

May 16, 2025

Honourable Marjorie Michel
Minister of Health
House of Commons
Ottawa, Ontario
K1A 0A6

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

Let me begin by warmly congratulating you on your appointment as Canada's Minister of Health. Your leadership comes at a pivotal time in our country's conversation about mental health care, and I am hopeful that your tenure will mark real progress for those of us living with trauma-related injuries.

My name is Jeremy Hudec. I am a medically retired member of the Royal Canadian Mounted Police, having served proudly from 2005 to 2015. For nearly two decades, my family and I lived with the effects of untreated and under-treated PTSD. After exhausting conventional therapies—including EMDR, CBT, CPT, group and talk therapy, hypnosis, sleep therapy, and a long list of medications—I found myself no closer to healing.

Out of desperation, I began to consider alternatives. In June 2024, I heard a brief exchange during a podcast featuring a U.S. Navy SEAL and an Army Ranger. They spoke—just for seconds—about a psychedelic therapy they had undergone in Mexico. Their stories struck a chord. With cautious optimism, I started researching. I learned about Ibogaine and 5-MeO-DMT, both naturally derived and historically used in Indigenous healing traditions. I was skeptical—but I was also out of options. With the full support of my wife and family, I decided to pursue the treatment through an organization called The Mission Within.

The journey required me to taper off all medications. I experienced withdrawal, adjusted my diet, and eliminated alcohol and cannabis. The financial cost was significant, and the emotional risk even more so. But six months post-treatment, I can say without hesitation: it changed my life.

The depression, shame, grief, and anger that once ruled my existence have either disappeared or been significantly reduced. I no longer rely on antidepressants, cannabis, or alcohol. I sleep. I laugh. I feel deeply connected to my family and a higher power. And perhaps most importantly, I can say again that I love myself.

Let me be clear: this is not a cure. There is no one-size-fits-all solution to PTSD. But this therapy gave me access to a kind of healing that I had never experienced—not in two decades of conventional treatments. It is a tool, just like EMDR or CBT or medication. But in my experience, it has been a far more effective one—allowing me to confront, process, and integrate my trauma in ways no other approach had.

On the flight home, all I could think about were the other veterans I've known and served with—men and women still suffering, still navigating the maze of ineffective treatments and endless medications. I couldn't help but ask: How many of them could this help too?

Soon after, my wife and I sponsored another veteran to attend the same treatment. But one question kept nagging at me: How do I stop at just one?

I knew I couldn't. So we created Project Life Spark.

Our mission is this:

Project Life Spark is committed to ending suicide among military veterans and first responders by funding access to safe, clinically guided psychedelic therapy for PTSD. Through partnerships with leading organizations, we aim to save lives, enhance well-being, and support education, advocacy, and clinical research around these promising treatments.

This is not a call to reject conventional treatment—it's a call to broaden access to all effective tools. Psychedelic therapies are not a panacea, but for many, they are a lifeline. Yet today, these treatments remain legally restricted, financially inaccessible, or simply unknown to most Canadians.

While Ibogaine is legal for personal use in Canada, it is not authorized for medical treatment. Health Canada's Special Access Program technically allows for physician applications, but approvals are extremely rare due to the perceived lack of clinical data. 5-MeO-DMT, while not listed under the Controlled Drugs and Substances Act, is similarly regulated under the Food and Drug Act, and thus largely out of reach.

This week, history was made in the United States. In a landmark vote, the Texas House of Representatives passed SB2308/HB3717 with an overwhelming 138–2 margin. This legislation authorizes \$50 million in funding for research into Ibogaine-based treatments, specifically aimed at treating veterans and first responders suffering from PTSD and addiction. The bill now advances to Governor Abbott's desk for signature.

This is not fringe medicine anymore. It's a national policy priority in one of the largest U.S. states—backed by military veterans, bipartisan legislators, and the scientific community. Canada must not be left behind.

Meanwhile, the burden of PTSD continues to devastate veterans and their families—often in silence, and far too often, with tragic ends.

Minister Michel, I believe this can change. With your leadership, we can begin a meaningful conversation about how to responsibly explore and support access to therapies that offer real results. Canada has the opportunity to become a leader in the responsible advancement of these treatments, especially for those who have already sacrificed so much.

This will take courage. It will take resources, policy innovation, and open dialogue. But most of all, it will take will.

I'm asking for your commitment to listening, engaging, and considering what might be possible when we put the needs of our veterans and first responders first. My experience is not unique—but too few have the chance to access the healing I found.

I would be honoured to share more with you or your office. I am hopeful that, by working together, we can make these life-saving therapies accessible to more Canadians who have served.

Hope is a powerful thing.

Sincerely yours,

Jeremy HUDEC
CEO/Founder
Project Life Spark