psilocybin Services may be accessed by adults 21 years and older.

They're not medical therapy or a take-out dispensary.

For any reason.



There is no other program like Oregon Psilocybin Services. It's not quite medical and not quite recreational.

It's not about getting high. This is a journey, and sometimes it's difficult to go within and spend hours addressing things coming up from your life story. This is about being present and going within.

Angela Allbee
Oregon Psilocybin Services Section Manager



In the past experimental legislation has started in Oregon before spreading to other states.
see:
bottle bills
death with dignity
legal gay marriage

Now Oregon has a first-in-the-world chance to make an accessible, clearly regulated path to experiencing psilocybin mushrooms which have immense cultural meaning to a lot of people, including indigenous groups.



Oregon is deciding how to create legal access to psilocybin, using scientific data limited by years of prohibition along with cultural knowledge of the mushrooms.

It's trying to make the program as safe as possible for people in all situations, with all levels of knowledge of psychedelics.

That's what Oregon Psilocybin Services are, which is just the tip of the iceberg.

Next up:
psilocybin mushrooms?

