



DEPARTMENT OF HEALTH AND HUMAN SERVICES

DIRECTOR'S OFFICE

Helping people. It's who we are and what we do.



Psychedelic Medicines Working Group Meeting Minutes

DATE: Friday, April 12, 2024

TIME: 9:00am - Adjournment

VIDEO CONFERENCE:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MGRmZTA3NWUtZDU0My00NGZmLTk3MzAtNmRhNzk5NGVjMDYy%40thre ad.v2/0?context=%7b%22Tid%22%3a%22e4a340e6-b89e-4e68-8eaa-1544d2703980%22%2c%22Oid%22%3a%22f302c679-e632-4652-911c-95066f69c9a7%22%7d

TELECONFERENCE LINE: 1-775-321-6111

CONFERENCE ID: 551 578 432#

1. Call to Order

The meeting was called to order by Chair Marla McDade Williams.

2. Welcome and Introductions (Roll Call)

Members Present by Video: Marla McDade Williams, Terry Kerns, Mark McBride, Scott Killebrew, Senator Rochelle Nguyen, Lieutenant Diane Goldstein, Assemblyman Max Carter, Assemblywoman Danielle Gallant, Jonathan Dalton, Catherine Cotter, Joshua Garber

Public: Dr. Burton Tabaac, John Ocegüera, Jake Matthews, Jeff Stone, Kyra Morgan, Misty Vaughan Allen, Aimee Green, Dr. Dustin Hines, Robin Reedy, Zachary Rees

3. Public Comment

There was no public comment.

4. For Information: Overview of Senate Bill 242

Marla McDade Williams, Chair

The measure was introduced by Senator Rochelle Nguyen in the 2023 Legislative Session and focused on mental health services and rates of suicide in Nevada. The members of the Veterans Community spoke about this bill, reviewing statistics and research which has been conducted. Interests in further reviewing the testimony and literature is found on the Nevada Legislature's website under the 82nd

2023 Session, under NELIS and search for Senate Bill 242. The first set of minutes on March 23, 2023, will provide extensive discussion, testimony, pro/cons against the measure.

Senator Rochelle Nguyen commented on being a sponsor of this bill which lead to development of this committee. The nature of this bill is to examine various entheogens to determine what is beneficial, therapeutic in reducing suicidal ideation, and improve mental health. Further, to review federal, state, local laws, and regulations. Within this 15-member committee, appointments are still pending for the committee to obtain a psychologist having credibility in PTSD, use of antigens, and tribal government. Ultimately, the focus is to implement a plan based on existing and ongoing research and develop a measurable, actionable, affordable entheogens in a safe driven environment, having consistency with purpose of this bill.

5. For Information: Presentation on Data Related to Addiction, Treatment-Resistant Depression, Major Depressive Disorder, Post-Traumatic Stress Disorder, and Psychological Distress Resulting in the End of a Person's Life

Kyra Morgan, Chief Biostatistician, Office of Analytics, Department of Health and Human Services (DHHS)

Ms. Morgan presented data related to addiction, various levels of depressive disorders broken down statistically looking deeper as to how historically a decline in community involvement is evident and what effects of COVID-19 established with heightened substance usage due to isolation globally. Furthermore, how each of these disorders are affecting the community locally and nationally and where we are seeing a trend in youth risk behaviors.

Statistics:

- 2019-2021, 4 categories of opioids found more prevalent than methamphetamine. Seeing a larger umbrella of opioids and emerging issues within the community continuously year to year growth of 10% since 2019. More in depth study how these statistics viewed during COVID; 2020-2023 is emphasized later in this presentation.
- 262 deaths unintentional overdose reported. Deaths with methamphetamine present in 2021. 408 deaths reported.
- Fentanyl- 79 deaths reported in 2019; 281 in 2021. Current data is being collected for years current.
- 5% of Nevadans receive substance use treatment in the past year per National Survey on drug use& health.
- 23.4% Nevadans – need treatment. Increase evident.
- 78.2% did not receive treatment. Reason identified: All 17 counties have health professional shortages. Resource: HRSA.gov. Information specifically about regions in the state of Nevada designated of the shortage can be found and further review on the website.

Presentation (Part 2):

Zachary Rees, Biostatistician III

Mental Health Summary- Review with some national comparisons looking at data for individuals 18 years and older. Other categories are for 12 years and older.

- Treatment resistant, depression.
- Symptoms that do not get better, classical SSR first line antidepressants.

- People who exhibit this are likely to have more severe depressive symptoms, longer depressive episodes, higher lifetime incidents of, worse anxiety an increased likelihood of suicidal ideation and suicidal behaviors.
- Depressive disorders, depression, major and minor depression, dysthymia, and PCDD.
- PTSD - a mental condition triggered by a traumatic event and symptoms of PTSD are things like intrusive thoughts, memories, avoidant behaviors, negative changes, physical and mentally.
- PTSD is prevalent among our Veterans, which will be discussed by VA representative further. Findings: 6 % men an 13 % in women.

Statistics:

- 8% women, 4 % men. Women are roughly twice as likely than men to develop this disorder.
- 2013-2021 the percent of adults who experienced a period of 10 more days in a given month in which physical or mental health prevented them from participation in normal daily life activities.
- Increase from 17.5 % to 25 %
- Review of what COVID-19 caused, increase in isolation, substance abuse, neglect, lack of community involvement, interaction.
- Increase in percentage of inpatient admissions from periods 2019-2021 with relation to mental health.
- Men account for more visits for schizophrenia and suicidal ideation, whereas women were more likely to show up for anxiety, depression, bipolar disorder and PTSD.
- The percentage reviewed of suicide deaths in 2021 were 683, yet mental health related deaths in Nevada alone were 1600 in 2021.
- Specifically addressed most common attempts; Alcohol or Drug related, self-inflected and whether trends are prevalent as was previously discussed, seeing trends in opioids and fentanyl use.

6. For Information: Discussion of Suicide Prevention Programs Administered by the Following Agencies

- a. Office of Suicide Prevention, Bureau of Behavioral Health, Wellness, and Prevention, Division of Public and Behavioral Health, DHHS

Misty Vaughn Allen, Suicide Prevention Coordinator

- b. Nevada Department of Veteran Services

Aimee Green, Suicide Prevention Program Manager

Beginning in 2012, a Governor’s Challenge Team was formed to prevent suicide among service members, veterans, and their families. The three main priority areas are identifying service members, veterans, and their families and screening for suicide risk. The membership consists of federal Veteran’s Administration employees and state employees. Activities include promoting connectivity, conducting safety planning and supporting Six Mayor’s Challenges with teams in Las Vegas, the Truckee Meadows, including Reno and Sparks, Winnemucca, Elko, and rural areas in Southern Nevada, including Pahrump and Mesquite. They noted a highlight of creating the Veteran Care Pocket Card as well as healthcare support/screening/resources, VA benefit and understanding, understanding military culture/trainings/aides, forming a community coalition and developing the following partnerships:

- Office of Suicide Prevention

- Training in SAFE TALK ASSIST, suicide prevention 101 and safe messaging.
- National Guard – Operation Mission Ready
 - Resiliency program that is delivered by veterans that are now working in law enforcement.
 - Won the Abraham Lincoln Pillar of Excellence Award

7. For Information: Discussion of Mental Health Needs in Nevada

Robin Reedy, Executive Director, National Alliance on Mental Illness, Nevada

Key points – Most addiction and mental health issues suffer in silence. Mental health is a continuum. It can be anywhere at any time dependent on what any individual is enduring at any particular moment. Chronic, acute or crisis. When it is a crisis is when it can become a statistic. 78 % of people working with an addiction issue are probably self-medicating. Once people are addicted, 100% have a mental health issue because of their substance. Mental health is so in vogue and yet it can affect each one of us in some fashion or another, yet it seems we are much more willing to discuss this topic when we relate it to law enforcement, first responders, and military veterans. Mental health issues are the effects of chemical imbalance of the brain and should not be treated differently than how one takes care of the rest of the body. Mental health concerns can stem from many different scenarios; it can be a developmental/hereditary disorder, environmental, economically, health related, medication driven, wherein we then get into more research of identifying where mental health is then coded to such psychological coding as PTSD or MDD, and schizoaffective disorder, etc.

Understanding the disorder and stages of, and finding the proper dedication, education, advocate, support and proper medication, and treatment regimens. Finding the proper medical health providers that are truly integrated in models of care. It is important to measure how common mental illness is so we can understand its physical, social, and financial impact.

Statistics outlined in this presentation showing by percentage that not one ethnicity specifically can have this disorder. Further, it shows not being specific to age, sexual nature, specific region of residence. That any individual can suffer from this disorder.

8. For Information: Overview of Current Treatment Options for Mental Health, Addiction, and Post-Traumatic Stress Disorder

Dr. Burton Tabaac

Reiterated the same belief and concerns as previous presenters have, a highly demanded need to focus on mental health, addiction, lack of stabilization nationally. We must draw a strong attention and responsibility to a topic that has been shrouded in controversy and misunderstood and is now showing evidence that it needs support, direction, and the potential to have institutions, active processes, further education development by health care professionals to build a transformative power over this disorder to emulate the quality of life for all individuals who suffer.

As a committee, in open discussion regarding this topic, how to create pathways and protocols to treatment. How looking at other countries and their case studies in comparison to our research and findings. Further, focusing on credentialed clinicians to offer psychedelic assisted therapies that focus on intention setting, looking for any potential medical contraindications that ought to be instituted prior to the dosing of these medications and how important the ongoing support, education and communication,

and adequate treatment is for individuals who suffer from any of these disorders. What overall each of our purposes are and how we are positively/negatively impacted.

9. For Information: Science of Psychedelics Overview

Dr. Dustin Hines

Dr. Dustin Hines focused on the mechanism and operation of psychedelics, where they work, critical thinking currently, and looking deeper into the developments in the last 10 years. Studies done by graduate students at UNLV, further noting these are all individuals first in their families to attend a university which they should be commended for.

10. For Possible Action: Discussion of Future Topics and Adoption of Work Plan for Working Group

This topic was not discussed due to not all members of the working group being appointed yet.

11. Public Comment

There was no public comment.

12. Adjournment

DRAFT