

Entheogen Concerns

- **Entheogen Definition:** a chemical substance, typically of plant origin, that is ingested to produce a non-ordinary state of consciousness for religious or spiritual purposes.
- Entheogens are not FDA cleared and guidelines for trials have only just been announced.
 - There is still a long road before it can be determined whether or not Entheogens are an evidence-based treatment for any sort of mental health condition.
 - This includes identifying optimal dose, course of treatment, and what sort of therapy regimens must accompany the administration of the substance to actually provide a healing effect.
- What we have learned from MDMA clinical trials is that while MDMA is helpful in creating a therapeutic mentality for the individual, a specific therapeutic regimen (some sort of talk therapy) must be implemented by the provider during the period in which the individual is affected by the substance.
 - Using Entheogens alone, without an evidenced based therapy, could have no healing effect or even be harmful for some individuals.
- Entheogens are a pro-psychotic substance.
 - Pro-psychotic substances promote or induce a departure from a shared reality.
 - If someone has an underlying condition which makes them already prone to psychosis, using a pro-psychotic substance can induce a psychotic episode beyond the duration of effects of the substance used.
 - This can result in traumatic experiences and even psychiatric hospitalization for individuals with such a predisposition.
 - No way to test for who may be prone to psychosis without conducting a psycho-social assessment and review of family medical/mental health history.
 - Illnesses such as Schizophrenia and Bipolar Disorder have genetic correlates. Some of which have yet to be identified and therefore consistent genetic screenings are not available.
 - No way to screen for co-morbid factors which may contra-indicate this sort of treatment until the research has been completed, has been replicated, and a screening tool has been developed.
- Legalization track for Entheogens is often compared to Cannabis:
 - Cannabis is also a pro-psychotic substance with risk for triggering psychotic episodes.
 - Entheogens often have a remarkably greater potency relative to Cannabis.
 - This results in less quantity of the substance having greater physiological and mental effects.
 - This leads to an overall increased risk for triggering psychotic episodes when compared to Cannabis.
- Even if approved, unlikely to be unregulated.
- The City of Eureka does not have the capacity, authority, or interest in regulating Entheogens without State guidance.
- Entheogen use in traditional rituals from various cultures:
 - While these rituals may provide some healing effects, until these effects can be replicated in additional research, we cannot consider them evidence based for medicinal purposes.

- It is outside of the City's scope of authority and practice to determine which rituals are sufficiently healing to warrant de-regulation of the substances used in those rituals.
 - Additionally, this relates back to the evidence-based practice argument where we don't know how much of which substance, with what therapy, actually creates healing effects.
- While there could be potential for healing effects:
 - Simply de-regulating Entheogens does nothing to mitigate possible harm or negative outcomes without first having research available on the treatment.
 - There could be unforeseen outcomes which are harmful that will not be illuminated until more research has been done. In effect, we don't know what we don't know.
 - De-regulation of a substance is not equivalent to that substance being a therapeutic evidence-based practice.
 - It is beyond the scope of the City to determine the possible benefits of a substance when there is no regulatory guidance from the agency (FDA) which is specifically designed to evaluate efficacy and risks of medication treatments.