

TESTIMONIAL

"There's too much to tell. Talk therapy only goes so far. Every time I tell a story I traumatize myself all over again. I've tried EMDR. It can help. I just want to be free. I had six sessions of ketamine last year in May/June. I felt the freedom - freedom from the loop. Peace... Calm... Quiet in my brain..."

ANONYMOUS FIRST RESPONDER

WHO ARE WE?

Be the Change in Mental Health (BTC) is a 501(c)3 California Non-Profit Corporation staffed by licensed professionals delivering innovative mental health solutions in a legal and safe environment.

Be the Change in Mental Health offers safe access to revolutionary treatments, including psychedelic-assisted therapy, for individuals with treatment-resistant mental health conditions.

“ IT WOULD BE OUR HONOR TO HELP YOU RECOVER FROM ANXIETY AND REGAIN YOUR LIFE BACK... BECAUSE WE NEED YOU STRONG AND YOU DESERVE IT. ”

Founder and CEO Dr. Marisha Chilcott

**SIGN UP TODAY TO
BEGIN YOUR
JOURNEY TO MENTAL
WELLNESS**

CONTACT INFORMATION



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**SCAN QR CODE
TO LEARN MORE**



Be the
CHANGE
IN MENTAL HEALTH

FIRST RESPONDER WELLNESS

Pilot Program

KAT Pilot Program

Legal, modern, medication that is an adjunct to professional therapy and proven effective for depression, anxiety, PTSD, and alcohol use disorder...

KAT has shown significant efficacy in the remission of treatment-resistant depression. It is the only medication effective for acute suicidality

Durability at 12 months demonstrates improved efficacy with time



Why KAT for First Responders?

- ↳ First Responders have a greater chance of dying by suicide than in the line of duty
- ↳ First Responder divorce rate is 70% which is 20% higher than the US national average



Cohort of 6-10 First Responders, Group Facilitated by Licensed Therapist

- ↳ Medical Exam
- ↳ 2 Intention Sessions
- ↳ 2 Ketamine Treatments
- ↳ 2 Integrations
- ↳ Closure Session

Support with modern medicine for innovative, effective, durable care.



WHY GROUP THERAPY?

Group therapy is not only cost-effective but also provides the benefit of shared experiences with fellow participants.

WE OFFER VARIOUS WAYS TO RECEIVE KAT TREATMENT:

- ↳ Group therapy allowing you to invite a chosen companion you trust and who will experience the therapy along side with you
- ↳ Group therapy with individuals facing similar challenges or those who have shared a traumatic experience
- ↳ Group therapy tailored for a specific peer or colleague group
- ↳ We also offer individualized one-on-one therapeutic sessions