

BREAKING THE BONDS OF ADDICTION

Scientific research can help illuminate the potential answers psilocybin could hold for addiction. Government funding is currently not available to unlock this knowledge. Completing this vital scientific research rests on the shoulders of groups like Heffter Research Institute to unlock the potential for psilocybin to ease the pain of addiction and suffering confronting millions of people.

14.5 MILLION ADULTS aged 26 or older struggled with a substance use disorder in 2014¹

An estimated **15% OF ELDERLY INDIVIDUALS** may suffer from problems with substance abuse and addiction²

1/2 the population of American prisons and jails suffer from addiction⁴

2/3 OF THE POPULATION OVER AGE 65 who struggle with alcohol addiction battled an alcohol use disorder at a younger age³

1.3 MILLION ADULTS & 73,000 ADOLESCENTS received treatment in 2013 at a specialized facility for alcohol use disorder⁵

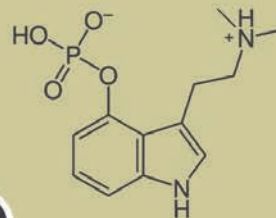
89.1% of the individuals who needed treatment in a specialized facility for a substance use or dependency concern never receive it⁶

Relapse rates during traditional addiction treatments run between **40-60%**

This rate is very similar to rates of relapse with other chronic diseases like hypertension, asthma, or type I diabetes.⁷

THE POTENTIAL FOR PSILOCYBIN

80% of participants in a Johns Hopkins trial stopped smoking cigarettes after three sessions with psilocybin. A larger smoking cessation clinical trial at Johns Hopkins involving psilocybin is expected to finish within a year.



Evidence to date suggests psilocybin can provide positive outcomes for people's health and well-being when participants are screened and strong therapy safeguards are in place.

100 PATIENTS are being treated for alcohol addiction in a current clinical psilocybin trial at NYU. This research builds off a small pilot study finding psilocybin to be more effective than standard treatments.

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LEARN MORE ABOUT PSILOCYBIN

RESEARCHING PSILOCYBIN'S POTENTIAL TO HELP

Millions of people struggle with addiction every day. Unfortunately, overwhelming evidence bears out the limits of current treatment options. Awareness of the opioid crisis continues to grow across the country. Alcohol dependency increased 49 percent in the first decade of the 2000s.¹ In 2015, roughly 15 of every 100 U.S. adults continued smoking cigarettes, despite its role as the leading cause of preventable disease and death in the nation.² The data is startling, especially when weighed in the context of the many ways addiction pulls at our social fabric, be it related to incarceration, mental health, or a host of public health consequences.

Early evidence suggests that psilocybin can help people find a way out of substance abuse and improve their quality of life. The Heffter Research Institute is playing a leading role in support of the scientific research needed to clarify the potential.

Addiction Can Trap Anyone

Addiction is not confined by age, ethnicity, sex or geographic location. The National Institute on Drug Abuse (NIDA) includes people as young as 12 in its database. Adults age 18 to 25 are the biggest abusers of prescription opioid pain relievers.³ NIDA reports that every 25 minutes a baby is born suffering from opioid withdrawal.⁴ Addiction is a lifelong battle threatening the health and welfare of millions. Those trapped by addiction often develop other health issues that,

when unaddressed, can cost lives. Some never receive the tools they need to end their addiction, for others the tools are ineffective, for still others prison and debilitating mental health consequences stand as destination for the disease. Research shows that the number one predictor for suicide - the 10th leading cause of death in America - is alcoholism.⁵

Psilocybin Therapy - Potential for Hope?

Recent scientific findings suggest that psilocybin could help break the chain of addiction involving a host of substances including cocaine, alcohol, and nicotine. Millions of lives could potentially benefit from the successful conclusion of this important research.

Psychedelics Could Have an Impact

We all know someone who has been impacted by addiction and substance abuse. Psychedelic research has the potential to change the statistics.

- Approximately 14.5 million adults aged 26 or older struggled with a

substance use disorder in 2014, ([NSUDH](#))

- Two-thirds of the population over the age of 65 who struggle with alcohol addiction battled an alcohol use disorder at a younger age and carried it with them as they aged. (<http://americanaddictioncenters.org/rehab-guide/addiction-statistics/>)

- Relapse rates during addiction treatments are common - running between 40-60 percent ([NIDA](#))

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