

Consideration of Adolescents and the Approval of Psilocybin-assisted Psychotherapy

Legalization of Psilocybin-assisted Psychotherapy could have unintended consequences in adolescent populations and the following points should be carefully considered:

- The effects of psilocybin on adolescents is largely unexplored for either short- or long-term use and very few studies have compared the effects of psychedelics in adolescents and adults. Since psilocybin could be deleterious to adolescents, it is important that more work is done to understand its effects on their health and developing brains.
- It should be considered whether legalization of the medical use of drugs can lead to an increase in recreational use among adolescents. This could be due, in part, to the possibility of an altered perception by teens where they see mushrooms as safe because psilocybin is prescribed as a medicine. Studies should be performed on the effect legalization of Psilocybin-assisted Psychotherapy has on its use by adolescents.
- Adolescent use of these drugs is recreational and unsupervised and there are significant physical and psychological effects from psilocybin. Some of the possible effects that are concerning can include:
 - Impaired motor skills
 - Increased blood pressure
 - Severe depression
 - Intense panic attacks
 - Psychosis
 - Paranoid delusions
 - Delusional thinking
 - Anxiety
 - Short-term memory loss

From SAMHSA TIPS for TEENS, "Hallucinogens can affect your brain long term and cause lasting consequences for a user, such as psychosis or mental disorders."

Additionally, mushrooms obtained for recreational use are uncontrolled and may contain harmful substances. The possibility for unfavorable outcomes is considerable.

- We are in a particularly fragile time for teens when it comes to mental health challenges. New research from the CDC reported in The Wall Street Journal showed a 60% increase over the past decade of persistent sadness or hopelessness (nearly 3 out of 5 in 2021) among high school girls and a 38% increase for high school boys. High school girls also reported an increase in sexual violence and suicide risk in 2021.
- HB167 authorized a "blue ribbon" task force to determine whether psychedelics should be legalized with conditions. The recommendation of the task force was **No**, in part because of ongoing Fast Track FDA approved trials. Utah should not join Oregon and Colorado in more medication by legislation. Protect youth in Utah from Schedule 1 illegal drugs.