Psilocybin has many potential mental health benefits. Research shows that it [reduces criminality](https://www.google.com/amp/s/qz.com/1105554/psychedelics-may-make-people-less-likely-to-commit-violent-crimes/amp/) and helps break addiction. For example, it has been shown to be 67% effective in breaking [tobacco](https://scholar.google.com/scholar?q=psilocybin+addiction+treatment&hl=en&as_sdt=0&as_vis=1&oi=scholart#d=gs_qabs&u=%23p%3DOpB92gW5h6gJ) addiction and its effective with [alcohol](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C50&as_vis=1&q=psilocybin+alcohol+addiction&btnG=#d=gs_qabs&u=%23p%3Dg07pG1DZV6sJ) addiction as well. It helps overcome mental illnesses like [anxiety](http://journals.sagepub.com/doi/pdf/10.1177/0269881116675512) (by 60-80%), major [depression](https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2772630) by at least 54%, [PTSD](https://www.maafirm.com/legal-blog/magic-mushrooms-cure-brain-damage-says-new-study/), and [OCD](https://wiki.dmt-nexus.me/w/images/1/1a/psilocybin_and_ocd.pdf). It has the ability to enhance clinical [psychotherapy](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C50&as_vis=1&q=psilocybin+ptsd&btnG=#d=gs_qabs&u=%23p%3D5IbYj9k1AD4J) treatment in general.

Psilocybin increases [neurogenesis](https://www.google.com/amp/s/observatory.synthesisretreat.com/neurogenesis-can-psilocybin-help-grow-your-brain-cells%3fhs_amp=true), which is the growth of new brain cells (neurons). Because of its neurogenic effects, it has the potential for helping someone with [Alzheimer's, dementia,](https://www.frontiersin.org/articles/10.3389/fnsyn.2020.00034/full) [brain injury](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6475593/), [Autism](https://www.biorxiv.org/content/10.1101/2020.09.09.289348v1), and more. Evidence also suggests that it may also help treat [cluster headaches](https://pubmed.ncbi.nlm.nih.gov/16801660/).

There may also be some clinical benefits to microdosing psilocybin. [Microdosing](https://www.statnews.com/2018/08/23/science-testing-claimed-benefits-of-psilocybin-microdosing/) is where an individual purposely ingests a level low enough that no hallucinogenic effects are perceived, yet the person may still achieve some clinical benefits.

In addition to it's mental health benefits, decriminalizing psilocybin in Iowa would allow for small business growth, with providers offering guided psilocybin therapy drawing patients from within Iowa and from other states. A company in Europe that utilizes psilocybin to treat went public at the end of 2020 with a [$545 million](https://www.investors.com/news/compass-pathways-sees-544-million-valuation-first-psychedelic-drugs-ipo/) valuation. In fact, the therapeutic psychedelic market is projected to reach [$6.85 billion](https://www.prnewswire.com/news-releases/psychedelic-drugs-market-projected-to-reach-6-85-billion-by-2027--301082594.html) by 2027.

The antiquated 50 year-old psilocybin federal misscheduling needs changed. It's been shown over and over, throughout each study that has occurred, that it isn't addictive. In fact, researchers from John Hopkins University recommend it be rescheduled down to at least Schedule IV due to [low potential for abuse and dependence](https://www.sciencedirect.com/science/article/pii/S0028390818302296?via%3Dihub). Psilocybin was even granted["breakthrough therapy" status](https://newatlas.com/psilocybin-magic-mushrooms-depression-fda-breakthrough-therapy/56928/) in 2018 and again in [2019](https://www.livescience.com/psilocybin-depression-breakthrough-therapy.html) by the FDA because it showed so much therapeutic potential.

Mental unwellness is costly to our society. Suicide is now the 10th leading cause of death in the United States (CDC) having increased by 35% in the past 20 years. Depression affects 20-25% of Americans (CDC), with only half receiving treatment (NAMI), and costing over $200 billion annually. Anxiety disorders affect 18.1% of Americans, costing $48 billion. PTSD affects 5% of Americans and costs $46 billion annually.

Addiction is widespread and costly as well. 22-26% of Americans are alcoholics, contributing to over 18% of ER visits. Alcohol is the leading cause of preventable death in the United States, costing $2.5 billion annually. 50 million Americans are addicted to tobacco, killing a half million each year and costing $193 billion annually. Tobacco use is a major cause of heart disease, which is the number one cause of death in the US. Tobacco causes 33% of cancer deaths, costing about $3 billion annually.

1 in 3 seniors seniors die with [Alzheimer's](https://www.alz.org/alzheimers-dementia/facts-figures) or another dementia and it kills more than breast and prostate cancer combined, costing $355 billion annually.

2.8 million Americans sustain a brain injury each year.

The rate of autism is increasing and now affects 1 in 54 soon-to-be adult Americans.

With the suffering and societal cost of these issues, in light of the promising therapeutic evidence pf psilocybin, no valid moral argument exists to justify keeping someone from access to the option of psilocybin. Iowa needs to be a leader in mental health and psilocybin.