

ANNUAL REPORT

2018 -2019



BECKLEY
FOUNDATION



THE BECKLEY FOUNDATION ANNUAL REPORT

CONTENTS

ABOUT THE FOUNDATION

1

MESSAGE FROM THE DIRECTOR

2

UN SUSTAINABILITY GOALS

3-4

ADVISORY BOARD

5-6

SCIENCE
BECKLEY/BRAZIL

7-8

BECKLEY/IMPERIAL

9-10

BECKLEY/MAASTRICHT

11-12

BECKLEY/ICEERS

12

UPCOMING RESEARCH

13

SCIENTIFIC PUBLICATIONS

14

DRUG POLICY REFORM

15-18

ACCESS

19

EVENTS & MEDIA

20-22

FUNDING

22

COLLABORATIONS

23

THANK YOU

24

ABOUT THE BECKLEY FOUNDATION

Mission

Our aim is to harness the power of science in order to integrate psychoactive substances into society as safe & effective tools to treat a broad range of health conditions and to enhance wellbeing.

Amanda Feilding

Amanda Feilding has been studying the mechanisms underlying the effects of psychedelics since 1966. In 1998, she set up the Beckley Foundation in order to open up the doors of scientific research into the potential benefits of psychedelics, and to develop a scientific evidence base to help reform global drug policies, so that these compounds can be made available to patients in need.

The Three Pillars of the Beckley Foundation

Science

The Beckley Foundation's Scientific Programme, led by Amanda Feilding, develops and conducts psychedelic research through an international network of collaborative partnerships with leading scientists and institutions around the world.

Policy

The Policy Programme provides a rigorous, independent review of current global drug policies, and for over 20 years has been developing a scientific evidence-base on which to build balanced alternatives.

Access

Access provides Amanda Feilding with a platform to deliver on her goal to develop innovative solutions that ensure psychedelic treatments are made available for those in need, in the years ahead.

MESSAGE FROM THE DIRECTOR

This was a pivotal year for both the science and policy around psychedelics and cannabis, as well as for the Beckley Foundation. Many new projects and scientific collaborations have taken root, and a rich calendar of conferences and seminal meetings took place throughout the year. I have been busy designing a network of new studies and have also made significant progress with colleagues in developing the concept of clinics, in order to provide legal access to psychedelic-assisted therapy for those in need; The next essential step in providing access.

When I set up the Beckley Foundation, over twenty years ago, my aim was first to expand scientific research and concurrently reform global drug policy. These two strands are intrinsically interlinked, hopefully now in a positive feedback circuit; together they are leading to a paradigm shift in the attitude towards the treatment of mental and physical health. Obviously we have always envisaged a further component coming into play when the time was right, namely ensuring that psychedelics are made available to those in need, in an efficient and safe manner. I have always seen this as the third pillar that will help ensure that psychedelics will gain a strong foothold in the medical world, compiling a blueprint for what the next wave of access to psychedelics can look like.

With the changing tide of public sentiment and with governments across the globe beginning to shift away from outdated 'prohibitionist' views, we must look at how best to keep the momentum going. However, to ensure that governments are properly informed, it is essential that scientific research into psychedelics continues to provide us with the necessary data underlying future change.

Following a decade of significant success at the *Beckley/Imperial Psychedelic Research Programme* here in the UK, we are now expanding with new networks and international



collaborations alongside wonderful scientists from around the world, such as in Brazil and Maastricht, the US, Jamaica and elsewhere.

I am very excited about the next phase of our work which will combine exploratory studies into the underlying mechanisms of a wider range of psychoactive compounds, as well as clinical trials investigating their therapeutic efficacy. We are also embarking on the journey towards the important aim of getting these breakthrough compounds into a regulated legal market where doctors can prescribe them where appropriate. I much look forward to sharing with you our pioneering new programme of research, specifically focusing on LSD, and first of its kind research into unexplored compounds, such as 5-MeO-DMT.

Thank you to everyone who helped make this such a productive year. I, and the Beckley Foundation team, cannot do this without you. The future recipients of our work rely entirely on your generous donations. Although I have never had such an exciting programme of work ready to go, we are currently in great need of funding to continue to carry it out, and we gratefully welcome your support.

With very best wishes,

Amanda Feilding

U.N. SUSTAINABLE DEVELOPMENT GOALS

The Beckley Foundation is committed to delivering on the sustainable development goals set out by the United Nations. Achieving these goals will lead to the overall improvement in the mental health of the global population, eliminate unnecessary suffering, and encourage peace, equality and improved ecological awareness through a better understanding of human consciousness and our role on the planet.



It is important that psychedelics are given the space to prove themselves as possible solutions amidst the growing global mental health crisis. Insofar as the *United Nations Development Goals* aim to reduce unnecessary mortality rates and suicides, while strengthening the prevention and treatment of substance abuse, we believe that psychedelics must not be ignored as an incredibly promising solution to the ever-growing, global mental health crisis.



The protection of an individual's mental health is a human right, and it is our social responsibility to ensure that this right is upheld - especially by increasing our knowledge-base of treatment through scientific research. To this extent, we are committed to finding new solutions to the global mental health epidemic, and alleviate the ever-growing suffering from such conditions as depression, anxiety and addiction, and the many problems resulting from neurodegeneration due to aging.

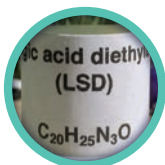
PSYCHEDELIC

Albert Hofmann accidentally absorbed a small amount of LSD, the first human experience with LSD-25 leading to his self-experimentation with 250 ug of LSD.



1943

The first study recording the use of LSD to treat depression was published by Dr. Charles Savage.



1952

LSD, psilocybin, psilocin, mescaline, peyote, cannabis, MDA and DMT became Schedule I drugs.



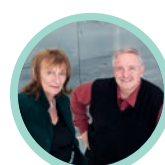
1970

The Beckley Foundation is founded by Amanda and notable scientific advisors are invited to join the scientific advisory board.

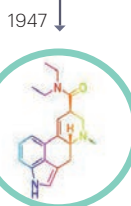


1998

Amanda initiates a psychedelic research collaboration with Prof David Nutt at the University of Bristol, with the aim of investigating the effects of cannabis, LSD and psilocybin on brain function, using brain imaging.

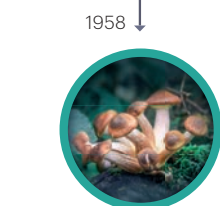


2005



1947

Sandoz Laboratories marketed LSD under the name Delysid as a psychiatric drug to be used for treating a wide variety of mental disorders.



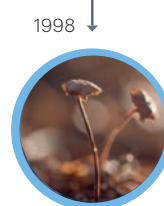
1958

Albert Hofmann isolated and determined the structure of the two active agents in mushrooms. He named them psilocybin and psilocin.



1978

Alexander Shulgin and David Nichols published the first report on the subjective effects of MDMA.



1998

Amanda collaborates with Prof Franz Vollenweider on a study investigating psilocybin's effects on changes in cerebral circulation using PET.



2005

Psilocybin mushrooms become illegal in the U.K.



Discriminatory laws, largely emerging from the so called 'War on Drugs', have crippled and marginalised certain social groups and persistently resulted in increased inequality. Society must be empowered to look at the rescheduling of psychedelic substances to assess whether this could result in fewer unnecessary sentencings and help strengthen the justice system, rather than weakening it by creating more criminals, and obstructing scientific research. Access to these potentially important medicines of the future will allow more attention to be placed on building peaceful communities and improving health and wellbeing.



Lastly, the Beckley Foundation is committed to growing its global influence and forming strong partnerships between Northern and Southern Hemisphere institutions to help us achieve these goals and create a healthier, more equal global community by 2030.

TIMELINE

Amanda establishes the *Beckley/Imperial Research Programme* with Prof David Nutt and herself as co-directors, and appoint Dr Robin Carhart-Harris as PI (see p9).

The *Beckley/Imperial Research Programme* publishes the first neuroimaging study of the neural correlates of the psychedelic state induced by psilocybin (see p10), and carries out the first brain imaging study on individuals under the influence of MDMA.

The *Beckley/Imperial Research Programme* publishes ground-breaking results on psilocybin-assisted therapy for treatment resistant depression.

Amanda sets up the *Beckley/Brazil Programme* and the *Beckley/Maastricht Psychedelic Research Programme*, investigating the potential of LSD.

Denver (Colorado) and Oakland (California) decriminalized the cultivation, possession and use of compounds including DMT, ibogaine, mescaline and psilocybin.



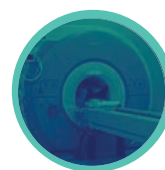
2008



2012



2016



2017



2019



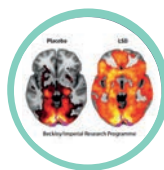
2005



2006



2015



2016



2018

Amanda sets up a collaboration with Berkeley, California, and gains the first ethical approval for a brain imaging study with LSD in humans.

Amanda sets up the global *Cannabis Commission* which results in the seminal report *Cannabis Policy: Moving Beyond the Stalemate*, later presented at the UN.

Amanda's collaborative research with UCL on the effects of two different strains of cannabis is featured in the Channel 4 documentary *Drugs Live: The Cannabis Trial*.

The *Beckley/Imperial Research Programme* publishes the first images of the human brain on LSD. AF's collaboration with Johns Hopkins produces the first scientific evidence for the potential of psilocybin-assisted therapy for smoking cessation.

The FDA grants Breakthrough Therapy for psilocybin and drug resistant depression, based on the *Beckley/Imperial* research with treatment resistant depression.

SCIENTIFIC ADVISORY BOARD



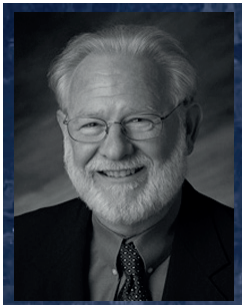
Sir (Prof) Colin Blakemore

"Amanda has made significant contributions to the field of psychedelic research"

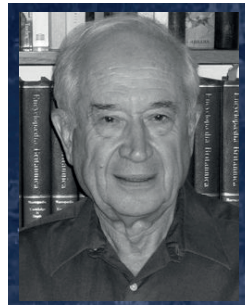
Prof David E. Nichols



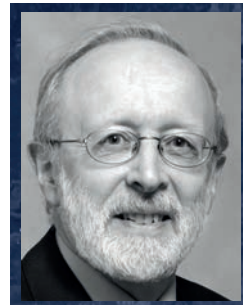
Prof David Nutt



Prof David E. Nichols



Prof Raphael Mechoulam



Prof Roger Pertwee



Prof V. S. Ramachandran



Prof Trevor Robbins



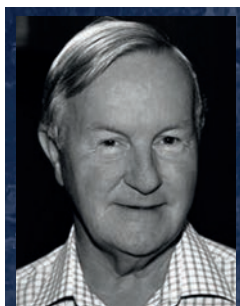
Prof Yuri E. Moskalenko



Prof Val Curran



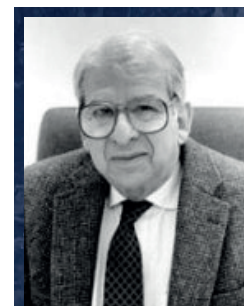
Dr Jordi Riba



Prof Leslie L. Iversen



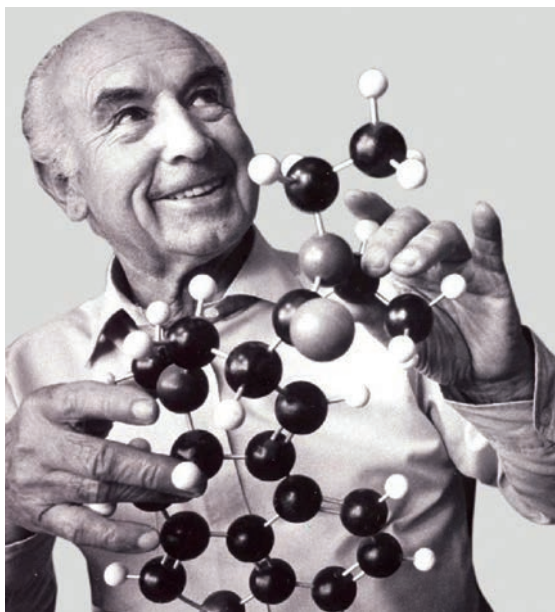
Dr Mark Geyer



Prof Lester Grinspoon

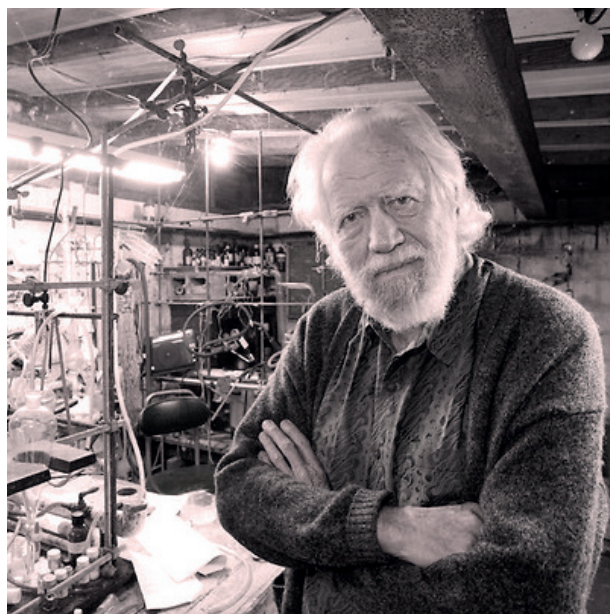
The Beckley Foundation Scientific Advisory Board includes leading international scientists on the topics of consciousness, neuroscience, biochemistry, psychiatry and psychology.

IN MEMORIAM



Dr Albert Hofmann

The Beckley Foundation's first Scientific Advisor



Dr Alexander Shulgin

An early member of the Scientific Advisory Board

"As a trustee of the Beckley Foundation, many of the objectives that seemed far off twenty years back, have come to fruition, and many more are in the offing. Set against the contemporary drugs scene, Amanda Feilding's work has never been more valuable particularly in the field of de-addiction through use of psychotropics. I am only grateful for having been able, in whatever small degree, to support her in the cause"

- The Honourable Anthony Ramsay

THE TRUSTEES

The Earl of Wemyss

The Honourable Anthony Ramsay

Dr José Ramón López-Portillo

SCIENCE

Through her leadership of the *Beckley Foundation's Science Programme*, Amanda Feilding has initiated much ground-breaking research and has co-authored over 50 scientific articles published in peer-reviewed journals.

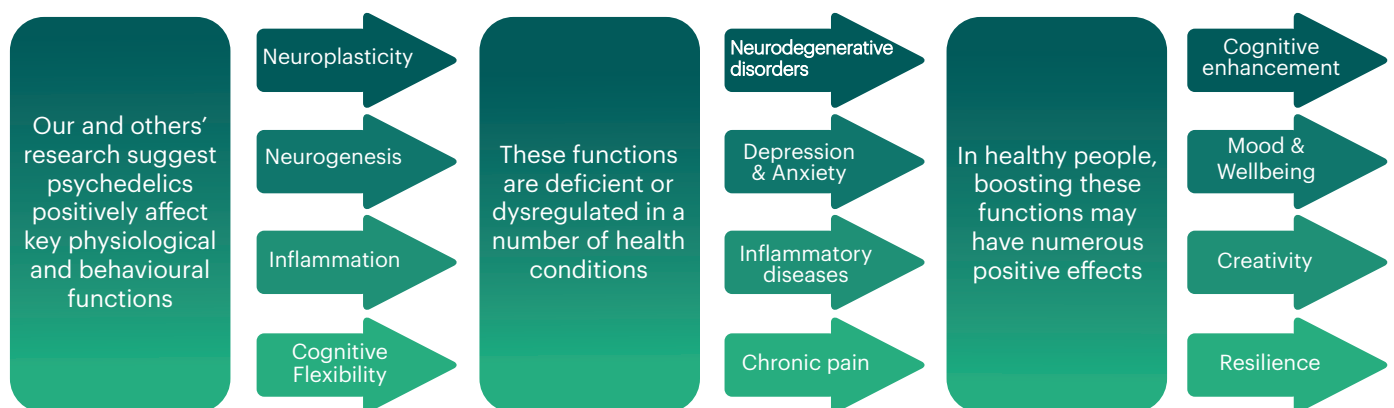
Amanda is closely involved in the design, development and oversight of each scientific research project, and the close ties that she has developed over the years with leading academics in the field and universities across the globe have contributed to the re-awakening of a long-ignored field of research.

A selection of Amanda's key achievements include:

Over 50 peer-reviewed scientific articles and contributions to numerous psychedelic conferences .

- The first functional MRI studies of the psychedelic states induced by LSD, psilocybin, MDMA and DMT as part of *Beckley/Imperial Research Programme*.
- The first two studies demonstrating the benefits of psilocybin for treatment-resistant depression (*Beckley/Imperial Research Programme*), and nicotine addiction (*Johns Hopkins*).

Psychedelics may have beneficial effects on many levels



BECKLEY/BRAZIL RESEARCH PROGRAMME

A translational research programme looking at the effects of LSD on neuroplasticity and cognitive function from minibrain to animals to human.

A collaboration between Amanda and Stevens Rehen and Sidarta Ribeiro

We are undertaking a series of ground-breaking experiments designed to characterise the effects of LSD at the molecular and cellular levels, with a particular focus on its action on key mechanisms such as neuroplasticity, inflammation and neurogenesis. Our collaborators at the D'Or Institute have already undertaken the first research showing that psychedelics interfere with molecular signalling related to learning and memory in the human brain tissue, using laboratory-made 'mini-brains'. This new approach has been considered a real breakthrough in neuroscientific studies, and our current study holds great promise to considerably improve our understanding of the mechanisms of action of LSD at the cellular and molecular levels.

In parallel to this work, our collaborator Sidarta Ribeiro from the *University Federal of Rio do Norte (UFRN)*, is carrying out a series of experiments to investigate the potential of LSD to protect against cognitive decline.

Results from this translational research programme are already available on the preprint server Biorxiv: <https://www.biorxiv.org/content/10.1101/866814v1.full>.

Meanwhile, we are extending the programme to further our understanding of the mechanisms of action of LSD, so that its therapeutic benefits may be better harvested.

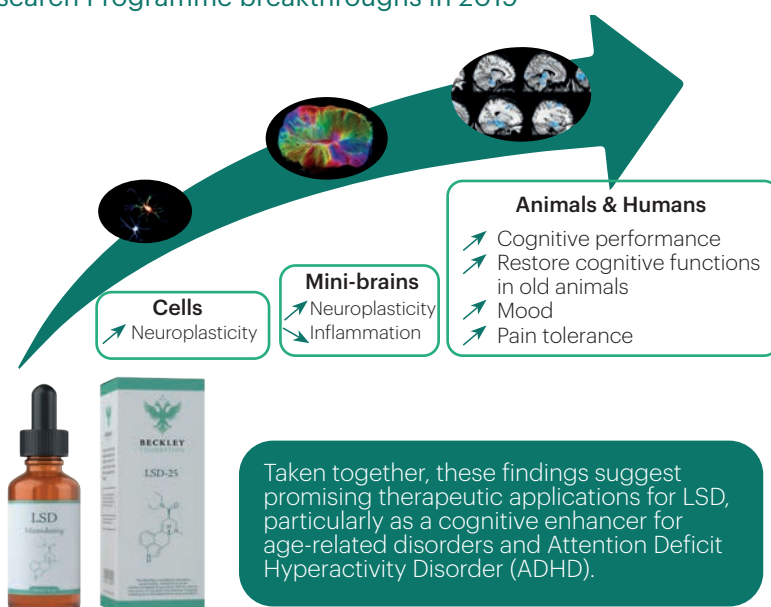
Publication:

d-LSD enhances novelty preference by increasing synaptic connectivity: an integrative view on how psychedelics may enhance cognition (under review), Encarni Marcos,... , Amanda Feilding, Stevens Rehen, Sidarta Ribeiro



Spotlight on the Beckley LSD Research Programme breakthroughs in 2019

Amanda Feilding has long been convinced of the potential for LSD to be used as a cognitive enhancer. Finally, rigorous lab-based research conducted as part of the Beckley Research Programme appears to confirm this. Ground-breaking research conducted as part of our Beckley/Brazil collaboration showed that not only was LSD able to increase neuroplasticity in minibrains grown from human cells, but it also increased learning ability in animals, a finding which was replicated in humans! Our latest Beckley/Maastricht LSD microdosing study in humans further confirmed these findings, and suggested more promising applications, in particular for mood and pain management.



Despite the ground-breaking research our collaborators and other scientists in Brazil are conducting, many are about to lose their governmental fellowships as severe cuts in research budget are being undertaken by the new government. More than ever, our colleagues in Brazil need our support, and the Beckley Foundation is determined to raise funds in order to help them continue their most exciting and essential work.

SCIENCE

BECKLEY/IMPERIAL RESEARCH PROGRAMME

Investigating the neural mechanisms underlying the DMT experience

A collaboration with Chris Timmerman and Robin Carhart-Harris

Very little is known about how dimethyltryptamine (DMT), a classical psychedelic with unique phenomenology, modulates human brain activity. In this study, we are using simultaneous EEG and functional Magnetic Resonance Imaging (fMRI) to examine how changes in brain activity on DMT relate to changes in the subjective conscious experience.

A new 'microphenomenology' approach was used to deconstruct the DMT experience and its neural underpinnings into several subtypes (e.g. visual hallucinations, emotional response, physical sensations, etc.). This will highlight the potential therapeutic properties of this powerful psychedelic compound, and how its effects differ from those of other psychedelics.

Publications:

Neural correlates of the DMT experience assessed with multivariate EEG (2019), Christopher Timmermann, Leor Roseman, [...], *et al.* - *Scientific Reports* volume 9, Article number: 16324

DMT models near-death experience in healthy volunteers (2018), Christopher Timmermann, Leor Roseman, [...], and Robin Carhart-Harris - *Frontiers in Psychology*



Naturalistic self-blinded microdosing study

A collaboration with Balazs Szigeti and David Erritzoe

This survey-based study uses a novel self-blinding procedure, allowing participants to set up their own placebo-control and contribute to psychedelic research from the comfort of their homes. This study uses questionnaires to evaluate the effects of microdosing on wellbeing and cognitive functioning.

The results are being analyzed and will be available shortly.

The acute and long-term psychological and brain effects of psilocybin in healthy volunteers

A collaboration with Taylor Lyons and Robin Carhart-Harris

We know from previous work that psilocybin, as well as other psychedelics, can induce long-lasting changes in behaviour and personality traits. However, the neural underpinnings of such changes have never been investigated.

Here we looked at the acute and longer-term effects of psilocybin on brain function, anatomy and psychology using a single-blind, fixed-order within-subjects design in 20-25 healthy volunteers.

Taylor has completed the data collection for this study and is now analysing the large and complicated set of neuroimaging data. This data will relate long-lasting changes, detected using functional and structural MRI (e.g. Diffusion tensor imaging -DTI – which allows investigating changes in white matter structure), to the subjective effects, as well as the acute effects of psilocybin on brain function.

Dissociating the effect of psychedelics on neuronal activity from their effects on brain vasoactivity

A collaboration with Tobias Buchborn

Although we are starting to gain a better understanding of the way psychedelics affect consciousness by acting on specific neuroreceptor subtypes, and thereby modulating the way neuronal networks communicate with each other, the intriguing possibility that part of their psychoactive effect is exerted via changes in cerebral blood flow have remained until now largely unexplored. Decades ago, Amanda and Bart Hughes developed an hypothesis positing the key role of cerebral blood flow regulation underlying the control of consciousness, but until relatively recently, no tool was available to distinguish between effects at the neuronal level from those at the vascular level.

This research is using cutting-edge tools, such as optogenetics, to simultaneously measure neuronal and blood-flow related signals, in order to shed light on the respective contribution of these effects on the mind altering effects of psychedelics.

Publication:

The 5-HT_{2A} agonist 25CN-NBOH increases murine heart rate and neck-arterial blood flow in a temperature-dependent manner (2020), Buchborn T, Lyons T, Song C, Feilding A, Knoopfel T - *Journal of Psychopharmacology*

SCIENCE

BECKLEY/MAASTRICHT RESEARCH PROGRAMME

The effects of LSD microdosing on mood, cognition and pain management: a dose-finding study

A collaboration between Amanda and Jan Ramaekers, Kim Kuypers and Nadia Hutten

This study, which started in early 2018, aimed, among other things, to identify the optimal dose of LSD to maximize benefits on mood and cognition. Participants received placebo and three different microdoses (5, 10 and 20 mcg). After each dose, acute effects on cognitive performance and well-being were assessed. We also measured how well participants were able to cope with pain. Additionally, blood samples were collected to assess markers of neuronal function (e.g., plasticity) and investigate the link between plasma levels and subjective effects. Vital signs were also closely monitored to establish the safety profile of the drug.

Amanda presented the preliminary results from this study at *Breaking Convention*. The full results from this study are expected soon.



Publications:

A low dose of lysergic acid diethylamide (LSD) decreases pain perception in healthy volunteers (under review), J. Ramaekers, N. Hutten,..., A. Feilding, K. Kuypers

A low dose of LSD has minimal to no effects on verbal creative processes and empathy but increases self-related content in written stories (under review), K. Kuypers, N. Hutten,..., A. Feilding, J. Ramaekers

The effect of psilocybin on cognitive flexibility and creativity

Another collaboration with Jan Ramaekers, Kim Kuypers and Natasha Mason

At low doses, psilocybin has been shown to eliminate conditioned fear responses in rodents. This project aimed to examine whether psilocybin can facilitate an individual's ability to devalue previously learned associations by enhancing creative thinking. The mechanisms underlying this phenomenon was studied using behavioural and biological measures. This research will expand our currently limited understanding of how psychedelics can increase creative capacity, and in doing so, will reveal potential therapeutic targets for altering the maladaptive learning mechanisms characteristic of mental illness.

Publication:

Me, Myself, Bye: Regional alterations in glutamate and the experience of ego dissolution with psilocybin (under review), Mason, N.L., Kuypers, K.P.C.,..., Feilding A., Ramaekers J.G.

Clinical applications for LSD microdosing

Based on the very positive results from our dose-finding study, we are now in the process of setting up new collaborations and designing projects to explore the therapeutic use of LSD microdosing in clinical populations, with a particular focus on:

- Mood (Depression),
- Cognition (ADHD, age-related disorder), and
- Pain (migraine, inflammatory pain, chronic pain).

BECKLEY/ICEERS RESEARCH PROGRAMME



The Temple of the Way of Light (TOTWOL), based just outside Iquitos, Peru, is the largest ayahuasca retreat centre, receiving over 500 people per year from all over the world.

For the past four years, the Beckley Foundation has been collaborating with ICEERS on a longitudinal study conducted there, looking into the long-term effects of ayahuasca on personal development, spirituality and health.

The main objective of this project was to conduct the evaluation and monitoring of the personal development, spiritual growth and mental health of all participants in the TOTWOL throughout the course of a year before and after having taken ayahuasca.

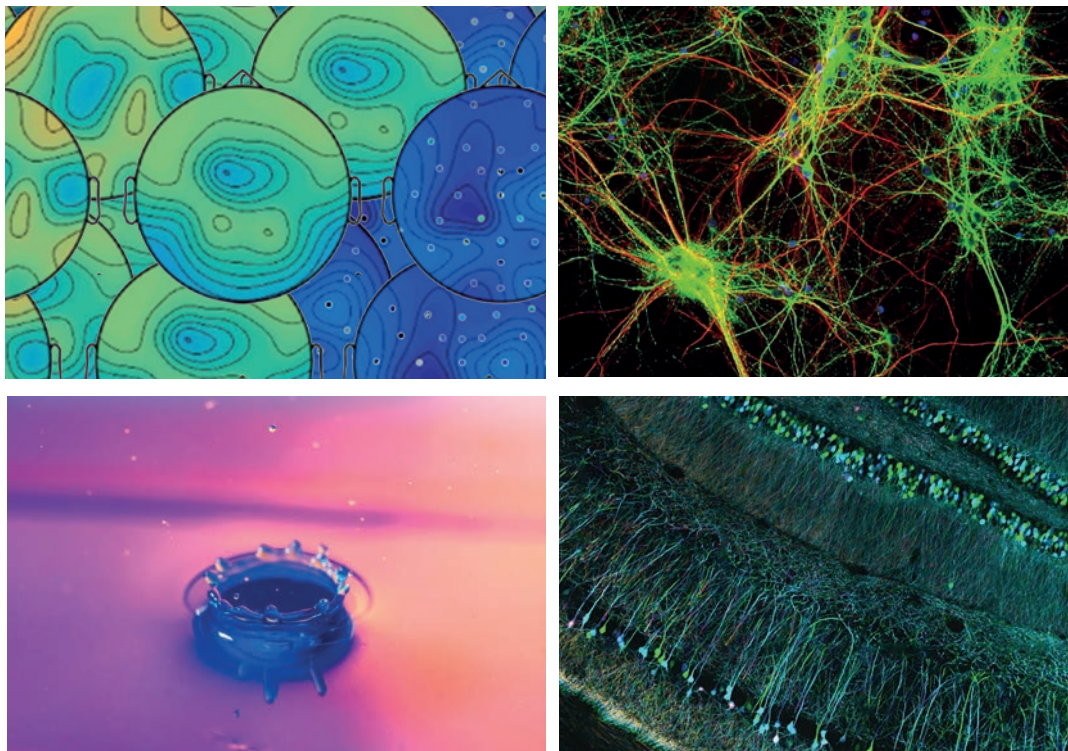
The initial set of results from this project, demonstrating the benefits of ayahuasca on grief, have recently been published, and more results will follow in 2020.

Publication:

Therapeutic potential of ayahuasca in grief: a prospective, observational study (2020), Débora González, Jordi Cantillo, Irene Pérez, Magí Farré, Amanda Feilding, Jordi Obiols & José Carlos Bouso, *Psychopharmacology*

SCIENCE

UPCOMING RESEARCH FOCUS AREAS



Alongside an impressive list of collaborators, Amanda Feilding has developed a full suite of new protocols for the year ahead. These will uncover first of their kind insights into mood and depression, cognitive function, neuroplasticity and creativity as well as a first ever investigation into a range of under-explored compounds.

Our future studies will include:

- A range of clinical studies to evaluate the therapeutic potential of LSD microdosing as it relates to pain, mood and cognition.
- An exciting programme of research into a significantly under-researched compound that we expect to be as ground-breaking in terms of its findings as the *Beckley/Imperial* psilocybin for depression study.
- A series of exploratory research studies comparing various compounds in order to further our understanding of their mechanisms of action, as well as their similarities and unique signatures.

We will continue to broaden our range of studies and develop new research projects as the year progresses. We look forward to sharing further developments and updates on these and other exciting activities as they arise.

SCIENTIFIC PUBLICATIONS

Over the past year ending, publications resulting from our research were featured in the highest-impact scientific journals, as well as receiving considerable interest from the media and the public at large.

The 5-HT_{2A} agonist 25CN-NBOH increases murine heart rate and neck-arterial blood flow in a temperature-dependent manner (2020), Buchborn T, Lyons T, Song C, Feilding A, Knoepfel T - *Journal of Psychopharmacology*

Therapeutic potential of ayahuasca in grief: a prospective, observational study (2020), Débora González, Jordi Cantillo, Irene Pérez, Magí Farré, Amanda Feilding, Jordi Obiols & José Carlos Bouso - *Psychopharmacology*

Neural correlates of the DMT experience assessed with multivariate EEG (2019), Christopher Timmermann, Leor Roseman, [...], David J. Nutt & Robin L. Carhart-Harris - *Scientific Reports* volume 9, Article number: 16324

Dissociable effects of cannabis with and without cannabidiol on the human brain's resting-state functional connectivity (2019), Wall MB, ..., Feilding A, Nutt D, Curran HV. - *Journal of Psychopharmacology*

Dynamical exploration of the repertoire of brain networks at rest is modulated by psilocybin (2019) Lord LD, Expert P, Atasoy S, Roseman L, Rapuano K, Lambiotte R, Nutt DJ, Deco G, Carhart-Harris RL, Kringelbach ML, Cabral J - *Neuroimage*

DMT models near-death experience in healthy volunteers (2018), Christopher Timmermann, Leor Roseman, [...], and Robin Carhart-Harris - *Frontiers in Psychology*

Under Review

d-LSD enhances novelty preference by increasing synaptic connectivity: an integrative view on how psychedelics may enhance cognition (under review), Encarni Marcos,..., Amanda Feilding, Stevens Rehen, Sidarta Ribeiro

A low dose of lysergic acid diethylamide (LSD) decreases pain perception in healthy volunteers, J. Ramaekers, N. Hutten,..., A. Feilding, K. Kuypers

A low dose of LSD has minimal to no effects on verbal creative processes and empathy but increases self-related content in written stories, K.Kuypers, N. Hutten,..., A. Feilding, J. Ramaekers

Me, Myself, Bye: Regional alterations in glutamate and the experience of ego dissolution with psilocybin, Mason, N.L, Kuypers, K.P.C,..., Feilding A, Ramaekers J.G.

DRUG POLICY REFORM

There is a new climate of change across the global stage, with cannabis medicalisation and legalisation gaining increasing momentum as well as localised psilocybin and psychedelic decriminalisation movements becoming more apparent. Increasingly, governments and international regulatory organisations are questioning the current punitive approach to drug control, and a new public health approach is being considered.

EVIDENCE-LED POLICY CHANGE



The period under review saw a noticeable increase in momentum for drug policy reform. To help accelerate this, the Beckley Foundation provided an in-depth commentary on the *World Health Organisation's Expert Committee on Drug Dependence* announcement that 'cannabis and cannabis-related substances' should be removed from Schedule IV. This was a positive step forward for drug policy.

Further written evidence was provided to the *UK Parliament's Health and Social Care Committee*, following a drugs policy and medical cannabis inquiry. We also submitted evidence to the Royal College of Psychiatrists review of medical cannabis and cannabis for recreational use.

In 2019, both Denver, and Oakland decriminalised psilocybin, with the latter extending the legislation to all naturally-occurring psychedelics.

In November, Amanda and the Beckley Foundation were invited to partner with *Decriminalize California* in a campaign to decriminalise psilocybin across the state of California and introduce legislation which allows research and medical access to psilocybin.

Pertinent articles written by Amanda Feilding during the year included *A Response to the Government Review of the Blindly Misinformed Psychoactive Substances Act*, and *Change Is On The Way* discussing Amanda's work on drug policy reform, and the major limitations of the current approach adopted by the vast majority of the world's governments.

ROADMAPS TO REGULATION: MDMA



"Rescheduling MDMA is crucial. In this report we have outlined realistic policy proposals designed specifically for both the therapeutic and recreational use of MDMA. The report offers a comprehensive guide to those wishing to develop an evidence-based position on this increasingly pressing issue".

Amanda Feilding

Roadmaps to Regulation: MDMA, was released in December 2019 and represents the culmination of years of research into zero-tolerance drug policies and the harms that they cause rather than prevent. The report, convened by Amanda Feilding, as part of the series *Roadmaps to Regulation*, and authored by Karenza Moore, Amanda Feilding and Hattie Wells, outlines a three-stage process of drug policy reform: from re-scheduling to decriminalising, and finally legal regulation of MDMA.

With a preface written by Prof David Nutt, former *Chair of the Advisory Council on the Misuse of Drugs*, and testimonials by Neil Woods, Dr Ben Sessa, and Anne-Marie Cockburn, this unique report examines the acute, sub-acute, and chronic harms related to MDMA use in detail. The report also examines the production, distribution, purchase, and consumption of the drug; related risks and harms; and the impact prohibition has on these, as well as the potential impact of alternative policies. Crucially, our evidence shows that most harms associated with MDMA use arise from its unregulated status as an illegal drug, and that any risks inherent to MDMA could be more effectively mitigated within a legally regulated market.

To download the full report, please visit: <https://beckleyfoundation.org/mdma-report/>



MARTHA'S STORY



EXTRACT FROM ROADMAPS TO REGULATION: MDMA

TESTIMONIAL BY ANNE-MARIE COCKBURN

"At 11.20 a.m. on the 20th of July 2013, I got the phone call that no parent wants to receive. A stranger told me that 'my 15-year-old daughter was gravely ill and they were trying to save her life'. Nothing can prepare you for a moment like that and luckily most people will never get to know how this type of loss feels. I've heard it said that losing a child is the ultimate burglary and for the past six years it has felt as though I'm still hoping for my girl to come home. Of course, I know she won't, but it's as though every cell in my body is programmed to being Martha's mum and they've yet to find their new purpose.

So, my reality is that one minute I was a single mum to a beautiful 15-year-old daughter who was three months away from her 16th birthday, and the next I was childless and alone. A bereaved single mother. Those words choke me as I type them – I don't relate to them because I simply don't want them to be true.

My girl truly loved life, but she was curious as many teenagers are. Martha wanted to get high, but she didn't want to die. No responsible parent wants either, but you'd prefer one of those options to the other. That is why I want MDMA to be legally regulated. Plain and simple. Twelve people die every single day in the UK from a devastating drug-related death. This means twelve more families have to live with the agonising reality that their loved one's death was preventable.

No drug is made safer by leaving it unregulated on the black market. Under the current system, whether you're 5 or 55 you can get easy access to pretty much any substance you want – there is no request for ID, there is no enquiry as to your health, or concern for your wellbeing. The laws are supposed to keep us safe – but the Misuse of Drugs Act 1971 isn't fit for purpose. Drug prohibition has achieved exactly the opposite of what it was set up to do."

TOP 10 DRUG POLICY HIGHLIGHTS IN 2019

As the psychedelic renaissance continues to take hold, we have seen a number of key developments in drug policy over the last year:



April - Israel decriminalises cannabis possession of the cannabis plant. Individuals found to be carrying small amounts of cannabis without medical authorisation in public spaces will now face fines rather than be subjected to criminal proceedings.

In 2019, three U.S states decriminalise cannabis possession: New Mexico (April), North Dakota (May), and Hawaii (July).



May - Denver voters approve a ballot measure to decriminalise psilocybin mushrooms.



June - Oakland decriminalises all naturally-occurring psychedelics. Illinois legalises cannabis use and becomes the 11th US state to legalize adult-use cannabis.



September - The Australian Capital territory legalises cannabis possession. The ACT becomes the first jurisdiction in Australia to legalise possession of up to 50g of marijuana and 2 plants.



November - A new partnership between Beckley and Decriminalise California. Our aim is to decriminalise psilocybin in the state of California and introduce legislation which allows research and medical access to psilocybin.



November - The House Judiciary Committee made history with the first-ever congressional vote on federally legalising cannabis in the US.



December - A new Beckley Foundation drug policy report 'Roadmaps to Regulation: MDMA' is published. In support of the growing body of evidence showing the efficacy of MDMA-assisted psychotherapy for PTSD, 'Roadmaps to Regulation: MDMA' outlined a 3-stage process of drug policy reform to reschedule, decriminalize, and regulate MDMA.



December - The U.K general election addresses the need for drug policy reform. During the election, the major political parties all addressed the need for drug policy reform, and the need for a healthcare centred approach. Finally, after 50 years, we are accepting that the 'War on Drugs' has failed.

"Reclassifying and re-scheduling psychedelics would greatly increase access for researchers and enable doctors to prescribe to those in need without any change to legislation governing recreational use, and as such should be considered solely on its significant scientific and medical merit" – Amanda Feilding

ACCESS

OVERVIEW

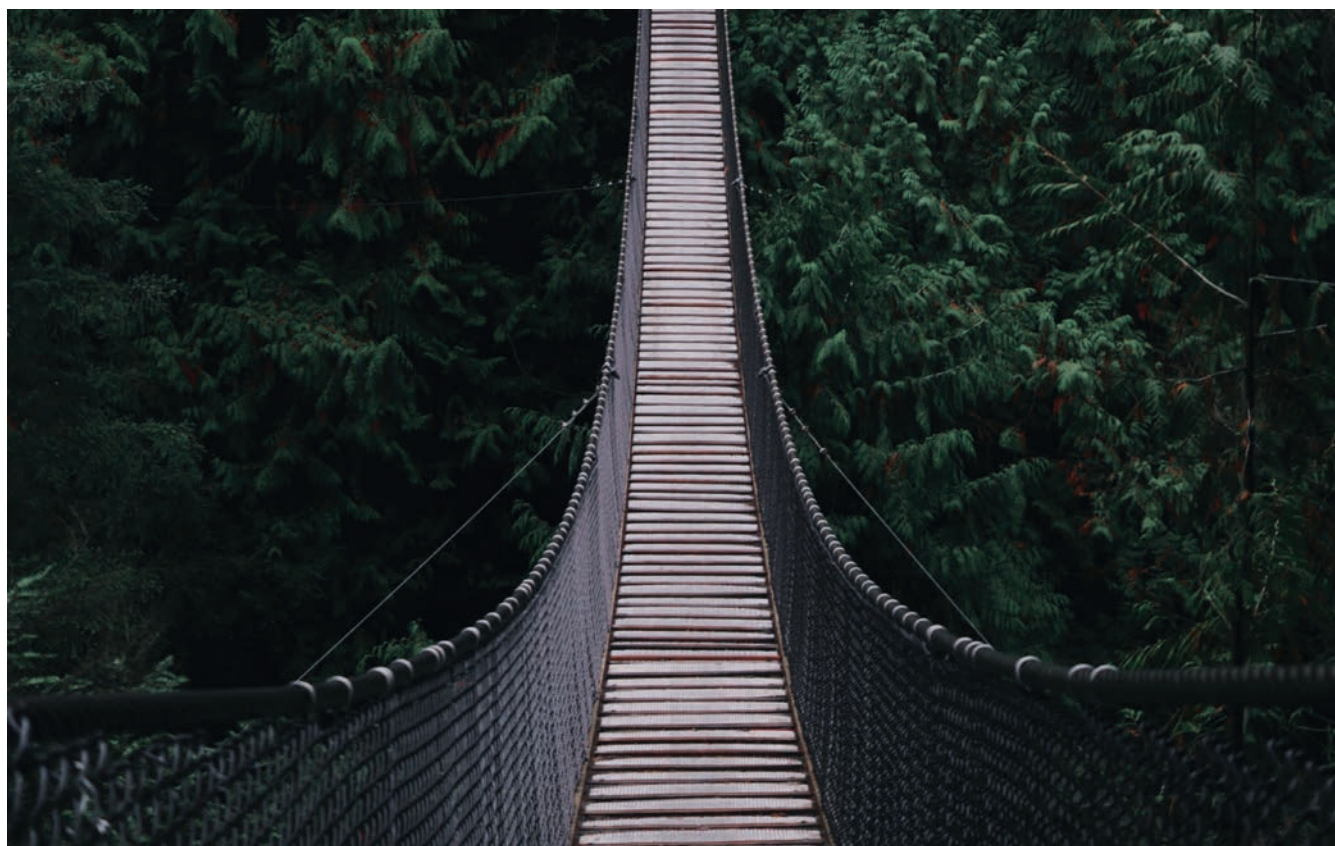
Having conducted pioneering research in the field of psychedelics, and actively engaged in reforming drug policies, Amanda Feilding and the Beckley Foundation are now preparing for the next stage, where patients in need can finally get access to these treatments, through the development of clinics for psychedelic-assisted therapy.

We are facing an ever-worsening mental health epidemic. Everywhere, rates of depression, anxiety and addiction are on the rise, exerting a vast personal and economic toll.

SUSTAINABLE HEALTH CLINICS

Psychedelics have already been shown to be safe and considerably more effective than currently available medications in numerous scientific studies, with both immediate and long-lasting effects. Psychedelic therapies are on the verge of becoming the next breakthrough in mental health. Having joined forces with a number of leading global experts in the field, Amanda Feilding hopes to play a pioneering role in this area and has developed the process of setting up a prototype clinic, more details of which we hope to announce in the coming year.

Current plans include on-site research capabilities, to be overseen by Amanda Feilding in collaboration with the Beckley Foundation, as well as wellness retreat facilities and education centres to facilitate the training of therapists.



EVENTS

The Beckley Foundation was a Gold Sponsor at Breaking Convention 2019, the biggest psychedelic conference in Europe, at which Amanda presented her talk '*Microdosing: Big Steps in Small Doses*' to a crowded auditorium at what turned out to be one of the most popular talks of the three-day conference.

In the summer, Amanda was invited to participate in a panel on *Psychedelic Medicines and Drug Policy Reform* at *Port Eliot Festival* in Cornwall. Amanda's co-panellists were Rory Spowers, Dr David Luke, and David Restrepo.

In November, Amanda took part in an open discussion with Dr David Luke at *Beyond the Brain* 2019, where they discussed the relationship between the latest *Psychedelic Research and the Mystical Experience*.



MEDIA SUPPORT & PUBLICITY

Powerful Press Features

It has been a fantastic press year for Amanda Feilding and the Beckley Foundation, with our research and policy work regularly covered by the press, including: **CNN, BBC, Sky News, WIRED, VICE, The Guardian, New Statesman, The Independent, The Times, ABC News, Talk Radio, France Culture and Pharmaceutical Technology**, and many more across the globe.

The Guardian's lead feature writer, Tim Adams, penned a poignant piece describing Amanda Feilding's "indefatigable campaign to relax the prohibition on research into psychedelic compounds... What long seemed a hopeless quest, a one-woman battle against the massed artillery of the "war on drugs", has recently begun to turn in her favour."

The Independent published a profile piece about Amanda and on the clinical potential of psychedelic research to bring attention to the need to reschedule psychedelics.

Sky News covered the Beckley Foundation's collaboration with Maastricht University in a segment on psychedelic microdosing, featuring an interview with Amanda in which she voiced concerns of the growing mental health epidemic, and the need to research effective treatments.

ABC News featured a lengthy piece on the Beckley Foundation accounting for the major milestones so far, and the ongoing and future research projects in need of funding.



A Rapidly Growing Digital Platform

Our digital presence has grown significantly in the last year, and online donations have responded with steady growth. Each month, our website receives over 150,000 visits, and we are excited to capitalize on this growth in our upcoming projects.

The Beckley Foundation social media pages are now followed by over 85,000 people including politicians, international journalists, healthcare professionals, academic researchers and leading research institutions. In 2019, posts from our social media pages attracted over 15 million views, doubling the reach and engagement from the previous year.

Social media posts from the Beckley Foundation regularly reach over 50,000 people, allowing us to raise awareness for psychedelic research and drug policy reform on a grand scale and disseminate important messages rapidly. In one month, Beckley Foundation social media content attracted over 3.4 million views.

150,000
WEBSITE
VISITS

15,000,000
SOCIAL MEDIA
PAGE VIEWS

26 LEADING
PRESS
ARTICLES

Wide-reaching Campaigns

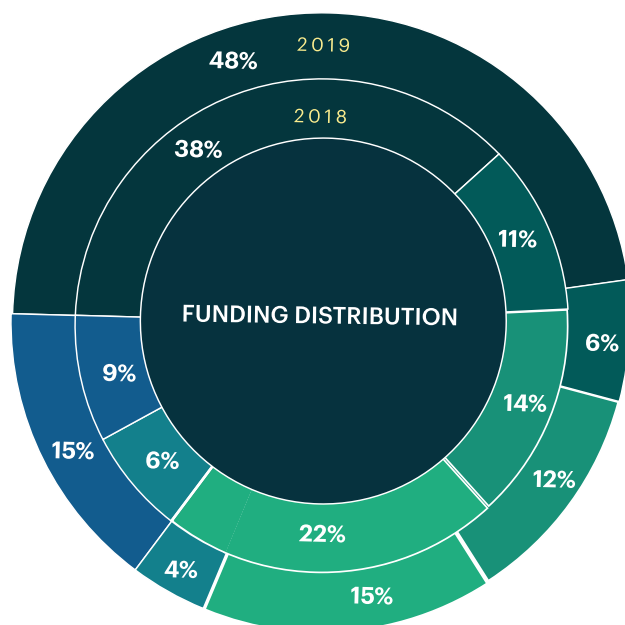
The December launch of our policy report, *Roadmaps to Regulation: MDMA*, reached over 300,000 people on Facebook and Twitter through our own posts and tweets, with many more being reached by shares and retweets from our collaborators within the drug policy space. This led to our MDMA pages being visited over 15,000 times, with over 860 people downloading the full MDMA report.

We also released an MDMA policy video which garnered over 80,000 views and was shared by high profile accounts in the psychedelic research and drug policy space. We have also been using our digital platform to recruit for the self-blinded microdosing study led by Balazs Sziget. This has driven far more participants to the study than we had expected and the investigators are now recruiting for Phase two.

FUNDING

The incredible public interest in psychedelics has resulted in more psychedelics-focused research foundations, NGOs and, more recently, for-profit businesses now vying for funding. Despite all the interest, we have felt a contraction in the traditional philanthropic funding that has kept the Beckley Foundation running over the years.

More awareness and more education is essential now more than ever and we are committed to ensuring there is a steady stream of new scientific data being made available, for the ultimate benefit of ensuring access to psychedelic medicines for as many people in need as possible.



Scientific Research
Policy Costs
Education and Comms
Running Costs
Science and Policy Conferences
Fundraising

How we use your donations: A steady increase in science-related costs has led to an increased focus on new and innovative fundraising avenues.

Institutional grants are another area of untapped funding and we will be reaching out to those institutions that align with our goals in the next year.

A development officer has also been appointed to support the director's decision to look for new and innovative funding sources. This includes making use of our fast-growing social and digital platforms and the possibility of introducing impact-led ethical business models and establishing partnerships to help generate additional income.

COLLABORATORS AND PARTNERSHIPS

In order to build a bedrock for the future of psychedelics, it is essential that we maintain strong relationships with our collaborators. We are privileged to work alongside a number of innovative players across a range of focus areas – from drug policy and addiction, through to scientific research and the protection of indigenous groups.

We are pleased to have collaborated, and continue to work, with a range of partners over the years, and look forward to continued success through our shared efforts:

**Imperial College
London**

INSTITUTO D'OR
PESQUISA E ENSINO

**Maastricht
University**



THANK YOU

The work of the Beckley Foundation would not be possible without the support of our donors and the institutional funders who help us further our goals and achieve our vision. Beyond keeping the research of psychedelics healthy and active, our work has opened up entirely new areas of scientific research, broadening skills, creating jobs and breaking new ground for medicine and therapeutics.

Our special thanks go out to the following patrons and funders who supported us in 2019:

**Christian af Jochnick, the Flora Family Foundation (through the Tides Foundation),
The Betsy Gordon Foundation, The Limina Foundation,
and The Feilding Foundation.**

And a big thank you to the many individuals who loyally follow and share our work, and who continue to support us through regular donations, once-off contributions, sponsored activities, fundraising events, and volunteer work.

Our work relies entirely on your generous donations. With your help we can create a future in which the therapeutic potential of psychedelics is widely recognised, medically applied and harnessed as a tool to heal, increase well-being, and study consciousness.

For more information or to make a donation, please visit www.beckleyfoundation.org



The Beckley Foundation
Beckley Park
Oxford, OX3 9SY
United Kingdom

+44 (0)1865 351019

www.beckleyfoundation.org

office@beckleyfoundation.org

The Beckley Foundation is UK registered charity, № SC033546