

Decrim Nature Explained: Reclaiming Plant Medicine Rights Decriminalize Nature NWA Education Night Transcript

PRESENTERS - CO-FOUNDERS, DECRIM NATURE NWA

BETH DAY

JOSEPH HOOD, PHD

JESSICA FITZMAURICE, RN

JAKE FITZMAURICE

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JUMP TO SECTION:

[Decrim Nature Explained: Reclaiming Plant Medicine Rights
Decriminalize Nature NWA Education Night Transcript](#)

[Introductions](#)

[Jessica's Story](#)

[Decriminalization vs. Legalization](#)

[Grow, Gift, Gather Model](#)

[Entheogenic Plants and Fungi - What are they and what do they do?](#)

[Why These and Not Others?](#)

[The National Story](#)

[The Process of Decriminalization](#)

[How Can I Help?](#)

Introductions

0:00 - Beth Day, co-founder, Decrim Nature NWA

I know everybody here, but I don't think everybody else knows everybody here.

Joseph Hood, PhD, co-founder Decrim Nature NWA

So I'm Joseph Hood.

I've been married to Beth for seems like five years, but that's not like not a bad way. We've been dating for about six years now.

We've been married for a year and a half and recent addition to the area, originally from South Carolina. And then I have a history together long ago, and we come back together later in life.

And part of what we came together on was this topic. So I'll leave it at that. Perfect.

Beth Day

And for those of you joining online, we're just doing some quick introductions here. in our in this in the Bentville History Museum.

So I'm Beth Day. I think you all know me, wife of Joseph and yeah, I'm excited to be here and have our first education night.

So I'm gonna turn the camera around just at least for the co-leaders. There you go.

Jessica Fitzmaurice, RN, co-founder Decrim Nature NWA

Hey, hi, my name's Jessica Fitzmaurice.

I moved here from Indiana two years ago and I have some personal, I have a story as to how I became involved with Decrim Nature.

I was arrested for growing mushrooms and so I'm my husband, Jake and I are here hoping to decriminalize nature in Northwest Arkansas.

Jake Fitzmaurice, co-founder Decrim Nature NWA

Hello. I'm Jake Fitzmaurice. I'm Jessica's husband. We've been married for two years now, three years, two and a half.

And we moved here from Indiana. And we'd like to help decriminalize nature here in Northwest Arkansas.

Jessica's Story

2:14 - Jessica Fitzmaurice

Well, everybody. Welcome to our very first educational event on psychedelics. Brought to you by Decrim Nature, Northwest Arkansas. As you know, these events are going to be held monthly, alternating between Bentonville and Fayetteville.

And so other years here with us in person or virtual, thank you for joining. I'm just going to introduce myself and give you a brief overview.

My background, a lot of you probably heard my story before, just the power of sharing your story is really, it's really where it's at to get things done. It can help a lot.

So my name is Jessica Fitzmaurice. I'm one of the co-founders of Decrim Nature, Northwest Arkansas.

I'm 44, I am a nurse, and I'm a mother to five kids. Providing education on the use of psychedelics and breaking the stigma associated with these life-changing plant medicines and fungi is important to me because I have personal experience with mental health and drug policy.

I struggled with depression for the last 24 years of my life and I've tried everything possible within the realm of legal medications and therapy.

I've done countless talk therapy sessions with multiple different therapists and I've tried over 20 different prescription medications over the last 24 years.

Some of them were called Paxil, Prozac, Celexa, Lexapro, and the list goes on, so I won't name them all, but after trying all of that I still felt depressed and suicidal so I was unable to be fully present for my kids.

I was sleeping constantly and it took every ounce of me to gather the strength to provide for them. I felt as if I was not showing them what they were capable of or what I was capable of.

I constantly felt like I was worthless, and I just wanted them to feel loved. So, I had to search for some kind of healing. And in the fall of 2020, I read an article online about a research study that was recently conducted observing the effects of psilocybin sessions with integration therapy for treatment-resistant depression.

So, this paper concluded that psilocybin medicine along with integration therapy can reduce depression in a large percentage of the test subjects.

I kept researching for the next couple of months, and I found many more research studies and articles to back it up.

Well, I decided to give it a try with the mushrooms, even though I knew the legal risks. For me, it was a decision that I only had two choices—either continue to live depressed and suicidal with no help in sight, or risk possible persecution by breaking the law to self-medicate and hope it would help.

So, I chose to self-medicate. I grew my own medicine, as this is the best way to guarantee a safe, uncontaminated supply.

And this was now April of 2021 when I began micro-dosing regularly—and by that I mean three to five times a week—and I would occasionally do a higher journey dose.

So after using psilocybin medicine regularly for about three months, I noticed that my depression was gone. I was able to begin doing normal things and enjoying things in my life that I hadn't been able to enjoy in over 24 years.

I became more present with my kids and I felt like I was becoming a better mother and then my whole world came crashing down because I was arrested for growing mushrooms.

On November 28, 2021, I'd just laid down to go to sleep after working a 12-hour night shift as a NICU nurse.

This is such a bad part. It's so hard to talk about. Even when I have it written down right in front of me.

So it was 11 in the morning. The local police department kicked my front door in. There were seven police officers who drew their guns. They held me at gunpoint, they handcuffed me, and they took me to jail.

I never sold any of these medicines. It was only for personal use. The charge came with three felonies. The most severe was a level two felony for dealing a Schedule One controlled substance. I faced 10 to 30 years in prison with an advisory sentence of 17 and a half years.

I lost custody of my kids, I was fired from my nursing job. I spent three months on house arrest and this arrest has cost me over \$150,000 in lawyer fees, court costs, house arrest, mandatory therapy and lost wages.

The worst part was that I lost custody of my kids.

And I was put on this earth to bear children and be a mother.

So, currently I'm in a legal battle to get minimal custody. I don't have a criminal record prior to any of this, and I was only trying to help my own mental well-being in a country that is currently experiencing a mental health crisis.

And so that's why I wanted to start up Decrim Nature here in Northwest Arkansas and make it the lowest-level priority crime to prosecute.

This will allow us the freedom to self-medicate and seek to heal by using these medicines without fear of prosecution.

So thank you for listening to that dreadful, painful story.

Every time it's still hard, every single time.

Decriminalization vs. Legalization

11:00 - Beth Day

Thank you so much for sharing. Does anybody have any immediate questions for Jessica after sharing her story? About what happened or any of the repercussions that she experienced?

I'm going to turn the sound back on to the video call as well.

Well, we will move ahead now because we're going to talk a little bit about decriminalization and how that differs from legalization.

So Joseph and I are going to talk about a little bit about the difference between legalization and decriminalization.

Do want to start?

Joseph Hood

Sure. And so since we've been on this journey, no pun intended, there's been like kind of three ways that we could see—three good ways or three ways to attack the problem, the psychedelic problem. What's the problem?

Beth Day

The problem is we have mental health crisis and...

Joseph Hood

I was going to say a little bit more succinctly. The problem is what Jess just talked about. Like nobody should be going to jail for this, right?

And then all the other stuff too. But that's a good headline for the problem. No one should be going to jail for this.

Well, then you could talk about all the benefits of this, all the harms that happen when it's a criminal thing.

And those three ways of attacking the problem are legalization, decriminalization. And then there's this third one that we're not going to really go into tonight, which is the religious exemption.

And this religious protection, which could be a backstop and there's lot of people working on that front too.

Specifically Decriminalize Nature as the movement, and us as a chapter, we are about decriminalization. And very important with that is that that's a different thing than legalization, that they're not just synonyms, right?

Legalization is actually easier to say. So if you want to call your movements up, don't call it decriminalization. It's a lot of syllables. But it's very intentional, it's very important that it's decriminalization, not legalization.

In general, we're not against legalization efforts. There can be some good there, there could be some good synergy, it's probably better than not having anything at all where that happens.

But there are some inherent problems with legalization. So, definitionally, legalization means that they're legal for some people to use them, distribute them, cultivate them sometimes in some places, right?

The key to that is that it restricts the access a lot. It's legal for *some* people, *some* of the time.

And then it's still *criminal* for everyone else and every other situation out there. And so decriminalization is when we remove the criminal penalties for cultivating, using, sharing and talking about this stuff.

There's just no, there's nothing, there's no penalties for it. So it doesn't have to do with whether it's legal or not and what the regulations are, just to get the criminal penalties away.

And there's a couple things that happen with legalization. Firstly, it kind of enables a market to emerge, or allows it, or even creates it, you know, with the law itself.

And then those markets then can be taken over by people that have incentives that are not aligned with what we think is the right set of incentives for these types of plant medicines.

And then again, just reducing accessibility. It's really about accessibility. If it's legalized, it's still restricted. largely to most people most of the time.

Beth Day

I just had something to add. With legalization often comes very very restrictive and onerous regulations that have to be adhered to. And so a good example of legalization is the state of Oregon They legalized the use of psilocybin They created a whole host of regulations for treatment centers that were allowed to dispense or facilitate you know the use of these medicines and what that then resulted in was extremely expensive therapy for people who were you know These most people who are most in need of these medicines are not the people who usually have that kind of money to throw around. \$3,500 was you know kind of average for one experience with this medicine and for most people that's not something they have the extra cash lying around for.

Joseph Hood

Yeah. So there's that financial burden as well that we want to take away. So, uh, another reason why we like decriminalization is it's typically faster and cheaper to implement as a solution.

So you could potentially envision a legalization process that can make it very accessible if it's written the right way by the right people, the right intentions, whatever, you know, even though that's not likely.

But decriminalization can happen right now. And it does. It happens in various cities and we'll talk about that. So it's a quick way to allow more people to have access and to reduce harm.

And what's the biggest harm with entheogens?

Beth Day

Well, it's being arrested,

Joseph Hood

that to be the biggest harm. All right.

Like, so we have ourselves done a lot of digging into what the harms are with these substances. there are some, there's, especially if you don't, if you're not using them with the right mindset, with the right people or help, or whatever, or if you're just going to deep, too heavy, you have other psychological issues, there's definitely some issues, but the biggest harm is what happened to Jess and what happens to other people there.

So reducing that harm is really important. And once it's decriminalized, then people can feel more free to openly talk about it and discuss harm reduction and share methods and learn about it.

And then that reduces the other harm on the side of the therapeutic and recreational abuse.

Grow, Gift, Gather Model

17:23 - And there is a model that decriminalization or Decriminalize Nature uses, that I'm just going to read it directly because it's very good.

And it's called the "Grow Gather Gift Model." So some of you have heard that, but it's easy to remember.

So as opposed to anything that commoditizes these substances and sells them and regulates them and math produces them and patents them, it's the Grow Gather Gift that replaces all of that stuff.

Grow—You should be able to grow plants and mushrooms freely without government or corporate influence or limitation.

Gather. This is, there's two parts to gather.

You should be able to sustainably gather entheogens, so literally gather them out of the ground, and also you should be able to gather together in community.

So that allows people to get together and to share their experiences and to help each other out in that therapeutic space.

Gift. You should be able to share Mother Nature's entheogenic gifts with others. And the key there is you're not selling it.

Now there's not a market, per se, that's emerging here. It's a shared gift network that can facilitate this getting around.

That doesn't mean that there won't be some people that try to exploit it for money. This means that generally those incentives aren't there because if you're not isolating and patenting molecules, you can't really control access.

If anybody can grow this stuff, then it's very difficult to commoditize it.

Beth Day

Yeah, and there's a lot of nuance to this idea of gifting and several cities around the United States and one state, Colorado, has found ways to allow people to still make a living being professional guides.

Joseph Hood

That's more selling services. Yeah, exactly.

Beth Day

And so that's the carve-out. A means for people to make a living doing this work because it just takes a lot of time.

Joseph Hood

And a couple more things on this topic really quick. just you don't want to say the fact that these plants and fungi have a very long history out there in traditions.

And it actually shows less respect to them if you do try to commoditize them, regulate them, control them, right, so traditionally for for millennia, these things have been available to people as they needed them and for culture, and to use them as part of their sacraments and practices. And so decriminalization can protect that usage and allow that to happen as well.

And again, I want to say that we're not necessarily against legalization efforts where they are synergistic with decriminalization efforts.

Beth Day

But usually, and we prefer that decriminalization happens first, right? Yeah. kind of helps level the playing field.

Joseph Hood

It's a good foundation.

Entheogenic Plants and Fungi - What are they and what do they do?

20:23 - Beth Day

Yeah. So we're going to move back to Jess and Jake, and they're going to tell us a little bit more about the specific substances that we're talking about when we refer to emtheogenic plants and fungi.

There you go.

Jessica Fitzmaurice

OK, there are four main substances we're talking about with our Decrim Nature efforts right now.

We're going to be talking about Psilocybin. Ayahuasca, Iboga, and cacti containing mescaline. You probably are all familiar with psilocybin mushrooms, also known as magic mushrooms, or shrooms.

These are mushrooms containing psilocybin, which turns into psilocin upon ingestion. And psilocybin mushrooms have been and continue to be used in Mexican and Central American cultures in religious and spiritual contexts.

Also, did you know that a May 2018 study by UC Davis researchers and scientists found that natural magic mushrooms inspire strong neural growth?

So this study shows increases in dendrite growth. The number of dendrites per neuron and a widening of the axon, these are all critical to the flow of information in the human brain.

So this will enable plasticity in neural patterns and it allows for one of the most successful forms of treatment for depression, PTSD, and end-of-life anxiety.

So the second substance we were talking about is ayahuasca, and this also contains DMT. You probably already know that.

Ayahuasca is a South American psychoactive beverage, traditionally used by indigenous cultures and folk healers in the Amazon, and the Orinoco Basins for spiritual ceremonies, divination, and healing a variety of psychosomatic complaints. Do you know that ayahuasca, a plant mixture from Amazonian basin, benefits physical and psychological wellness, and it can encourage adult neurogenesis in vitro?

So apparently they're doing a study on that. Traditional cultures consider ayahuasca a plant that gives knowledge. And recent western studies suggest ayahuasca could revolutionize mental health and our understanding of consciousness.

The transformative potential of ayahuasca has become a successful medicine for treating PTSD among American war veterans, in Brazilian prison populations to reduce recidivism, and with World Business Executives for experiencing spiritual awakenings.

Iboga and Ibogaine, these are psychoactive compounds that are found in the root bark of the African plant tabernanthe—Iboga. It's found in the root bark of that. It's been traditionally used in various spiritual and healing ceremonies by indigenous peoples in Central Africa.

Did you know that the root of an Iboga shrub in Gabon, Africa, is showing incredible benefits in treating opioid and methamphetamine addiction?

Decriminalizing Iboga provides an opportunity for NWA to lead the way in addiction recovery and reduce the harms of addiction and dependency on our communities.

So the last substance we're dealing with is cacti-containing mescaline. These are a group of psychoactive plants that produce the compound mescaline, a naturally occurring psychedelic.

The most well-known cacti that contain mescaline include Peyote, San Pedro, and the Peruvian Torch. Did you know mescaline-containing cacti have been respected as sacred plants for over 5,000 years here in the Americas?

In addition, studies show cacti can be beneficial in the treatment of alcoholism, yet mescaline-containing cacti are illegal to cultivate and ingest outside of religious contexts.

There's probably a lot more substances on the list that we aren't going to get into, but these are the four main ones that we're going to be trying to be proactive on decriminalizing.

Why These and Not Others?

26:17 - Beth Day

Okay, so we're going to take it back to Joseph one more time. So, like a little back and forth.

Joseph Hood

So who noticed what wasn't on that list that might be considered psychedelic?

Jessica Fitzmaurice

Well, I have one, Amanita Muscaria

Joseph Hood

That was an interesting one. That's what's that? It's *not* illegal. It's also probably not what it used to be, it's a pretty intense experience.

(Comment from the audience)

Now more research being put forth on that, I mean, you know, I'm right now about how we're trying to really get it if you trust those sources.

Yeah, we make sense out of right? There are other But specifically what I was getting at, it's like the non-plant, Yeah, like or even synthesize or extractive DMT and things like that.

And this movement excludes those explicitly, things like that, because it's focused on nature, it's focused on what is going to be grown out of the ground or put together with different plants and roots and things like that.

And there's this idea out there called psychedelic exceptionalism. And I'll even kind of make it more specific. I feel like we believe in a natural psychedelic exceptionalism.

There's something special about These entheogens, these medicinal plants and fungi that are in their natural form. LSD is derived from ergot, which is natural, and it kind of theoretically kind of gets the good stuff out of that, without all the bad stuff and that kind of thing.

But it comes with inherent problems, like it's a white powder at the end of the day, or a clear liquid.

And so it can be anything in the world, you can easily have too much of it, it can be cut with other things, it's somehow stripped from its natural form, where it has co-evolved with plants and humans for a long time.

And so we really feel like this is, there's something special about these plants, they're both psychedelic and they're in their natural form, or in their form that has been kind of co-evolved and cultivated with humans for a very long time, you know, decades or centuries, or all of these centuries at least.

And I think another, like practical reason why that is the case is I talk about self-limiting things all the time, like watermelon has a lot of sugar in it, but you can't eat like a Snickers' worth of sugar without eating like two watermelons or something, right?

So nature does have a special way of self-limiting itself. And so when we do make things that are ultra-concentrated, hyper-satiating and extracted and isolated, then, you know, somehow we're cheating nature in a way, like nature has a way of, it's grown up in some balance and creating some kind of equilibrium.

So we feel like in the natural plant forms, it's self-limiting, you can only take so much and it tends to be about the right amount, you know?

Beth Day

Yeah, speaking specifically of the most common psychedelic that's used in the United States psilocybin, you talk about what is the actual toxicity level of psilocybin mushrooms?

You would have to eat like your weight in mushrooms for any type of... And even then, it probably wouldn't be life-threatening.

You would probably just get very, very sick and start throwing up. And so when we talk about emergency room visits, and when we talk about harms to the community, psilocybin has been shown in comparison to any other substance to be so incredibly safe, so incredibly harmless.

The great harm that has been impressed upon our minds of being in an altered state of consciousness and the dangers associated with simply being in an altered state have been so exaggerated, especially in the 1960s and 1970s with the war on drugs, that it's going to take a lot of education to correct those misconceptions about whether not there is a real danger.

And as we spoke before, the biggest danger is the fact that you could go to jail for this. It's really going to hurt your life in the current political state.

Joseph Hood

Yeah, and back to like the LSD. The biggest danger with LSD is if it's not tested. would you're kidding that it could be something different that could really harm you.

And in fact, if you ever do see a news story that says somebody died from an LSD overdose, it wasn't an LSD because that's another thing where you have to have just gobs of it to be toxic.

And so another point of all of these substances is they're just amazing lack of toxicity. You guys know what an LD-50 number is?

the level of something you have to consume for it to be fatal, basically. And again, for these plants, it tends to be something like your body weight or more.

And so it's impossible to overdose on them. You could take too much. You definitely take too much.

Beth Day

And have a very frightening experience.

But in a way that is self-limiting right there. We talk about bad trips being the major risk of some of these substances.

And Joseph and I talk a lot about how a bad trip could have had any good effects, one that could be a chastening effect, you know, like back off.

Alan Watts, he famously said, “once you've got the message, hang up the phone.” And so, you know, chasing after the experience isn't even necessarily what they're going to what the mushroom itself or what the plant is going to teach you.

And so even bad trips or difficult experiences can be incredibly instructive. And so, yeah, it's really hard to find downsides to these medicines.

The National Story

32:26 - So, I'm going to tell you a little bit about the Decriminalize Nature National movement, how this has happened, and why it's in Northwest Arkansas right now.

So, on my screen, I have a picture of the Decriminalize Nature Oakland team. And the guy in the hat, for those of you who can see it on your screen, his name is Larry Norris.

And he and his group of people decided to do the research. And had this realization that if we can't count on the federal government to change these laws anytime soon, what if we could go to our city council and say, we're just not going to enforce this law right now.

We're going to do it by just simply deprioritizing it for our police force. Going to put it at the very bottom of the list of crimes that they need to prosecute and arrest for.

And so in Oakland, it took them a couple years to get this passed. And I think there were other cities that did it first.

But after they accomplished what seemed like a pretty miraculous feat. And they had this little pocket of safe zone, they realized that it could be done in other cities.

And so they started putting their materials together and offering it free of charge to anybody else who wanted to do it in their city.

And so there are about 27 cities now and counting that have already accomplished this—that have successfully decriminalized in their areas.

The last one was Olympia, Washington. And that was just this. last year or I think was in January. No, no last year.

It was 2024. So we're working on being, you know, in the 30s, hopefully. It might take a little while, but currently we have a team in Fayetteville and a team in Bentonville.

The Process of Decriminalization

34:20 - And the way that we're doing this is a pretty reliable process that Decriminalize Nature has taught us. And the first step was establishing a core team, which is what we began with Jess and Jake the summer of 2023.

So it's hard to believe that a year and a half has passed since we met Jess and Jake and we sat down on our back porch. And we met them for the very first time, but it felt kind of serendipitous, miraculous, because Joseph and I had just gotten married.

And so, and we knew that we wanted to do this work in some way, shape or form. So when Jess told us her story, she also told us that they had just gotten back from Colorado at a conference from MAPS where Decriminalize Nature National had been talking about the work that they had been doing in other cities and they had a reliable pathway and a lot of source documents and examples of city council resolutions that were passed in other cities.

So they said first establish your core team, which we did with you guys. And then they said craft the strategy for your city. So what we've done is basically just start with Bentonville and Fayetteville and that's where we have the most citizens. Because if you're working towards a city council resolution when you go for a vote they only really want to hear from citizens of that town. So that's where we have those core groups ready to move.

The next step is just to lobby and rally support and that's the step that we're in right now. So at this point we're kind of getting ready to start having those conversations with City Council members. It's taken us about a year and a half to develop the infrastructure that we felt was necessary to be able to introduce this topic, which may be very, very new for some City Council members.

And I've talked to a couple already, and it was very much deer in the headlights for some of our, for a couple of our Bentonville City Council members who had just never even heard of this thing being a therapeutic.

Joseph Hood

Or who have ever heard of this thing that's happening in their community.

Beth Day

Yeah, they had never heard of it. And so part of the infrastructure that we felt was so important was having these education nights.

Now tonight, we're kind of preaching to the, to the choir, but in the future, we hope that some of our City Council members will join us at these education nights and get, and yeah, we're recording this meeting so that we can share it.

And so that if they missed out on it tonight, they can go back and listen to it and listen to some of our other meetings as well.

Because we want them to know that not only do we want to change the policy of our city and have this be a safe place.

But there's a community container that's going to be here to catch it. So if we can get this done, when we do get this done, there are a lot of people in this community who will be standing ready and anxious to provide guidance on how people can engage with these medicines responsibly, reverently, safely.

So that's the phase we're in right now. then the last step is just passing legislation. And so the two ways that legislation has worked has been through that City Council resolution.

And the main header of a Benton County or a Bentonville City resolution will read:

“This is a resolution declaring that the investigation and rest of individuals involved with personal use, growth, and possession of entheogenic plants, including those scheduled at state and federal levels, be the lowest priority for the City of Bentonville.”

That's that's the beginning and then it has some “Whereas” and “Wherefores”

Joseph Hood

It has all the definitions and legalese, but anybody knows that if it's the lowest priority they're never gonna get to it

Beth Day

They don't get to it. Yeah.

Joseph Hood

It *effectively* completely decriminalizes it.

Beth Day

Yeah exactly and one of the interesting things that has been done in another community is that in Michigan, Ann Arbor was one of the first to decriminalize but then they didn't stop at Ann Arbor they had a county prosecutor who said you know Ann Arbor is the biggest community in our county but what about the rest of this county, you know? Because drug court and drug prosecution is usually handled in the county level in the county drug court. And so Eli Savit is the county prosecutor for Washtenaw County Michigan, in which is Ann Arbor.

And so in addition to the Ann Arbor resolution, he wrote a policy directive for Washtenaw County in which he as a county prosecutor said we're not prosecuting this at the county level.

And so that is our ultimate goal. That's what we'd like to see is not just Bentonville but Benton County and not just Fayetteville but Washington County and that will cover a lot of ground right there.

That'll cover the entire Northwest Arkansas corridor so that someone like you know even if we get a Bentonville City Council resolution, Jess and Jake live in Bella Vista and so you know we wanted to cover the entirety of Benton County.

And um the last section is you guys are up again.

How Can I Help?

39:33 - Jake Fitzmaurice

Yeah, the call to an action. We need support and we need help.

It's going to take the community to help accomplish this. We have the email list you can sign up for.

So anytime we have events or need help, send emails, you can be involved with that. When we get further on down the line, we might need support writing letters to City Council members and showing up.

So we can notify you when we need that help. You can come to the education nights once a month and get involved so you can get to know each other and tell and invite your friends to as many people on board as possible.

Beth Day

So that's it. That's our presentation

So this is you know Q&A period. So we'll open it up to questions. We have a few people here online and we have a few people here in the room.

So yeah. Any thoughts, questions, ideas? We've got some cool merch that we can get ordered if you want a t-shirt.

That is a key part. We're not raising money. Yeah. That is a key part. We haven't raised any funds.

And one of the reasons that we haven't is because this is a really time-limited effort. (We hope.) We hope that once it's over, we can just compost back into the ground and turn this into the next phase, which is the kind of community support, the container.

That this work really needs going forward. And there are some of those organizations already down in Fayetteville, there's the Holos Collective, which is a collective of therapists who are trained in psychedelic-assisted therapy.

They can't do it legally right now, but they can provide integration support. So for people who decide that they want to go to Colorado and participate in a psilocybin ceremony there, they decide to go down to South America and participate in an ayahuasca ceremony down there.

We have local therapists who are trained to help people with the preparation beforehand and the integration afterwards, especially if people have diagnosed mental illness, you know, so that's one of the things that this community container can hold is that when people have severe mental disorders, this can be a tricky thing and so having that team support so that they have preparation beforehand, they have integration afterwards, and they also have the community support to be able to change their lives, that's being formed.

So the Holos Collective and then the Holos Foundation, which is the non-profit arm, which will help provide integration groups, support, and hopefully non-profit assistance for people who need help being able to afford it.

End Transcript

About Decriminalize Nature NWA

Decriminalize Nature NWA is a community-driven movement advocating for the decriminalization of entheogenic plants and fungi in Northwest Arkansas. We educate, engage, and empower our community to restore their right to explore natural plant medicines.

 Learn more and get involved: www.decrimnaturenwa.org