



**Subcommittee of the
Psychedelic Medicines Working Group
Draft Meeting Minutes**

DATE: Wednesday, November 20, 2024

TIME: 8:30 a.m. - Adjournment

VIDEO CONFERENCE:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_YzBjY2YxM2YtODFmNC00YjI0LTg1ODYtNDkwOWJlMDc0ZTEz%40thread.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: 943 484 956#

1. Call to Order

The meeting was called to order at 8:35 a.m. by Senator Rochelle Nguyen.

2. Welcome and Introductions (Roll Call)

Members Present by Video: Mark McBride, Senator Rochelle Nguyen, Jonathan Dalton, Dustin Hines

Members Absent: Assemblyman Max Carter

Public: Sabrina Schnur, Terry Kerns, Kate Cotter, Greg Bailor, Dr. Mujeeb Shad, Annette Magnus, Lea Case, Ayla Babakitis, Jen G, Elyse Monroy-Marsala, Marla McDade Williams, Elvira Saldana

3. Public Comment

Dr. Mujeeb Shad commented there is one thing under the mechanism of action and therapeutic process that says that psilocybin has been shown to reduce reactivity. It is not true. Psilocybin increases amygdala activity. It needs to be corrected. References and articles on it can be provided. The contraindications, there needs to be an addition to it, not only SSRIs may be contraindicated. More importantly, antidepressants and medications which block 5-HT_{2A} receptors should also be carefully used because it can minimize the effect of psilocybin.

4. For Information: Discussion of draft report for consideration by the Psychedelic Medicines Working Group

Senator Rochelle Nguyen: The report will be presented to the working group at the final meeting in December. Asked Dr. Mujeeb Shad if he has problems with the items being included in the report because they were not presented that way, or because the information that was previously presented in that report is incorrect.

Dr. Mujeeb Shad: The statement regarding the mechanism of action of psilocybin needs to be revised.

Senator Rochelle Nguyen: Asked what section Dr. Mujeeb Shad is referring to.

Dr. Mujeeb Shad: Page 23.

Dustin Hines: Asked if they did not get the mechanism right or if it is not complete, and Dr. Mujeeb Shad would like to add something to it.

Dr. Mujeeb Shad: Psilocybin does not suppress activity of amygdala. It activates it and that is a major neurobiological difference between SSRIs and psilocybin, because psilocybin acts as a completely paradoxical way to other antidepressants. There have been multiple functional imaging studies in which SSRIs have been shown to reduce the amygdala activity.

Dustin Hines: Something like that can be added; however, they would be in a digression of going anatomically from every area of the brain these drugs work on. The typical protocol is to talk about where the receptor works and what receptor it is working on.

Senator Rochelle Nguyen: The report cannot be supplemented with additional information not presented during the working group meetings.

Dr. Mujeeb Shad: Requested to revise the statement based on the Robin Carhartt studies in which it states amygdala is activated, not suppressed.

Senator Rochelle Nguyen: Asked Dr. Mujeeb Shad if the statement included on page 23 was presented during the presentations.

Dr. Mujeeb Shad: Does not think it was.

Dustin Hines: Is not disagreeing with what Dr. Mujeeb Shad is saying. The working group did not talk about the anatomical areas in depth. For the report, they just looked at a mechanistic level.

Senator Rochelle Nguyen: Asked Dr. Mujeeb Shad if the report and the study he referenced were presented to the working group.

Dr. Mujeeb Shad: Referred to and sent the article. Has talked about all 3 major neural tracts in the brain. If someone would have looked at it, they would have clearly understood that amygdala is not suppressed, it is activated for a transient period of time. That is the whole mechanism difference between psilocybin and SSRIs.

Senator Rochelle Nguyen: Asked if it is a crucial aspect of the report.

Dr. Mujeeb Shad: It is because the mechanism of action of psilocybin is being separated from other antidepressants and that is the hallmark of the activity of psilocybin which distinguishes it from SSRIs. SSRIs blunt amygdala activity and create emotional numbness, whereas psilocybin does not cause emotional numbness because it desensitizes amygdala rather than inhibit it.

Senator Rochelle Nguyen: Asked if the specific scientific determination is necessary in the report.

Dr. Mujeeb Shad: The committee can decide whether to change it or not. If the committee does not want to change it, it should be removed as it is inaccurate.

Senator Rochelle Nguyen: Asked if the section can be removed.

Dustin Hines: Would be happy to remove the section.

Mark McBride: It is not critical it is included.

Senator Rochelle Nguyen: Jonathan Dalton added in the meeting chat, "Perhaps we simply remove the sentence regarding reduces activity in amygdala." Kate Cotter added in the chat, "Note: the sentence is reduces reactivity (important difference)."

Kate Cotter: It is an easy fix to reduce it or simply take out that sentence if there is debate about it. In defense of the research, it is important to note because it is an opposite meaning if you say reduces reactivity versus reduces activity.

Senator Rochelle Nguyen: Suggested removing it and asked subcommittee members if there was any objection to removing it.

There were no objections from subcommittee members.

Senator Rochelle Nguyen: Asked Jonathan Dalton regarding the typographical concerns he had mentioned.

Jonathan Dalton: There are some minor things in the table of contents (i.e., the page numbers were off) and some formatting changes. The revised version can be provided.

5. For Possible Action: Recommendations for changes to the draft report to be submitted to the Psychedelic Medicines Working Group

Senator Rochelle Nguyen: Asked subcommittee members if there were any objections to making the changes to the document the subcommittee submits to the working group.

There were no objections. A vote was taken, and all members agreed to approve the changes discussed.

Marla McDade Williams: Additional corrections, Detective Josh Garber, not Sergeant and Mark McBride's title is not accurately reflected in the draft.

Jonathan Dalton commented the report will be updated.

Marla McDade Williams: Since the working group was assigned to the Department of Health and Human Services, the Department will apply its own formatting perspective. There are some initial comments from the Department on page 2 (4th paragraph) where it talks about the need for equitable access across Nevada's rural communities. What does it mean in terms of equitable access and underserved communities in that paragraph?

Jonathan Dalton: Believes it was pulled from the document from the first meeting. It can be pulled. What it meant was there are health care shadows or deserts that do not have the appropriate health care therapists.

Marla McDade Williams: Asked if it was attributed to somebody else who said it. If so, it can be attributed to them.

Dustin Hines: Commented it states “the study” before that. The study can be cited there.

Senator Rochelle Nguyen: Asked if there were any other concerns.

Marla McDade Williams: In the next page, mental health of Nevada; attributing the data source in that paragraph as well.

Jonathan Dalton: Asked if everything in the Executive Summary needs to be reattributed in the summary of key findings. All the data in the summary of key findings and executive summary was pulled from the body which should be cited.

Marla McDade Williams: A quick sentence stating it is a summary documentation confirming the findings, and the summaries are located later in the document.

Jonathan Dalton: Confirmed for the record it is from the behavioral health and substance use in Nevada statistical overview.

Senator Rochelle Nguyen: Asked Marla McDade Williams if there were any other concerns.

Marla McDade Williams: No other concerns.

Senator Rochelle Nguyen: Asked if there were any other comments, concerns, or items that need clarification.

There were no comments or concerns.

6. Public Comment

There was no public comment.

7. Adjournment

The meeting adjourned at 9:05 a.m.