

Agenda 2/17/20:

6 to 6:20 PM: Arrive and eat. Introductions to all as we eat

6:20 to 6:30: Noel Gallo and Carlos Plazola present to set intention and process

6:30 to 6:35: Spearitwurx—an Oakland based non-profit working to heal people in our most disenfranchised communities will ground us in the sacred and spiritual.

6:35 to 7:15: Voices from the Oakland community—where do we start and why

7:15 to 9 PM: Full Group: brainstorming on the following questions:

1. What does it mean for this healing work to emerge from “the bottom up”? Why is this important?
2. Why start with mission-focused non-profit work instead of for-profit? What kinds of organizations might be interested in participating? Community health clinics? Small Churches? Restorative Justice Organizations? Others? Create an independent service provider to affiliate? Reduce risks?
3. Getting it right: what should we look out for to make sure we get it right?
4. Legal ramifications—how do we ensure Legal organizations for participating organizations and individuals.
5. How do we ensure a strong process of stakeholder input?
6. What issues do we need to take into consideration as we move forward?

OCHI Directory/Attendance

Name	Attended 2/16/20 Meeting	Attended TBD Meeting	Attended TBD Meeting
Larry Norris			
Dr. Brett Jones			
Rebecca Thieneman			
Angelica Valadez			
Carlos Plazola			
Sizwe Andrews			
Andre Humphrey			
Chris Isner			
Lia Mix			
Liana Gilooly			
Bob Jesse			
Aliza Gallo			
Janis Phelps			
Maria Mangini			
Tyler Norris			
Nai Kaia			
Tomas Garrett			
Prem Kumpta			
Claudia Mercado			
United Roots/ Planting Justice Reps			

Meeting Notes:

5:30PM - 6:20PM

Arrival and networking

6:25

Councilmember Noel Gallo

Describes growing up in Oakland, remembering when drugs hit the community in 60's & 70's.

Mentions how homeless population is reportedly ~5K but more like ~8K

Shares deep care for the community and states it is the government's responsibility to do something when the community needs healing. Then mentions "**looking for direction and advice**".

6:30

Carlos

Many **states are setting up a framework** on the acceptance of entheogens

If we come in with care and help those most in need, we can "**Do It Right**" and show results.

Many **cities are looking around to adopt a successful model**.

Our model should be focused more on HEALING than profit.

C mentions Courtney Barnes - will be on zoom

6:35

Sizwe Andrews

Having Integrity, Service, and Healing are vital to "**Get It Right**"

Honor the intelligence of the plants

We can change the world and do big things with cultural respect.

Set the intention around the room where everyone in the meeting took time to honor our intentions to ground ourselves as a unit.

Each member of the meeting said their name and described several themes:

- Oakland is an **experimental city**
 - Grassroots movements are often born in Oakland
- We must address the situation of urgency in Oakland's Homeless population.
- We must **respect indigenous cultures** and practices
- Focus on **Healing over Profit**

6:50

Carlos asks Sizwe and Chris Isner to join Councilmember Gallo on a panel in the front.

Chris Isner

Used to be homeless, addicted to drugs and alcohol before entheogens.

Described the country as the “**United States of Trauma**” but that entheogens can heal

Began the conversation in how we can start addressing the efficacy and spirituality of entheogens with religious organizations.

Addresses vets with PTSD

Addiction crisis and the Belladonna Treatment that began AA (See APPENDIX I)

Used to reduce recidivism in Brazilian Prisons

Personal story of growth that has led to his visions of making wood carvings that have developed his own business. Having been taught this by visions, he describes how he teaches others how to create for themselves and is opening his studio in the Haven soon.

Sizwe

Oakland work called “Radical Healing”

Creates **spaces of vulnerability** for the black youth of oakland **Followed by Healing**

The language we use is powerful

Create **Generational Wellness**

Describes learning why the Diaspora came here (Oakland) and the reality of why many ethnic groups are here (ie the abuse of asain labor for railroads)

Offers a **space to mirror people**

Change narratives through action

Discussed Tent City project and “**Experience Sankofa Project**” (See APPENDIX II)

7:10

Carlos describes how “Roots” is an oakland based organization dedicated to providing therapy for black youth in the city.

Councilmember Gallo describes the urgent nature of humanizing each other as he has seen children just walking over homeless people rather than asking what is wrong.

Carlos begins the portion of introductions where the members of the initiative introduced themselves.

Aliza Gallo

- Has a strong background in Economic development and Business Planning
- A healthy community = better business
- To have a healthy community people need the ABILITY to:
 - Interact
 - Work
 - Be Safe
- The fundamentally we need a grassroots approach from the “**Bottom Up, because the BOTTOM AREN’T MOVIN UP!**”
- **We need to journey as a group**
- “It may be a Case Management perspective, but it’s helpful for System Development”

Claudia Mercado

- Born in Mexico, Claudia moved to Jingtletown in Oakland at 8 years old
- Trust in communities is not there when efficacy rates in healthcare for Latinos have as high as 44% inefficacy rates.
- **System is glitching, but we can fix it!**
- Realized that in becoming a Licensed Cannabis Business owner in Jingtletown, she is the leader she didn't see growing up.

Janis Phelps

- From Oakland and thought of it as always being the “**Experimental City**”
 - **Grassroots and visionary in nature**
 - **Multicultural benefit**
- We should have focus developed in fixing generational trauma and block out capitalist interest
- Educate people about the different solutions

Maria Mangini (Family Nurse Practitioner)

- Began career in midwifery to create a **harmonious way for humans to enter the world.**
- 30 years ago, worked at one of the first clinics to utilize cannabis as a medicine.
- Grew up in Oakland in 1950, 16 in 1966 in the Bay Area “You do the math”
- **Death gets a bad wrap. It's perfectly safe**
- We are all interconnected

Bob Jesse

- Engineer in Computer Science developed team on Psilocybin Research at John Hopkins
 - Front row seats to the reemergence
- The first paper wasn't related to mental illness but **what happens when you give high doses to “Healthy Normals”**
- Rave community of the 90's when moving to SF was accepting
- Churches have raves that go all night.
- The policy analyst within says **not why should we do this, but what will happen?**
 - **How do we protect from the ill's of money**

Lia Mix

- Strong Irish Roots and a therapist
- Deep connection to the urgency of healing with Sister who fatally overdosed and brother struggling with addiction.
- What is important is **helping people get care**
- **How can we scale this?**
 - How does this affect larger systems (cities, states, nation)
 - Psychedelic healthcare admin
 - Has to be the **whole package**
- We should focus on **Multi Generational Wellness more than Wealth**
- Healing happens in the context of community
- **Avoid extractive economics. Who is offering money and why?**

Chris Isner

- Reciprocity for the healing of entheogens
- Plants provide the answers, just ask

Larry Norris

- People are afraid of therapists because of diagnosis
 - **Shared experiences is what lead to building community** and Decrim Nature
 - How do we make sure funds go back into the community/ have access
 - **Transparency**
 - **Feedback**
 - **Open Source**
 - **Co Creative Process**

Rebecca Theineman

- Aim to **create a safe space**.
- Background in Nutrition Science and Yoga
 - Integrative practices
 - **How do we scale?**
- **Who has accessibility to the integrative practices**
- Plan to make healthcare (including healthy diet) available
- Strong Music and Farming family upbringing

Courtney Barnes - Vicente Cedarburg law firm (See APPENDIX III)

- We can establish the framework for state and federal law
- First step is to determine desired legislative approach: the ordinance route
- Overarching policy considerations:
 - Establishing what licensing and permitting looks like
 - Developing protective framework at municipal level with understanding that the State is primarily responsible for enforcement of drug policy
 - Expanding protections to encompass propagation for distribution / administration to cover qualifying organizations and practitioners
 - Body to ensure safety and quality of products
- Mitigating risk:
 - Churches that are currently open or to be created
 - Developing the municipal ordinance with relationship between state and city to offer pilot program protection.
 - Include protections in state legislation to protect pilot cities perhaps (Oakland, Santa Cruz, Berkeley, SF etc)

Prem Kumpta

- 30 years of psychedelic experience
 - 20 years in the Bay Area
- Community outreach through dance events
- **Strong importance on the safety of use**
- **Missioned based focus over profit**
- Who can and should be utilizing this
 - Determine through outreach and developing solid process methods.
- Videographer/Marketing for outreach

Nai Kaia

- **Runs/Owns Temple in Oakland Hills**
- 7.5 years of sound healing and facilitating trauma healing
- 17 years of experience with meditation and sound healing
- **People should not have to face issues alone:**
 - Suicide
 - Trauma
 - Healing
 - Brain Fog
- **Completely Donation based healing**
- Over 900 visitors to the temple

Liana Gilooly - MAPS

- **Having Key Stakeholders are important**
- Develop models for the following
 - Medical
 - Wellness
 - Decriminalization
- **Antidote to moving fast and breaking things is moving carefully and healing**
- Establish a strong culture
 - Without context, medicine doesn't do all of the healing
 - Community is a part of it
 - We need access to several securities:
 - Food
 - Healthcare
 - Jobs
 - Housing
 - How do we get POC's involved

Angelica Valadez

- Messenger of the plants
- Translator since 8 in family as curandera
- Not everybody has to do it
- This aint just Oakland, it's The Bay
- We **need to tell stories** to convey our message
- **There are already non-profits in the indigenous community**
 - They are already developed, **reach out**
- There are Native churches
- Respect Indigenous land
- **BE INTENTIONAL ABOUT INVITING INDIGENOUS**

Tomas G

- I didn't take notes on myself so I think this is what I discussed
- Parents **met coming to Oakland to learn to community organizing** in 1992 through Minority Activist Apprenticeship Program
- **Moved to Oakland for MAAP in 2014** and was advised to go back Wisconsin to become a food science chemist.
- Moved back to Oakland at the end of 2018 to do analytical chemistry in the cannabis industry.
- Entered the entheogen movement at a decrim nature meeting summer 2019 with colleagues in cannabis testing wanting to analyze other entheogens
- Passionate about the efficacy of entheogens as I know many people dead of over dose and suicide which frankly was rooted in generational trauma.

Dr Brett Jones

- Finding **Spirit, Nature, Human**
- Recently had awakening in past few years (2018 Plant connection)
- Told lies in regard to health and medicine
- **Reignition of our ancestors**
- The Condor will fly with the Eagle (reference Quezacotl)

Sizwe

- Don't want to sharpen the blade too far.

8:50

Carlos

Intentions

Reverence

Honoring the Collective

Last 15-30 minutes spent discussing Topics for further discussion and synthesis of what we heard. What should we remember.

Lia :How we do it is as important as what we are doing.

Liana: Public Benefit Focused. Reciprocity and Restorative Justice

Bob: Collaboration over competition. Attraction not promotion.

Sizwe: Listening is important

Maria: Storytelling

Janis: Absence of community

Larry: How do we ask how to help rather than tell. So much has been done and this is still a blank canvas

Rebecca: Provide Security

Prem: We need to be the voice for messages from the community, not to it.

Brett: Unity with respect to diversity

Chris: We should bring shaman here

Claudia: How do we make this attractive to build momentum

APPENDIX I:

The True Origins of 12-Step Recovery: Psychedelic Plant Medicine

By Chris Isner

You'll never hear this in any meeting, but 12-Step Recovery actually began with psychedelic plant medicine at Towns Hospital in NYC, where the founder of Alcoholics Anonymous, Bill Wilson, achieved sobriety with the so-called *Belladonna Cure*. This was a powerful combination of psychotropic plants administered hourly for 50 hours straight, causing intense visions and purging. It was under the influence of these plants that Bill W had his pivotal *White Light* spiritual experience, without which he would have soon died drunk, and AA—thus 12-Step Recovery in general—would have never been born. Drying out alcoholics with the Belladonna Cure at Towns before attempting the 12 Steps was standard practice in early AA, back when success rates were very high.

Towns Hospital was founded specifically to administer this treatment to alcoholics and addicts. Its founder, a layman insurance agent named Charles B Towns, never revealed the provenance of the treatment, only ever saying that an anonymous *country doctor* provided the recipe. In those far more prejudicial times, it could well be assumed that this was code for *native medicine man or hoodoo woman*.

Bill Wilson and many early AA's then went on to increase their spiritual experience with LSD, mescaline and psilocybin under the supervision of Dr Humphrey Osmond, a British psychiatrist in Canada who coined the term *psychedelic*. They believed that profound psychedelic experiences perfectly fulfilled Dr Carl Jung's prescription for alcoholism and addiction, as recorded in AA's primary text:

Alcoholics Anonymous, Chapter 2, Page 27

“Here and there, once in a while, alcoholics have had what are called vital spiritual experiences. To me these occurrences are phenomena. They appear to be in the nature of huge emotional displacements and rearrangements. Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.”

These AA's further believed that accepting the possibility of “power greater than oneself” was necessary to achieve full and lasting recovery and that psychedelics opened the minds of previously agnostic or even atheist members to the possibility of some sort of divinity or spiritual existence.

Here is Bill Wilson's description of his own spiritual experience under the Belladonna Cure:

“Suddenly the room lit up with a great white light. I was caught up in ecstasy which there are no words to describe. It seemed to me in my mind's eye, that I was on a mountain and that a wind not of air but of spirit was blowing. And then it burst upon me that I was a free man. Slowly the ecstasy subsided. I lay there on the bed, but now for a time I was in another world, a new world of consciousness... and I thought to myself, “So this is the God of the preachers!” A great peace stole over me.”

Dr Alexander Lambert, previously a physician to President Teddy Roosevelt, joined Charles Towns at Towns Hospital and described the belladonna treatment as follows in a 1912 article "Care and Control of the Alcoholic:

"Briefly stated, it consists of the hourly dosage of a mixture of belladonna, hyoscyamus [also a deliriant], and xanthoxylum. The mixture is given every hour, day and night, for about fifty hours. There is also given about every twelve hours a vigorous catharsis of C.C. pills and blue mass [used to help with bowel elimination]. At the end of the treatment, when it is evident that there are abundant bilious stools, castor oil is given to clean out thoroughly the intestinal tract. If you leave any of the ingredients out, the reaction of the cessation of desire is not as clear cut as when the three are mixed together. The amount necessary to give is judged by the physiologic action of the belladonna it contains. When the face becomes flushed, the throat dry, and the pupils of the eyes dilated, you must cut down your mixture or cease giving it altogether until these symptoms pass. You must, however, push the mixture until these symptoms appear, or you will not obtain a clear cut cessation of the desire . . ."

Related research areas:

- The Iranian Ayatollah not long ago issued a fatwa (religious edict) permitting Muslims the use of psychedelics for healing and spiritual purposes. The religious argument is that we were created with receptors in our brains for these plant chemicals for a reason and that plants were created for our benefit.
- Bedouin tribespeople still use ayahuasca analogue plants today for visionary purposes
- The Brazilian government is administering ayahuasca to violent incarcerated felons in order to reduce prison violence and criminal recidivism
- The Takiwasi Rehabilitation Center in Peru, founded by French doctors, quite successfully combines Western medicine with traditional Amazonian shamanic plant medicine
- Studies on Santo Daime church members in Brazil who regularly use ayahuasca as a sacrament show that they are better emotionally adjusted and with far less incidence of mental disorder, alcoholism and/or addiction than the population at large

~~11/11~~

Central 2-4822
Westchester

914

W. G. W.
BOX 459 GRAND CENTRAL STATION
NEW YORK 17, N. Y.

11/11-
11/11

Bedford Hills
Saw Mill Parkway Mt Kisco

July 11, 1961

Ridge - Long

Mr. Timothy Leary
Center for Research in Personality
5 Divinity Avenue
Cambridge 38, Mass.

C. C. [unclear] street
dit K.S. but hand
side
wood [unclear] rd

Dear Mr. Leary:

It was most pleasant to have your letter of June 30th,
along with the suggestion that we may have a number of mutual
interests.

The last time I saw Aldous I believe he referred enthusi-
astically to your work.

11/11 - C1-7-1101

A number of us A.A.'s here in New York have been a part of
the development of the LSD possibilities. Our chief contact has
been Dr. Humphry Osmond of Saskatchewan, whom we consider to be the
greatest authority in this whole area. He is very close to Aldous
and if you don't know him, you certainly should.

Though LSD and some kindred alkaloids have had an amazingly
bad press, there seems no doubt of their immense and growing value.
Indeed it seems to make out a statistical case, as of now.

Perhaps, too, you will find some interest in Alcoholics
Anonymous - its principles and mechanisms.

In any case, it will be fine to meet you as soon as that
can be arranged. Regrettably I shall be away practically the whole
of August, plans already having been made.

However, it still may be possible to meet you close to
August 1st, if it would be convenient. Failing that, we may be able
to arrange something following Labor Day.

Meanwhile, all the best.

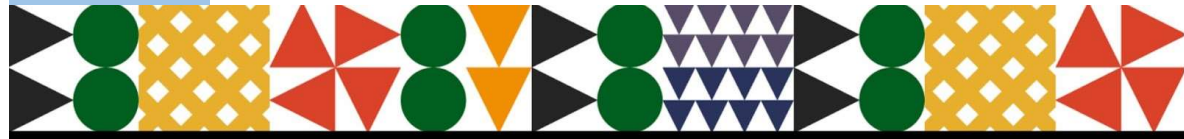
Sincerely yours,
William G. Wilson
William G. Wilson

MW/124

P.S. My office telephone number is Murray Hill 6-1100 in New York City.
Please ask for my assistant, Nell Wing, who will know my
whereabouts.

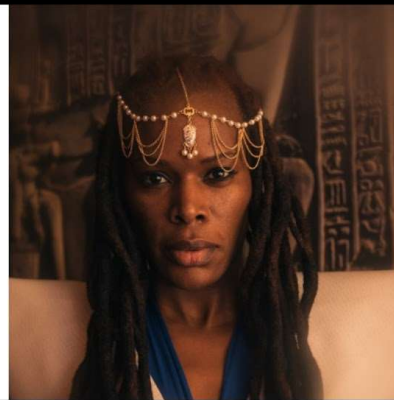
Founder of AA

APPENDIX II:

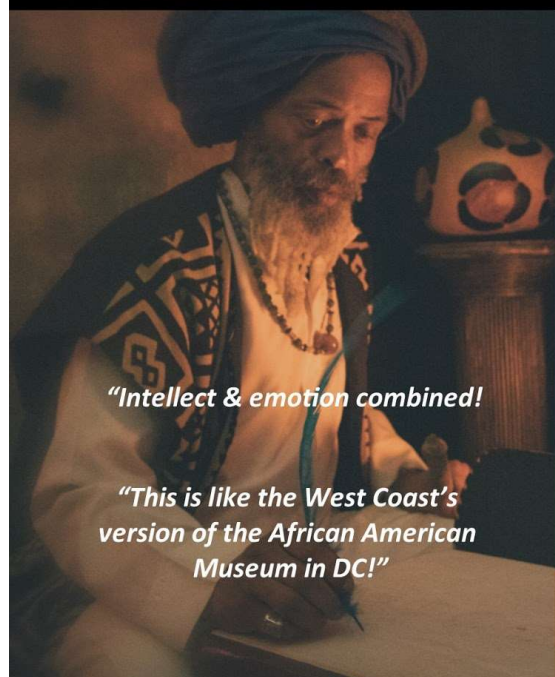


EXPERIENCE SANKOFA PROJECT

A LIVING MUSEUM
FROM AFRICA TO OAKLAND



WEEKENDS FEBRUARY 28 - JUNE 21, 2020
EASTMONT MALL 7200 BANCROFT #118 OAKLAND CA
FOR TIX + INFO: WWW.SPEARITWURX.COM



"Intellect & emotion combined!"

*"This is like the West Coast's
version of the African American
Museum in DC!"*

EXPERIENCE SANKOFA PROJECT

A LIVING MUSEUM
FROM AFRICA TO OAKLAND

spearitwurx 
"forward movement for the collective good"

FOR TIX + INFO:
WWW.SPEARITWURX.COM

APPENDIX III:

Decriminalize Nature Oakland Call Policy Considerations Outline

1. Constitutional Authorization for Local Regulation in California:

- a. A county or city may make and enforce within its limits all local, police, sanitary, and other ordinances and regulations not in conflict with general laws. (Cal. Const. art. XI, § 7).
 - i. In general, a California city has authority to adopt local ordinances so long as there is no express or implied preemption under state law. (*See: Sherwin-Williams Company v. City of Los Angeles* (1993) 4 Cal.4th 893).
- b. The legislative body may pass ordinances not in conflict with the Constitution and laws of the State or the United States. (Cal. Gov. Code § 37100).]
- c. Article 11, section 5 of the CA constitution gives charter cities plenary power over municipal affairs.

2. Resolution v. Ordinance

- a. Resolutions, orders for the payment of money, and all ordinances require a recorded majority vote of the total membership of the city council. (Cal. Gov't Code § 36936).
- b. Ordinance: binding, but could potentially be challenged as preempted by state and/or federal law
- c. Resolution: harder to argue it is preempted because it is technically not binding, but also may not be appropriate for creating a regulatory scheme that requires operator compliance to be successful

3. Options for implementation

- a. Creating local licensing(?) and access structure (likely, ordinance)
- b. Expanding protections to encompass propagation for distribution / administration to qualifying organizations and practitioners (resolution/either)

4. Risks / Considerations applicable to creating a local access model requiring a strategic approach

- a. Exposure Generally: The non-profits and professionals cultivating and providing these services are going to have a lot more exposure (both legal and reputational) under a model that provides a mechanism for public access/identification of providers.
- b. Professional licensing and insurance considerations (therapists/doctors).
- c. Provision of ingestible and inhalable psychoactive substances to third-parties (safety/quality/informed consent)
- d. Limitations relating to the Religious Freedom Restoration Act (churches/pastors) for those operating under it now
- e. Scope of state preemption
 - i. Potential challengers?
- f. Amendments needed to local law?

5. Potential Risk Mitigation Strategies / Topics requiring further research

- a. California cases that have addressed scope of / analysis for state preemption over local regulatory schemes
 - i. Scope of local police power / interplay with state conflict and preemption issues.
 - ii. To what extent can we draft authorizations and provide protections that do not “contradict” state law. “A local ordinance contradicts a state statute, as would support preemption under state constitution, when the ordinance is “inimical” to the state statute, which means the local ordinance directly requires what the state statute forbids or prohibits what the state enactment demands and it is impossible simultaneously to comply with both the state and local laws.” (see: [Cal. Const. art. 11, § 7](#) and related cases).
 - iii. In general, if otherwise valid local legislation conflicts with state law, it is preempted and is void. Local regulation can also be preempted by federal regulation. A conflict exists when local legislation duplicates, contradicts, or enters an area fully occupied by general law, either expressly or by legislative implication.
- b. Authorizations/scope of protected activity under Religious Freedom Restoration Act (churches/pastors)
- c. To what extent could Oakland obtain the state’s blessing / provide (or at least honor) protections for Oakland’s model without the state officially acting to sanction particular conduct?
 - i. Congress does not have the authority to compel state or local officers to enforce *federal* regulatory programs, thus having some form of state blessing would be beneficial. Nonetheless, federal law enforcement officers would still be able to enforce federal law.
- d. Training, education, ethics, standards of care, & informed consent
- e. Severability clause