

**February 11, 2025  
Testimony on HB 5186  
Position: Support**

**Amy Schenck BSN, RN, HNB-BC  
Board Certified Holistic Registered Nurse  
Bristol, RI**

**While safe and educated use of psilocybin would clearly help many, I would like to take this opportunity to highlight my perspective on those struggling with a chronic lack of a good quality of life. Despite already living in profoundly challenging times, we experienced even further emotional pain and overwhelm throughout the recent global pandemic. Since then, many have had minimal to no relief. In my role as a holistic nurse, I am often asked for tools to help individuals regain the ability to reconnect to authentic feelings, find a sense of purpose and meaning, and to have fulfilling connections with others. Many have noticed that they are unable to come back from the emotional numbing that they have been using as a survival method. These are the existential struggles that plant medicine is meant to assist with. If decriminalized and de-stigmatized, the tool of psilocybin would be a gift to help many individuals improve their quality of life.**