

## **Supporting HB0548**

Hannah Glassman

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Good afternoon to the members of the committee,

My name is Hannah Glassman, a resident of Columbia, MD, an active duty military spouse, and a practicing licensed psychotherapist trained in psychedelic assisted therapies.

I stand before you today not only as an advocate but as a testament to the healing power of psychedelics. I'm now a recovered clinician, mother of a 3 year old, and contributing member to society.

My life-threatening eating disorder began when I was 13 years old, a complex defense mechanism that evolved from early childhood sexual trauma. My physical health fluctuated over the years with treatment, but the psychological undercurrent remained, fueling the eating disorder. For most of my young life, I planned on suicide after college graduation. It was only through taking a psychedelic, that I felt self-compassion for the first time in my life, a vital antidote. I would not be standing here, alive, if not for that timely psychedelic experience. It did not magically heal me, but it did buy me time to recover.

For reference, Opiate Use Disorder recently eclipsed eating disorders as the most fatal mental illness. Suicide is the leading cause of death for those with eating disorders. Today, I am not only a survivor but a thriving individual, dedicated to supporting others in their healing journeys, with or without the use of psychedelics.

The establishment of a Psychedelic Task Force represents a beacon of hope for those suffering physically and mentally. It signifies a commitment to exploring alternative care into our rigid healthcare system, ensuring that psychedelics are safe and accessible. By supporting this bill, HB0548, you are not merely endorsing a piece of legislation; you are championing a movement towards compassionate care, innovative treatment, and holistic well-being.

In closing, I urge you to consider the lives that could be transformed— saved, the families that could be healed, and the societal benefits that could be reaped from a well-regulated, research-backed approach to psychedelic access. Let us lead with empathy, courage, and an unwavering commitment to the biological, social, psychological, and fiscal health of Maryland.

Thank you for your time and for considering my testimony on this matter.

Hannah Glassman, MSW, LMSW