

Meeting Title: Dosage, Administration and Clinical Practice Committee Meeting

Date: August 19, 2026

Time: 1:00PM—2:00PM

Location / Platform: Online Teams

Facilitator / Chair: Ian Dunn

Note Taker: Leslie Peterson, DOH Medical Psilocybin Program

IMPORTANT REMINDER:

This meeting was recorded. For specific details pertaining to the meeting, please refer to the recording located on the Medical Psilocybin Advisory Board Website @ [https://www.nmhealth.org/about/mcpp/Medical Psilocybin Program/mpab/](https://www.nmhealth.org/about/mcpp/Medical%20Psilocybin%20Program/mpab/)

Attendees:

- Dosage, Administration and Clinical Practice Chair: Ian Dunn
- Department of Health Staff:
 - Dominick Zurlo
 - Brenda Martinez
 - Robert Truckner, MD
 - Jonathan Mouchet
 - Cyrus Rautman
 - Leslie Peterson
 - DeAnza Aragon
- Participants and Public Attendees:
 - Senator Jeffrey Steinborn
 - Skye Rivers
 - Don Moser
 - Jason Brooks
 - Christine Farley
 - Catherine Sanchez

Call to Order

- At 1:01PM the meeting was called to order by Dominick Zurlo.
- Dominick opened the meeting and reminded attendees of proper public meeting etiquette and the public meeting being recorded and publicly posted.

Approval of Prior Minutes

- Approved as submitted

Agenda Items and Discussion Summary

- Ian Dunn presented the following recommendations:

- Integration Session Guidance
 - Purpose and Scope
- General Principles of Integration Sessions
 - Integration Planning
 - Individualized Care
 - Patient-centered approach
- Circle of Care Methods
 - Individual integration sessions
 - Group integration sessions
 - Family or support-person education, with patient consent
 - Care coordination with behavioral health providers
 - Referral to community-based peer support or recovery resources
 - Values clarification and behavioral activation
 - Reflective practices such as journaling, expressive arts, or structured narrative exercises
 - Mindfulness and grounding practices
 - Somatic awareness and regulation techniques
 - Goal setting using measurable and achievable behavioral objectives
 - Scheduled follow-up contacts between formal integration sessions, when clinically indicated
- Integrative Care Planning
- Integration Timeline
 - Initial Check-in (24-72 hrs. post administration)
 - Assessing physical recovery and psychological stability, reviewing sleep, appetite, mood, and general functioning
 - Allowing the patient to describe the experience in their own words
 - Identifying significant emotions, insights, or concerns
 - Screening for delayed adverse psychological effects
 - Reinforcing the patient's integration plan
 - Ongoing Integration (72hr+ post administration)
 - Translating insights into achievable behavioral goals
 - Identifying changes that support the patient's treatment objectives
 - Processing unresolved emotions or difficult experiences
 - Developing coping strategies and grounding techniques
 - Strengthening healthy relationships and community supports
 - Determining whether additional behavioral health services or referrals are clinically appropriate
 - The number and frequency integration sessions should be determined by clinical judgement and individual patient needs.
- Documentation
 - Date, duration, and setting (in-person vs. Telehealth of the session).

- Patient reported summary of the dosing experience and key emerging themes
- Assessment of mental status, safety, mood, sleep, and functional status
- Objectives measures used (e.g. PHQ-9, GAD-7) compared to baseline
- Any reported adverse events or clinical concerns, along with (if applicable) corresponding intervention plans
- Updates to the overarching treatment plan and care coordination efforts
- The Dosage Administration Clinical Practice Committee voted to move forward with the recommendations presented at the meeting, there were no objections.

Announcements / Updates

- How to submit written public comments:
 - Please send written public comment to the program email at: medical.psilocybin@doh.nm.gov and include the committee's name in the subject line.
 - If referencing documents from other sources/websites:
 - Do not include the document, only a working - accessible hyperlink;
 - Documents must be sent with context provided (i.e. do not simply send a research article);
 - The comment must relate to the topics discussed in the meeting.
 - Documents are limited to no more than 3 pages (letter size) in length and must be in 10-point font or larger.
 - Please remember to include your full, legal name and any organizational affiliations you may be representing (if any) in the documents.
 - To be included, please send your comment by 5:00 PM the business day after the meeting.

Next Meetings

- Training and Education – Friday, August 21, 2026 @ 9:00AM-11:00AM:
 - Brenda Burgard, Chair
- Research & Continuous Improvement – Friday, September 11, 2026 @ 9:00AM—11:00AM:
 - Dan Jennings, Chair
- Advisory Board – Friday, September 11, 2026 @ 01:00pm-03:00PM:
 - Ian Dunn, Chair
 - Dan Jennings, Co-Chair
- Dosage Administration Clinical Practice Wednesday, September 16, 2026 @ 1:00PM—2:00PM:
 - Ian Dunn, Chair
- End of Life Care – Friday, September 18, 2026 @ 9:00AM—11:00AM:
 - Larry Leeman, Chair
- Patient Qualification & Safety – Monday, October 5, 2026 @ 9:00AM—11:00AM:
 - Ian Dunn, Chair

Adjournment

- Meeting adjourned at 1:24PM

Public Comments Submitted via Teams Meeting Chat and Email

- Dominick Zurlo DOH 1:03PM Reminder: This meeting is being recorded

Please remember to keep language appropriate as the recordings are made public on the Advisory Board Website

- How to raise your hand to speak:
 - If on a computer – click on the “hand” icon near the top of the Teams window (it says “Raise” under the icon)
 - If on the Teams app on a phone, please press the ellipses (three dots) in the menu and then the “hand” icon will appear, and you can select it
 - If you are joining through voice only on a phone, press *5 to raise or lower your hand
- How to Unmute:
 - Once your name is called, you will be able to unmute:
 - To unmute/mute on Teams on a Computer or on the Teams Phone App click on the microphone icon:
 - On a computer it is in the upper right area of the Teams window.
 - On a phone it is usually in the lower left of the Teams App, however, different models of phone (Apple, Android, etc.) may have the mute/unmute icon in a different location:
 - Telephone: voice only - press *6 to unmute/mute
- Skye Rivers, SFR 1:04PM Skye Rivers with Santa Fe Reporter. Good afternoon, everyone. Happy to be here
- Don Moser 1:06PM Don Moser, Las Vegas, NM.