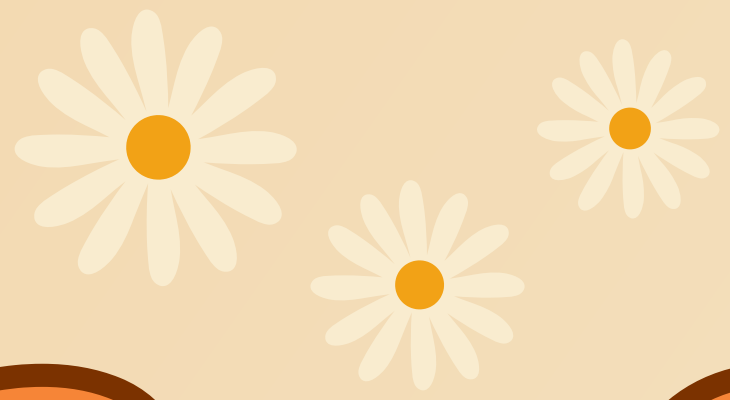
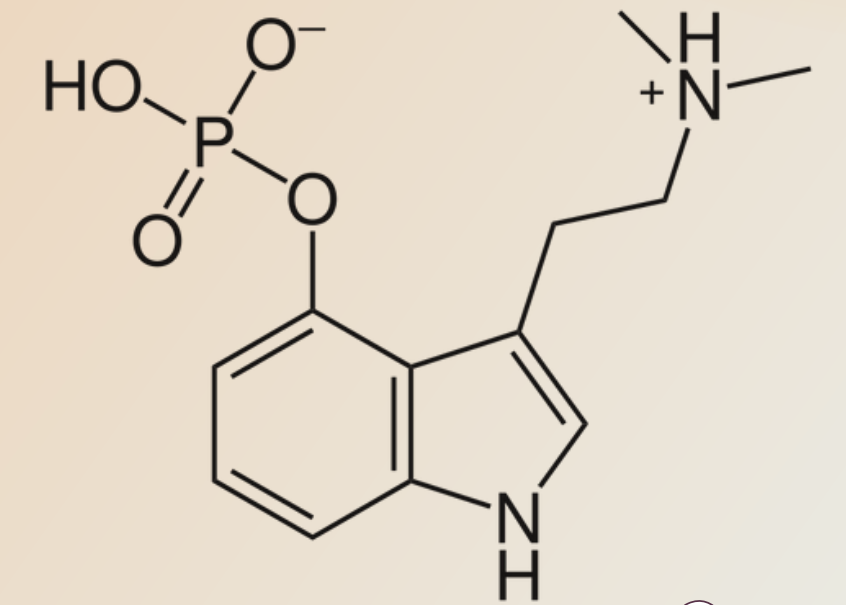
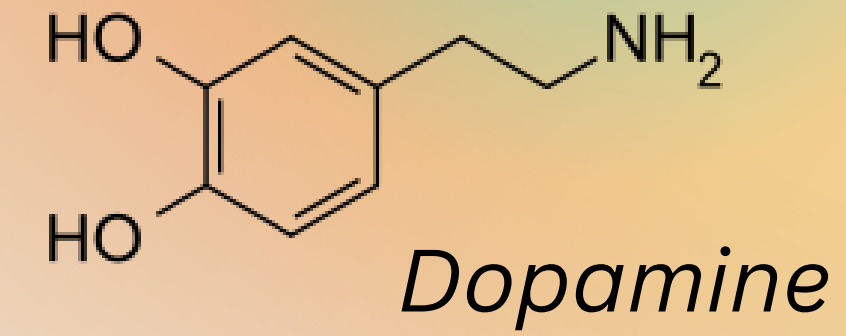


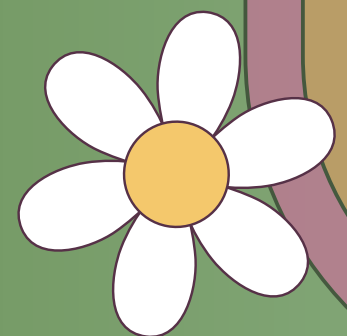
Let's Talk About

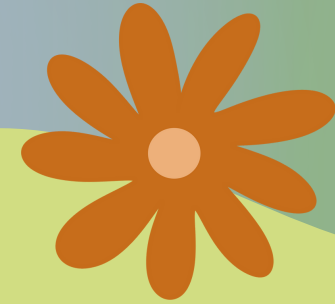
DRUGS



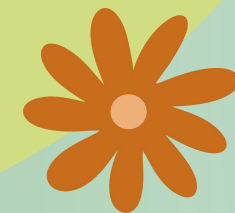
# Agenda

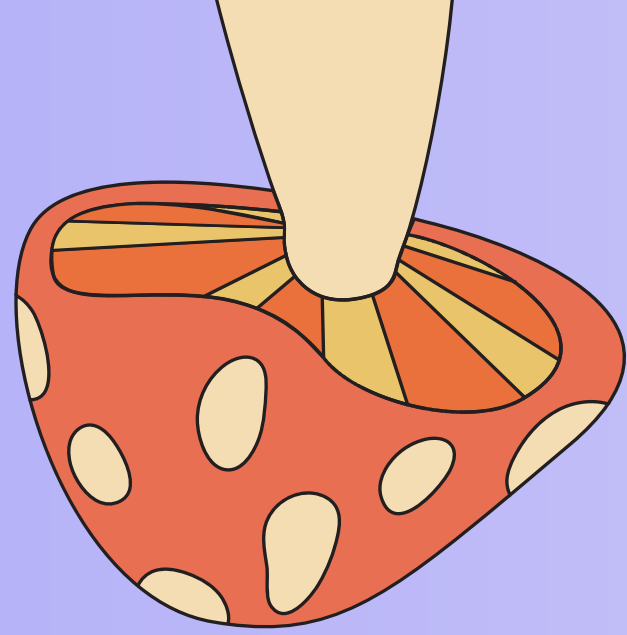


- Watch video
  - Types of psychedelics and their function
  - History of psychedelics and Indigenous use
  - Psychedelics and mental health
  - Mentimeter discussion
- 



The "heroic dose" of psychedelics,  
according to Johns Hopkins | Dr.  
Matthew Johnson





# Main Types of Psychedelics

**LSD  
(acid)**

**DMT  
(Ayahuasca)**

**Mescaline  
(Peote)**

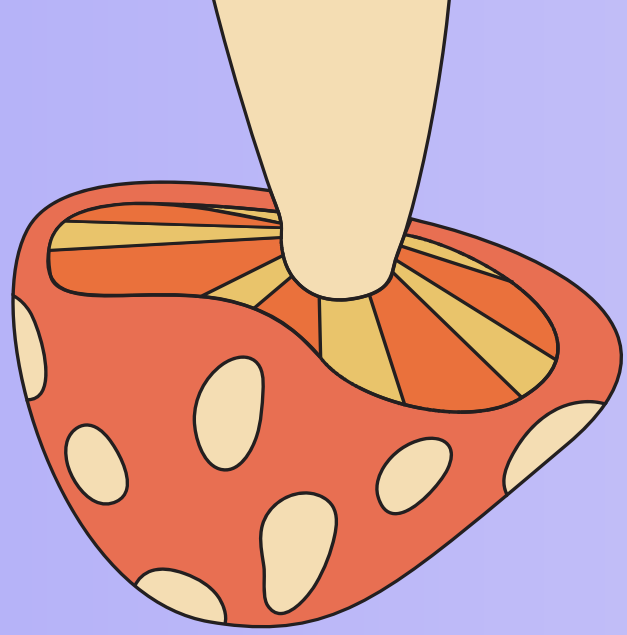
**Ketamine**

**Psilocybin**

**MDMA  
(ecstasy/molly)**

**Ibogaine**





# Main Types of Psychedelics

## LSD (acid)

derived from ergot, a fungus grown on rye; created for migraines

## DMT (Ayahuasca)

derived from plant in South and Central America; brewed with another plant

## Mescaline (Peyote)

derived from cactus, Peyote, or "Mother" in northern and central parts of Mexico

## Ketamine

synthesized in a lab; made as anesthetic

## Psilocybin

derived from 200+ species of mushrooms

## MDMA (ecstasy/molly)

synthesized in a lab; made as a blood clotting agent

## Ibogaine

derived from West African shrub

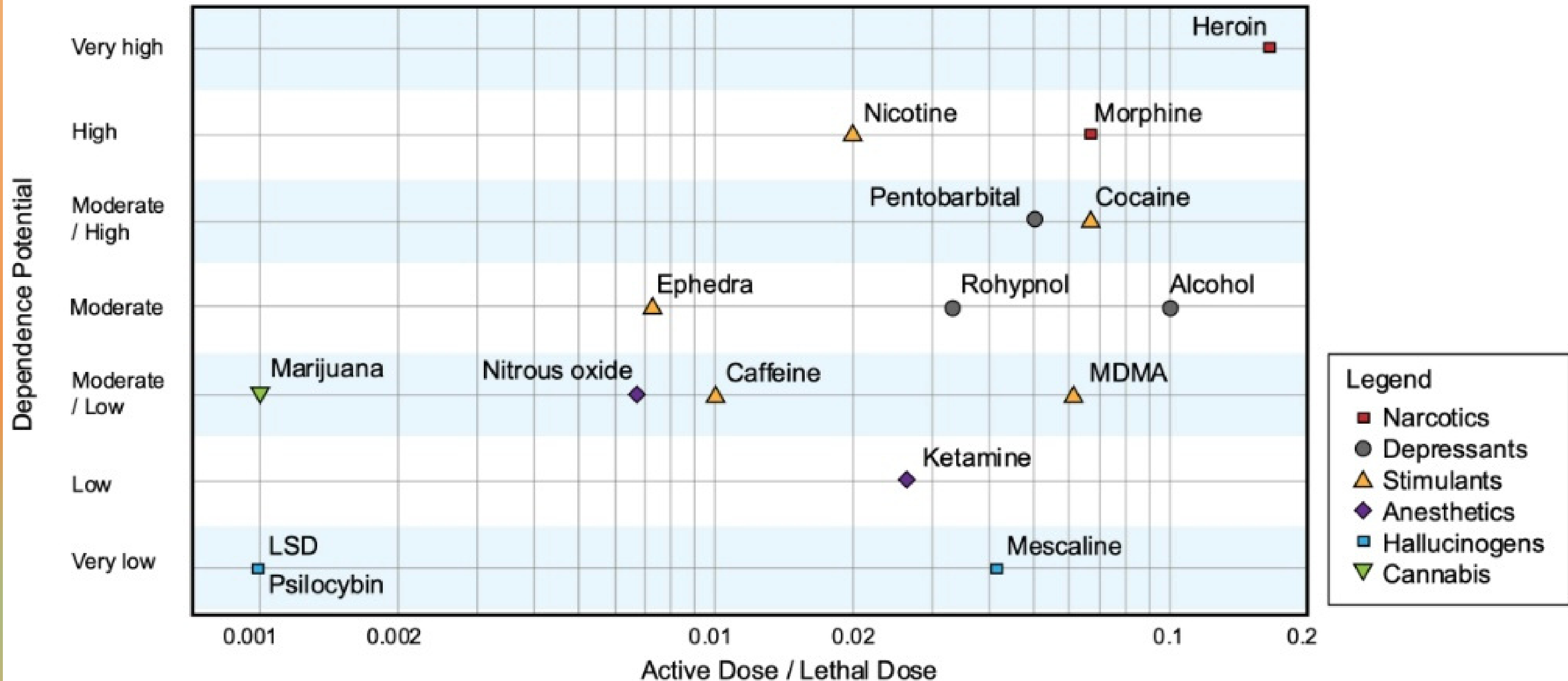


# Functions

- Most psychedelics have molecular structures similar to neurotransmitters like serotonin and dopamine, so they bind to those receptors in the brain, altering those neural signals across synapses
- Serotonin and dopamine are associated with mood, stress, attention, motivation, and calmness
- Psychedelics are commonly described as:
  - entactogens "producing a touching within"
  - empathogens "evoking empathy"
  - entheogens "feeling a God within"
  - hallucinogens "sense blending"
  - psychoplastogens "inducing neuroplasticity"

# Addictiveness & Toxicity

Active/Lethal Dose Ratio and Dependence Potential of Psychoactive Drugs



## Indigenous Use:

- Psychedelics used for thousands of years by Indigenous cultures all over the world
- Psychedelics mainly used in healing ceremonies to connect with their community, nature, and higher beings
- 1955 - Oaxacan healer, María Sabina, meets American ethnomycologist



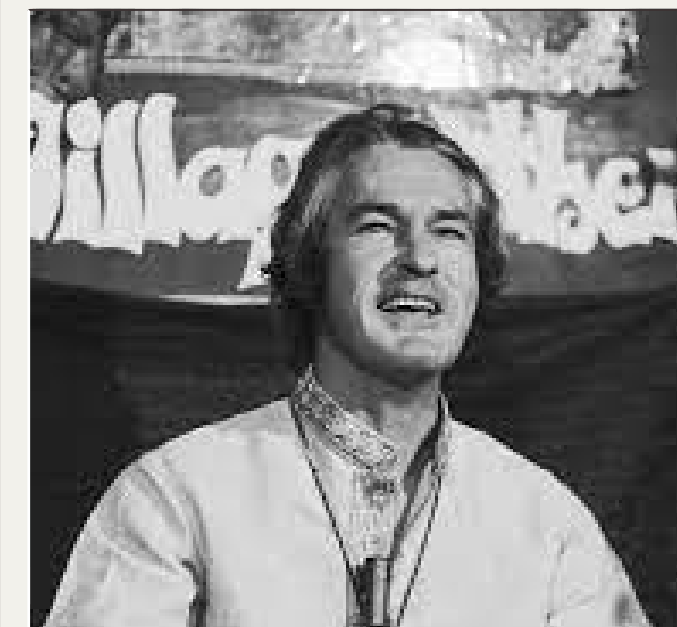
'55  
María Sabina

# History & Indigenous Use

(A Cautionary Tale)

## Counterculture:

- Widely used by therapists in '60s-'80s
- LSD & others leak into counterculture in the '60s
- Concerns government



'60s  
Timothy Leary

## Government & Politics:

- 1971 - Nixon starts War on Drugs campaign
- Most psychedelics criminalized by '80s
- Harmed Indigenous cultures, BIPOC and mental health communities



'70s-'80s  
Nixon



# Psychedelics & Mental Health

- Psychedelic-assisted therapy
  - Studies show this can treat (or even reverse) diagnoses of OCD, PTSD, GAD, ADHD, chronic depression, addictions, etc.
  - **benefits:** rapid treatment, long-term effects and possibly induces neuroplasticity, compared to SSRIs that have low efficacy
  - **costs:** more expensive, still being studied, rare but can have long-term adverse effects
- Default Mode Network (DMN)
  - DMN - interconnected group of brain regions associated with self image, self-critique, mind-wandering (in past and future), the subconscious thoughts, beliefs, habits, and fears that create our reality
  - Many psychedelics can decrease activity in these regions, thus allow one to see their identity and reality in new ways, face fears, etc.

# Psychedelics & Mental Health

Be **SAFE** and **RESPECT** psychedelics!

- They should be thought of more than just a good time at parties or with friends
- Recognize their BIPOC history
- Consider pondering why psychedelics can be so helpful:
  - Are there aspects of psychedelic experiences I can create more of in my life (without taking the drug)?
- If you do them, make sure you're in a healthy mind space, a trusting environment, and that the drugs are SAFE!

PEACE  
and  
RESPECT



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