

Attention Stayton City Council Members and Mayor

These are my comments regarding the Psilocybin Mushroom Issue in our town. Please omit my address before publishing these on the internet. I understand my name and city will be published.

I am writing this to express my support of banning Psilocybin mushrooms in our city and referring the issue to voters.

I am approaching this issue as a parent of teenagers and as an elementary teacher.

I am sure you are all aware of the mental health issues facing teenagers and young adults at this time. To put it mildly, our youth are in trouble. Suicide attempts are increasing and starting at a younger age (1). Youth mental health is at an emergency level (2). A quick google search on the side effects of magic mushrooms shows that these side effects include loss of reality, loss of time, anxiety, and panic attacks (3). Having this drug more available in our town is not what our youth need. Even if our youth are not allowed to legally use these, we all know having a greater supply will increase the likelihood they may become users. We need to surround the kids of Stayton with better options than that.

My other main reason for opposing the sale of these drugs comes from my experiences over 25 years as an elementary teacher. Please note, these are just my anecdotal observations. I have always taught students who struggle with behavior issues. After the legalization of marijuana in 2015 I have noticed that a larger percentage of the students who have severe behavior issues come from homes where marijuana is in use. Of course, this is not always the case, but I do not think we fully know the effects this drug has on developing children. Even if the children are not consuming the drug themselves, having it used in the home or having parents frequently under the influence seems to have a negative effect in the majority of the cases I am aware of. Will adding easy access to another drug in our community have the same negative effects? I don't see how anything helpful for children can come from this.

I do not see how allowing more controlled substances to be sold in our town will help the already troubled youth or the younger children. Having a substance in which one of the side effects is anxiety more accessible is not what our hurting youth population needs. Please do not approve this so my son and his friends do not have to be around more drug abuse at the local high school.

Thank you,

Trisha Rutherford
Stayton Resident