



Safety in Oregon's Psilocybin Therapy Program



There are a number of rules and procedures that facilitators and service centers must follow under Oregon's rules to ensure client safety. These include:



Fit matching: Prior to meeting with a facilitator, clients participate in a health screening process to determine whether a particular facilitator's training and practice are a good fit for the client's needs—or whether a facilitator with different experience or additional training might be a better fit.



Safety assessment: The health screening process also identifies contraindications that need to be considered, such as medications, pregnancy or active psychosis. In some cases, clients may be ruled out from psilocybin therapy until a particular health issue is resolved.



Informed consent: All clients receive information about the known risks of psilocybin, including risks for people with a history of hospitalizations for risk of harm to self or others and with serious or persistent mental illness.



Personal safety plan: Facilitators are required to co-create a safety and support plan with every client who will participate in psilocybin therapy. This plan identifies risks and challenges specific to individuals and ensures that there are resources available during and after a psilocybin administration session to mitigate those risks.



Transportation plan: A facilitator must ensure clients have safe transportation home arranged for after the administration session (for example, a ride home from a friend or family member). Clients may not operate a motor vehicle, bicycle, or other form of self-operated transportation immediately following the administration session.

Facilitator Safety Training

Psilocybin therapy facilitators in Oregon are specifically trained in practices and approaches that are designed to keep clients safe throughout an administration session. Their training includes developing skills in de-escalation and conflict resolution, how to respond effectively to psychological distress during an administration session and providing trauma-informed care that is specifically designed to create a safe space to process difficult emotional experiences. Facilitators are knowledgeable about the side effects of psilocybin and how it could interact with other drugs or supplements during an administration session.

Measure 109's Safety Framework

When Measure 109 passed in 2020, the language of the measure created a basic regulatory framework that included a number of safety precautions, including:

- Psilocybin therapy can only be provided to clients over the age of 21
- No retail sales
- Consumption of psilocybin can only take place inside licensed service centers under the supervision of a trained and licensed facilitator
- Service centers cannot be located near schools

The measure also implemented a two-year planning period during which a governor-appointed board of experts worked with the state agency overseeing the program, the Oregon Health Authority, to develop additional rules and regulations. In 2023, this rulemaking period ended and the program's rules were adopted.

