



MIND MEDICINE A U S T R A L I A

PIONEERING A NEW PARADIGM FOR MENTAL HEALTH TREATMENT IN AUSTRALIA

Mind Medicine Australia

Mind Medicine Australia is a registered charity (DGR-1 status) working to develop evidence-based and regulated psychedelic-assisted treatments for mental illness in Australia. Mind Medicine Australia is wholly focused on the clinical application of psychedelics, and provides a nexus between medical practitioners, academia, government, regulatory bodies, philanthropists and other partners. We support research, and develop therapist training, ethical guidelines, and educational material and events.

We do not advocate for non-clinical use of psychedelics or any other prohibited substances, nor do we advocate for any change to the law with respect to non-clinical use.

Mind Medicine Australia's Board, Management team, Ambassadors, and Advisory Panel members consist of leading practitioners in the applied treatment of mental illness, psychedelic medical research, health strategy, ethics, and other relevant fields from both Australia and overseas.

The Current State of Mental Health

About 15% of the world's population (1.1 billion people) currently have a mental illness. In Australia, mental illness is the leading cause of non-fatal disease burden, and the third leading cause of total disease burden, and nearly half of all Australians will experience a mental illness at some point in their lives. If you are not affected, someone dear to you is likely to be. In addition, the annual cost of mental illness in Australia is about \$60 billion. Research and treatment expenses continue to rise, yet rates of mental illness indicate that we're losing the battle. New approaches are urgently needed to address this immense suffering and cost to society.

Shifting the Paradigm

Psychedelic-assisted psychotherapy is currently being tested in many countries, and has demonstrated remarkable promise in treating various mental illnesses, including depression, anxiety, addiction, and trauma. The treatment combines a short program of psychotherapy with just a few medicinal doses of psilocybin or MDMA. In the 1950s and 60s, psychedelic treatments had a major impact in psychiatry, and many considered it the next big thing in mental health treatment. But for largely political reasons, psychedelic research and therapy were effectively blocked from around 1970. Over the past decade, that research has finally begun again. In rigorous and well-controlled trials with proper clinical support, psychedelic treatments are safe, and frequently lead to remission after only a short program, and even where current treatments have failed. The results have been so compelling that the US Food and Drug Administration (FDA) have designated psilocybin- and MDMA-assisted psychotherapies as 'breakthrough therapies', expediting their research and development.

"It does not seem to be an exaggeration to say that psychedelics, used responsibly and with proper caution, would be for psychiatry what the microscope is for biology and medicine or the telescope is for astronomy."

Dr. Stanislav Grof

Time to Change Your Mind

Over one hundred psychedelic trials are currently active or have been recently completed, and Australia's first clinical trial – sponsored by PRISM at St Vincent's Hospital, and part-funded by Mind Medicine Australia – is launching in 2019. We are seeing the emergence of a new paradigm in mental health treatment, with mounting evidence indicating impressive outcomes. If the results from current large 'Phase 3' trials are positive, psychedelic medicines may be available within the next 3 to 5 years. This is an historic moment in mental health research and treatment. Here at Mind Medicine Australia we know there is no easy solution for mental illness. But we owe it to those suffering to not be held hostage by historical prejudices, and to explore the best solutions available.

Our Purpose:

Mind Medicine Australia is a registered charity committed to alleviating the suffering caused by mental illness in Australia through expanding the treatment options available to medical practitioners and their patients.

Our Aims:

1. **Accelerate** the scientific exploration of psychedelic-assisted treatments for mental ill-health, and – *subject to adequate evidence* – regulatory approval, clinical training, and implementation.
2. **Develop and promote regulated best practice** in clinical psychedelic-assisted treatments for mental ill-health to enhance safety and effectiveness.
3. **Maximise accessibility** of psychedelic-assisted treatments for mental ill-health within medical centres of excellence, *subject to regulatory approval*.

Our Approach:

1. **Expand support** for evidence-based psychedelic-assisted therapies for mental ill-health.
2. **Educate** public and key stakeholders (e.g. medical associations, universities, representatives of veterans and first responders, regulatory bodies, etc.) on clinical research (in terms of benefits, risks, clinical approaches, therapeutic mechanisms) and the implications of unique aspects of psychedelic therapies.
3. **Guide regulatory change** through policy discussions and engagement with law-makers, policy-makers and regulators.
4. **Ensure implementation feasibility** through partnerships and the development of policies for reliable procurement, importation, and storage of medicines, and clinical training certification, referrals, site development, and rebates.
5. **Post-graduate clinical training** development, certification, and delivery.
6. **Provide financial support** for clinical and sociological research studies that align with Aims.
7. **Raise funds** for all MMA operations, including: informing government policy development, clinical training, research, and future treatment centres.

Our Principles:

1. **In service:** we put the common good above private or commercial gain; we support and collaborate with organisations who share our Aims and Principles.
2. **Ethical and responsible:** we report and discuss risks and safety considerations, and always act responsibly with patient safety as a top priority; we are transparent in our dealings with everyone, and respectful of differences; we support service provision only by appropriately qualified clinical professionals with certified psychedelic therapy training. We do not advocate for the use of psychedelic treatments prior to adequate

scientific support; we do not condone any illegal activity in psychedelic use; we do not associate with individuals operating outside the law.

3. **Intellectual integrity:** we report information truthfully, reliably, and objectively, without omission or distortion, including weak or adverse results, methodological limitations, research gaps, and potential limitations of this clinical approach; our view of the role of psychedelic treatments is not dogmatic or fervent, but is driven by scientific evidence.
4. **Clinical and scientific:** we are solely focused on evidence-based clinical applications, and support rigorous scientific research; we do not advocate for non-clinical use or changes in the law with respect to non-clinical use.
5. **Consultative and outcome driven:** we consult and work with experts and seek professional advice to ensure ethical and leading-edge practice (e.g. medical fraternity, academics, clinical trainers, regulators, etc); our approach is respectful and professional; our contribution and engagement are based on leading scientific evidence, clinical practice, and the regulatory framework; we are driven to deliver on our Aims, towards improvements in mental ill-health in Australia.
6. **Best practice in Governance:** we respect the governance principles of leading organisations and institute a best practice framework.

We are driven by compassion, transparency, innovation and empiricism. Mind Medicine Australia seeks to pioneer innovative treatment approaches by translating clinical psychedelic research into best therapeutic practice and positive patient outcomes.



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