

May 16, 2025

Canadian Police Association
Suite 100
141 Catherine Street
Ottawa, Ontario
K2P 1C3

RE: Availability of Psychedelic Treatment for Post-Traumatic Stress in Canadian Veterans and First Responders

To the Members of the Canadian Police Association,

Let me begin by thanking you for the work you do as the national voice for over 60,000 police personnel across Canada. Your commitment to promoting the interests of police professionals and the public they serve—particularly in matters of health, safety, and support—is critically important.

My name is Jeremy Hudec, and I am a medically retired member of the Royal Canadian Mounted Police, having proudly served from 2005 to 2015. I'm writing to you not only as a former officer, but as someone who has lived the deep, often silent struggles that so many in our profession face. I write today in the hope of starting a conversation around a treatment that changed my life—and could do the same for many others who serve or have served.

After nearly two decades of battling PTSD and cycling through every conventional treatment available—EMDR, CBT, group therapy, hypnosis, medication, and more—I found myself at the end of my rope. The traditional path had helped only so far. I still carried trauma, isolation, and a sense of hopelessness that I had resigned myself to living with.

In 2024, I pursued a new path: psychedelic-assisted therapy using Ibogaine and 5-MeO-DMT. This decision was not made lightly. It came after careful research, consultation with family, and a strong desire to reclaim some semblance of peace and purpose.

The treatment was profound. It helped me unpack and process the trauma I'd carried for years. It wasn't a cure, but it was the most effective therapeutic tool I've ever encountered. Today, I'm off antidepressants. I no longer rely on alcohol or cannabis to sleep. Most importantly, I feel grounded. Reconnected. Capable of being a husband, a father—and for the first time in years—myself.

But this isn't just about me.

As I sat on the plane home, I thought of the many fellow officers I've seen struggling in group therapy sessions. I thought of those who continue to live with invisible scars, and of the families who quietly carry the burden right alongside them. I thought of those we've tragically lost to suicide. And I knew I couldn't stay silent.

To that end, my wife and I founded Project Life Spark—an initiative dedicated to supporting veterans and first responders with PTSD through access to innovative and effective therapies, including safe and professionally guided psychedelic treatment. Our mission is simple but urgent:

Project Life Spark is committed to ending suicide among military veterans and first responders by funding essential PTSD treatments. Through partnerships with leading organizations, we aim to save lives and enhance well-being. We also promote education, advocacy, and research into the potential of psychedelic-assisted therapies to transform mental health outcomes.

The unfortunate reality is that these therapies remain largely inaccessible to most Canadians who need them. Ibogaine, while legal for personal use in Canada, is not authorized for medical treatment by Health Canada. Requests through the Special Access Program are often denied. 5-MeO-DMT is similarly restricted. These barriers mean that people who have spent their careers protecting others must leave the country—and often pay out of pocket—for care that could quite literally save their lives.

Meanwhile, we're seeing growing momentum internationally. Just this week, Texas passed landmark legislation (SB2308/HB3717) to fund \$50 million in research for Ibogaine treatment, with overwhelming bipartisan support. Canada should not fall behind on exploring promising tools that could offer meaningful relief to our own public safety professionals.

This is where your voice matters. The Canadian Police Association has always stood up for the well-being of police personnel across the country. I'm reaching out in the hope that the CPA will consider this issue—not as a fringe conversation, but as an opportunity to advocate for innovative approaches to a longstanding crisis in law enforcement: the unrelenting toll of untreated or under-treated PTSD. My hope is that this message is forwarded to the unions that make up your membership.

I would welcome the opportunity to speak further with you or your team about my experience and our work with Project Life Spark. Together, we can help advance the conversation around mental health treatments that offer real hope, grounded in safety, respect, and the lived experiences of those who serve.

With appreciation for all that you do to protect and uplift our policing community,

Jeremy HUDEC
CEO/Founder - Project Life Spark