

A VETERAN'S GUIDE

A Legal Psychedelic Pathway

The lawful routes to psychedelics for veterans — clinical research, state-regulated programs, and what the law actually allows. Sourced, and kept current as the landscape moves.

Psychedelic Vets
Updated June 2026

START HERE

What this guide is — and isn't

Veterans don't have to go underground to explore psychedelics. There are real, lawful routes today, and they are widening. This guide lays out what those routes are, where each one stands, and how to walk a path that keeps you on the right side of the law.

It is built around three routes, in order of how clearly legal and accessible they are:

- **Join approved research.** The broadest legal route, available across the country — take part in a supervised clinical study.
- **State-regulated programs.** A small but growing set of states license supervised access outside of research: Oregon, Colorado, and soon New Mexico.
- **Decriminalization.** A patchwork of cities and counties have made enforcement a low priority — which is not the same as legal access, and this guide is clear about the difference.

One thing to be clear about

This is an educational resource, not legal or medical advice, and not a way to obtain anything. Psychedelics remain illegal under federal law. Psychedelic Vets points you toward information and legitimate research — never toward a source. Before acting on anything here, confirm the current rules with official sources or a qualified attorney.

THE LANDSCAPE

Where things stand, briefly

Most psychedelics — psilocybin, MDMA, LSD, DMT, mescaline, ibogaine — remain Schedule I under federal law. But the ground is shifting. In April 2026, a federal executive order directed the FDA and DEA to speed review of psychedelic treatments and open access pathways, though it did not reschedule or legalize any substance. And since December 2024 the U.S. Department of Veterans Affairs has funded and expanded psychedelic research for veterans — now backing roughly 19 studies through about \$23 million in grants. The clearest, safest legal door for most veterans runs through that research.

ROUTE 1

Join approved research

Taking part in an Institutional Review Board–approved clinical trial is the broadest legal way to access psychedelics in the United States. You receive the substance in a controlled, supervised setting, at no cost to you, with medical and psychological screening, full informed consent, and trained staff present throughout.

How to find a study

- **ClinicalTrials.gov** — the federal registry of trials. Search by condition (for example, PTSD) and substance, and filter for studies that are recruiting near you.
- **The Psychedelic Vets studies page** — a continuously updated list of trials actively seeking veterans, drawn from the federal registry.
- **VA research announcements** — the VA now runs and funds psychedelic trials directly at participating facilities.

A current example

In May 2026 the VA launched its first federal MDMA-assisted therapy trial — *A Randomized Controlled Trial of MDMA-Assisted Therapy for PTSD and Alcohol Use Disorder in U.S. Veterans* (registry ID NCT07118839). It is enrolling about 80 veterans at VA facilities in Providence, Rhode Island and West Haven, Connecticut, with results expected around 2030. It is one of many — a sign of how quickly the research door is opening.

What to expect when you apply

Screening. Trials have eligibility criteria — diagnosis, medical history, current medications. Not everyone qualifies, and that's about safety, not worth.

Informed consent. You'll be walked through the risks, the design, and your right to withdraw at any time.

Supervision. Dosing happens with trained staff present, followed by integration sessions.

A caution from the VA. The VA strongly discourages self-medicating or swapping proven treatments for unprescribed substances. Research participation is the supervised alternative.

ROUTE 2

State-regulated programs

A handful of states now license supervised access outside of clinical research. These are real, legal programs — but each works differently, none is covered by insurance, and access is paid out of pocket.

Oregon — psilocybin services

- Operating since 2023, the most mature program in the country.
- Open to adults 21+. No prescription, medical referral, or diagnosis required, and you don't have to live in Oregon.
- Sessions happen at a licensed service center with a trained facilitator present. Find one through the state's licensee directory.
- Cost typically runs from about \$1,000 to \$5,000+, though many facilitators offer sliding-scale pricing. (The market is still finding its footing — a number of centers have closed.)

Colorado — Natural Medicine

- Under the 2022 Natural Medicine Health Act, personal possession, growing, and sharing of natural psychedelics is decriminalized for adults 21+ — including use at home.
- For supervised access, the state licenses 'healing centers' (34+ approved) where psilocybin is administered by a trained facilitator.
- Beginning June 2026, the program is set to expand beyond psilocybin to DMT, ibogaine, and mescaline (excluding peyote).

New Mexico — medical psilocybin

- Signed into law in 2025, on track to launch around December 2026.
- A medical model: psilocybin is administered by a New Mexico-licensed healthcare provider in an approved clinical setting.
- Qualifying conditions include treatment-resistant depression, PTSD, substance use disorders, and end-of-life care, among others approved by the state.

Find a licensed provider

Where a program is operating, the official state directory is the current, authoritative list of licensed centers — it updates as centers open and close. Start there rather than with any third-party list.

Oregon — OPS Licensee Directory ([oregon.gov](https://ops.oregon.gov))

Colorado — Department of Natural Medicine (dnm.colorado.gov)

New Mexico — a directory will open with the program, expected around December 2026.

State	Model	Who qualifies	Supervised?	Status
Oregon	Service center	Adults 21+, no diagnosis needed	Yes — facilitator	Operating
Colorado	Healing center + home use	Adults 21+	Center: yes Home: n/a	Operating / expanding
New Mexico	Medical / clinical	Qualifying conditions (incl. PTSD)	Yes — provider	Launching ~Dec 2026

ROUTE 3

Decriminalization — and what it does not mean

Beyond statewide programs, dozens of cities and counties have *deprioritized* natural psychedelics — directing local police to treat enforcement as the lowest priority. This is worth understanding precisely, because it is easy to misread.

Deprioritization is not legal protection

It does not change state or federal law, it does not make possession legal, and state or federal authorities are not bound by it. It signals a shift in local enforcement priorities — nothing more. Treat these measures as context, not a green light.

Where it has happened

Selected localities with decriminalization or deprioritization measures include: Denver; Oakland, Santa Cruz, San Francisco, Berkeley, Arcata, and Eureka (California); Seattle, Olympia, Tacoma, and Port Townsend, plus King County (Washington); Somerville, Cambridge, and Northampton (Massachusetts); Ann Arbor and Detroit (Michigan); Minneapolis; and Washington, D.C. This list moves — the interactive map at psychedelivets.com keeps the current picture.

AT A GLANCE

The national picture

State-level status falls into three broad tiers. For the live, state-by-state detail, see the interactive map on the Legal Pathway page.

Tier	Where	What it means
Regulated legal access	Oregon, Colorado, New Mexico	Supervised access is legal (operating or launching).
Reform in motion	18 states + D.C.	Legislation, research funding, and/or local decriminalization underway.
No state-level reform yet	30 states	Possession remains illegal under state and federal law.

BEFORE YOU GO

Safety, preparation, and integration

Legal access is not the same as safe-for-everyone access. Whichever route you take, a few things matter.

Screening and interactions

- Some medications and conditions don't mix with psychedelics. SSRIs and certain antidepressants can blunt or complicate MDMA and psilocybin; ibogaine carries serious cardiac risk and requires medical screening.
- A personal or family history of psychosis, bipolar disorder, or certain heart conditions can raise risk. Reputable programs and trials screen for exactly this — let them.

Set, setting, and integration

- **Set and setting** — your mindset and the environment — shape the experience as much as the substance. Supervised settings exist for a reason.
- **Integration** is where the work lands. The insight matters less than what you do with it in the weeks that follow. Build in support before you begin, not after.

If you're struggling right now

If you're in crisis, the Veterans Crisis Line is free, confidential, and available 24/7 — dial **988, then press 1**, or text **838255**. You don't have to be enrolled in VA care.

ORGANIZATIONS

Advancing legal access and research

These veteran-serving and research nonprofits work to expand legal, evidence-based access — through clinical research, policy advocacy, and education. They are listed here for that work, not as a way to obtain psychedelics.

Organization	What they do
Veterans Exploring Treatment Solutions (VETS)	Helps drive research funding and policy reform — including a central role in the Texas ibogaine research initiative — and advocates for veteran access to psychedelic-assisted therapy.
Heroic Hearts Project	Supports veteran-focused psychedelic research and advocates for safe, affordable, domestic access.
Healing Breakthrough	Focused on making MDMA-assisted therapy available to veterans through the VA.

Organization	What they do
Multidisciplinary Association for Psychedelic Studies (MAPS)	A research and advocacy nonprofit behind much of the clinical development and legislative groundwork.
Healing Advocacy Fund	Works on the responsible implementation of state programs such as Oregon's and Colorado's.
Disabled American Veterans (DAV)	A mainstream veterans service organization with an educational resource on psychedelic therapy for veterans.

THE LINE

Cautions worth keeping

- **Federal law still applies everywhere.** A legal state program or a decriminalized city does not change federal scheduling.
- **Traveling abroad carries real risk.** Many veterans pursue treatment overseas; that path can mean significant cost, uneven safety standards, and legal exposure. This guide does not cover or endorse it.
- **Don't self-medicate in place of care.** Proven treatments exist now. Psychedelics are promising, not a guaranteed fix, and not a replacement for the support you may need today.
- **This is education, not advice.** Laws change quickly and vary locally. Verify before you act.

SOURCES

Where this comes from

Legal status is drawn from the Psychedelic Alpha legalization tracker and the UC Berkeley Law & Policy Map; program details from Oregon Health Authority, the Colorado Department of Natural Medicine, and the New Mexico Department of Health; research details from VA announcements and ClinicalTrials.gov. Verified June 2026. Because this landscape moves, treat the live map and these primary sources as the current word.

Psychedelic Vets

A research rally point for veterans — gathering the studies, the science, and the legal landscape in one place. Explore the live legal map and find studies recruiting veterans at **psychedelicvets.com**.