

# Psychedelic Medicine

## A Review of Clinical Research for a Class of Rapidly-Emerging Behavioral Health Interventions

### SUMMARY

**T**his comprehensive report is a tool for educating policymakers, healthcare payers, insurers, and regulators about the promise of psychedelics, including psilocybin, ketamine, MDMA, LSD, DMT, ibogaine, and mescaline. It presents a comprehensive review of key clinical evidence for these psychedelic compounds, typically in combination with therapy, as treatments for mental health and substance use disorders.

The mental health crisis in our country is severe, with one in five US adults experiencing a mental health and/or substance abuse disorder every year. Available treatments offer relief to some, but millions more need new options. While safety and efficacy data are still being collected for regulators' future review, **some of these compounds are showing great potential to be both safer and more effective at treating certain mental health and substance use disorders compared to treatment as usual.**

### NAVIGATING THIS REPORT

**Executive Summary:** A brief overview of PAT clinical evidence and BrainFutures' recommendations (**pp. 7–12**).

**Overview of Key Issues:** The public health, economic, and political context of modern psychedelic research (**pp. 14–26**).

**Clinical Research Summaries:** Seven chapters (one for each compound), including a brief history of the substance, tolerability and safety considerations, currently available evidence for clinical applications (broken down by diagnosis), and recommendations for future adoption and/or research (**pp. 27–122**).

**Conclusions and Recommendations:** Considering the full scope of available research, BrainFutures shares recommendations for providing access to patients and advancing the field (**pp. 123–126**).

### BRAINFUTURES' RECOMMENDATIONS

1. **Certain psychedelic-assisted therapy (PAT) interventions with sufficient evidence levels for safety and efficacy should be rapidly adopted once approved by the FDA.** Psilocybin- and MDMA-assisted PAT should be made available to patients as soon as possible after FDA approval.
2. **Reimbursable and equitable access to approved psychedelic therapies is essential and all payers should adequately cover PAT treatments.** Payers should cover all aspects of PAT for ketamine-assisted therapy and, eventually, MDMA- and psilocybin-assisted therapies, including assessment, therapeutic preparation, medication/dosing session (including compound, therapy, and observation), and integration therapy.
3. **Public research dollars should be invested in advancing the field.** Given the promising research to date for a range of psychedelics, public monies in this field are a worthwhile investment to stem the tide of today's mental health crisis.