

Tips for Parents, Caregivers and Trusted Adults

Psilocybin (mushrooms)



Colorado's official term is "Natural Medicine" to be used in "Healing Centers"

Words Matter:

"Natural" is a word that, to impressionable teens, may be synonymous with "healthy".

"Medicine" implies a doctor is prescribing for good health.

"Healing Center" suggests that even though no diagnosis, condition, or doctor is required to participate, use is safe and healthy.

- **3.8% of high schoolers have reported using psychedelics -2023 Healthy Kids Colorado Survey**
- **723% increase in poison center calls involving children under 12 -Rocky Mountain Poison & Drug Safety**

BACKGROUND:

Voters approved the legalization of certain psychedelic mushrooms in November 2022 via Proposition 122. Colorado is the second state after Oregon to launch a psychedelic therapy program. Sites began operating in January of 2025.

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While Colorado's new psilocybin therapy program allows trained facilitators to operate in state-licensed centers, these individuals are not medical professionals, unlike clinical psychologists who have advanced doctoral training and experience. **The state only requires facilitators to be 21, have a high school diploma, and complete state training.**

The average session lasts six to eight hours and is monitored by one of the "healing center's" licensed facilitators. The average session costs around \$3,500. This high cost raises serious equity concerns, and where the desire for profits meets the reality of the financial means of the general population, it may inspire the circumventing of the original rules, which include psilocybin not being provided outside of the guided session.

Services, framed as "natural medicine", risk exacerbating the mental health crisis rather than resolving it.

Proximity, Density, Messaging, and Youth

- Not all individuals are "patients". Adults have the right to use this service without a diagnosed mental health condition.
- We know that kids who live near dispensaries have a more favorable view of marijuana harms.
- We know that the density of alcohol and tobacco outlets increases youth access.

Risks to Kids

- Colorado is permitting the manufacturing of commercial edibles to include soft confections and chocolate containing psilocybin.
- There are no standardized amounts, packaging requirements or limits.
- There is limited research on the physical & mental health impacts on the developing brain.
- Marijuana and hemp commercialization and normalization have accelerated at a rapid pace since 2014 (i.e., delivery, hospitality licenses, extended hours of operation). Psilocybin licensing is a new regulatory model, and cities and counties have the opportunity to limit potential harms, but it may still be available near or online.

We don't know what we don't know: Until we have more data, we need to take the precautionary approach.

- Data collection by the state of Colorado and others needs to start now
- Dollars for enforcement must be allocated to keep kids safe
- We need Funding for a parent/trusted adult public awareness campaign

BASIC TALKING POINTS

Don't eat anything that you are not confident of the ingredients

Call for help if you or someone else may be in danger of harming themselves or someone else

ADDITIONAL THOUGHTS

If you have a family history of addiction or mental health risks, now might be the time to share this information with your teen.

Conclude the conversation with a clear statement of your expectations and encourage your teen to steer clear of psilocybin. Your voice matters.

One Chance to Grow Up protects kids from THC through transparency, education, empowerment, and policy. We don't take sides on the politics of legalization but instead serve as a reliable resource for parents, media, policymakers, and all who care about kids. Started by concerned parents, we're a 501(c)(3) nonprofit supported by charitable contributions.

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