

Wednesday, March 26, 2025
AB378 Hearing Testimony
In Support of AB378
Blaire Zika

Good afternoon, Chair May-Brown, Vice Chair Nguyen and members of the committee. For the record, my name is Blaire Zika, and I am speaking today in support of AB378.

“Blaire, I love you so much. I cannot imagine the heartbreak and torment that I will put you through. There was a darkness in me, that I tried to control and I begged for it to leave my body and it wouldn’t, and this is the consequence. If I thought that there was a way that I could get through this I wouldn’t be doing this.”

Those are the final words I heard on a 14 minute audio message from my husband, a Marine Corp veteran, moments before he completed death by suicide 9 years ago. His words have instilled within me a relentless call to action to give a voice to veterans who can no longer speak for themselves and to advocate for all veterans still with us who are contemplating (right now) the same exact decision my husband made.

Within our veteran population, a minimum of 22 suicide deaths per day continue to take place. In the psychedelic therapies sector, we tirelessly discuss the importance of risk management and safe engagement as a means to reduce harm. Supporting safe legal access through passing AB378 is the most effective form of risk management that we can implement. The medicines and therapies outlined in AB378 have been proven to not just treat symptoms such as PTSD, but to effectively eliminate them. Conversely, the denial of AB378 further guarantees that at least 22 veterans will die tomorrow and the next day, and the next day. Those aren’t arbitrary statistics, they are the harrowing reality for our veterans.

I come before you today to encourage you to support the safe passage of AB378. These medicines will never be able to save Eric, however, knowing that they will save thousands of other people’s Erics’ allows my pain, grief and heartbreaking loss to have profound purpose and deep meaning. For that, I am grateful, and I thank you for your time.