

December 6, 2025

Ontario Professional Firefighters Association
#333 - 15 Wellesley Street West
Toronto, Ontario
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RE: Availability of Psychedelic Treatment for Post-Traumatic Stress in Canadian Veterans and First Responders

To whom it may concern,

Let me begin by acknowledging your leadership and tireless commitment to improving the working conditions, protections, and rights of professional firefighters across Ontario. Your efforts to bring fairness, clarity, and advocacy to your profession are deeply appreciated by many.

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 public safety 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, including the dedicated members of Ontario's fire services.

After nearly two decades of battling PTSD and cycling through every conventional treatment available such as 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 to cope, 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 veterans and first responders I've met and have seen struggling over the years. 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 year, 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.

Canada has an opportunity to be a leader in this space. But at present, most veterans and first responders are either unaware of these options or unable to access them due to cost, legality, or lack of institutional support. I believe this is where the Ontario Professional Fire Fighters Association (OPFFA) can play a critical role.

You've spent your career fighting for equitable resources, fair treatment, and better outcomes for your members. I'm reaching out today because I believe we share a common purpose: to ensure that those who serve are not forgotten once the uniform comes off. My goal is to work with people and organizations that have influence, vision, and heart. The OPFFA, as a vital, province-wide voice for firefighters in Ontario, has all three. I'd welcome the opportunity to speak further with you or your team and explore how the OPFFA might help amplify this work.

Thank you for your continued advocacy for Ontario's firefighters. I hope to connect soon, and remember, "Hope is a powerful thing".

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Sincerely,

A handwritten signature in black ink, appearing to read 'JerHu', with a long horizontal stroke extending to the right.

Jeremy HUDEC
CEO/co-Founder
Project Life Spark
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