The Fungus Amongus

Learning Objective

Participants will learn about the impact of microdosing fungi on traffic safety and potential strategies to address the fungus amongus.

Questions for Consideration

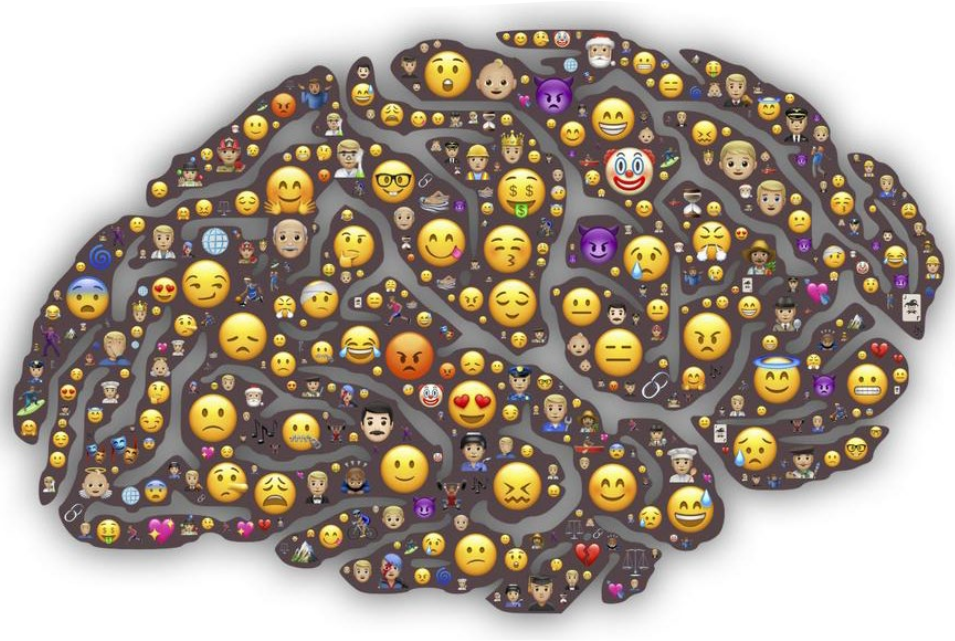
- Why are so many people experiencing mental health, mood, and substance use disorders?
- What options are available to best treat folks living with mental health and/or addiction?
- How do we as TZD best keep our roads safe when we know people are choosing to use substances that impair their driving abilities?

Hallucinogens, Psychedelics, and Spirit Medicine Defined

- LSD (Lysergic Acid Diethylamide)
- Psilocybin
- Mescaline
- Ayahuasca
- Belladonna Alkaloids
- DMT (Dimethyltryptamine)
- PCP (Phencyclidine)
- Ketamine
- Dextromethorphan

Learning Lesson 1: Cannabis and Hallucinogenic Fungi Are Fat-Soluble

Chocolate, Cannabis, and Brain Receptors



How much chocolate would you need to eat to get the same effect as one joint?

“The Buzz” Described

Cannabis

- Feel stimulated or tranquil
- Mood elevation and swings
- Drowsiness and sedation
- May evoke hallucinations
- Impacts cognition, attention, concentration, perception, timing, and ability to make corrections and form new memories.

Hallucinogens

- Feelings of detachment
- Mood swings
- Altered sense of space and time
- Deepens current state
- Perceive things and experiences that are not really occurring

Overdose, Bad Side Effects, and Unpredictability

Cannabis

- Anxiety
- Fearfulness
- Increased heart rate
- Coma in children

Hallucinogens

- Nausea
- Jitters
- Increased blood pressure, heart rate, and breathing
- Perceive things and experiences that are not really occurring
- Distorted visual effects
- Anxiety, fear, and paranoia
- Flashbacks

Learning Lesson 2: Cannabis and Hallucinogen Use Is Connected

Social Acceptability

What do Santa Claus, Alice in Wonderland, Smurfs, and Mario Brothers have in common?

Amanita muscaria “Fly Agaric”

- Salivation
- Nausea and vomiting
- Breathing tube spasms
- Slowed heart rate
- Extremely low blood pressure
- Dizziness
- Delirium
- Shock

* Watch for muscimol, ibotenic acid, and muscarine as ingredients.

Psilocybe (Multiple species)

- Relaxation
- Physical Heaviness/Lightness
- Perceptual Distortions
- Lightheadedness
- Numbness of Tongue, Lips, or Mouth
- Shivering or Sweating
- Nausea
- Anxiety

*Watch for psilocybin or psilocin as ingredients.

Learning Lesson 3: Policy Options for Cannabis and Hallucinogens Are Out There

Minnesota
Schedule of Controlled Substances

- Minnesota State Statute 152.02
- Schedule 1: LSD, MDMA, Psilocybin, and Psilocin
- Not Listed: Muscimol
- Not Listed: Ibotenic Acid

Psychedelic Medicine Task Force

- Began in 2023 to advise the legislature on the legal, medical, and policy issues associated with the legalization of psychedelic medicine in the state. For purposes of this section, "psychedelic medicine" means 3,4-methylenedioxymethamphetamine (MDMA), psilocybin, and LSD.
- Subordinate to the Minnesota Department of Health
- Established recommendations surrounding penalties, clinic programs, research, and use.

Fillmore County
Hemp and Cannabis Ordinance 20230523

- “No person or licensee shall sell products containing natural or synthetically manufactured microdosing fungi or drug potentiators that have not been approved by the Federal Food and Drug Administration (FDA).”
- Ordinance Regulating the Sale of Approved Products, Medical Cannabinoid Products, and Hemp-Derived Topic Products.
- Effective Date: February 11, 2025

Fungi and Traffic Safety

What connection is there between LSD and TZD?

Thank You!

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Public Health

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