

RICHARD TRELOAR TESTIMONY

Hi my name is Richard Treloar and I am speaking in support of HB 0548.

I was a K-9 Military Police Officer for the US Army from 2012 to 2017. During my service I deployed to Iraq along with Patrol Explosives Detection Dog, Santy.

I experienced a lot of trauma during my service to my country. After completing my time, I reached out to the VA for help. I was diagnosed with PTSD, Depression, Anxiety and a range of other mental health conditions.

I was really struggling. I was sad, I had trouble sleeping, and I was withdrawing from my friends and family. It got so bad that my wife had to intervene when I put a loaded gun against my temple.

I was desperate to find a treatment that would work for me, so I reached out to my friend Scott, who is on the panel here today. He understood the problems I was experiencing and he had witnessed my panic attacks. Scott educated me about psilocybin from mushrooms and how it may be able to help me.

I decided to try microdosing and took two small pills of dried and ground mushrooms before I went to bed. I was amazed at how different I felt the next day. For the first time in a long time I felt happy. I was able to have a positive attitude about life. I no longer felt all the stress and anxiety. I finally found an effective treatment for my mental health challenges.

Mushrooms have been a blessing and a miracle for me. These natural medicines have completely changed my life. The mushrooms are

giving me greater control over my emotions and I'm now managing life's challenges instead of feeling crushed by them.

When I first started, I would dose about every 5 days. As I got better, I spaced out the mushrooms more and more. Now I just microdose when I am starting to feel a little bit triggered. Usually every 4-6 weeks. Because mushrooms are non-addictive, I don't take them any more than I absolutely need to.

Again, mushrooms are my miracle and saved my life. I ask you to vote in support of HB 0548 and begin the process to expand legal access to these important medicines. Thank you.