

TESTIMONIALS

"My experience with BTC helped me overcome mental health issues that years of traditional therapy had left me still struggling to come to terms with."

"Would recommend Be The Change to anyone feeling aimless or depressed who wants to find new perspective and better direction in life."

"The facility is clean, comfortable, and relaxing; from the moment you walk in you feel you're in a safe, caring place."



CONTACT US TODAY

 (707) 800-7568

 [btcmentalhealth.org](https://www.btcmentalhealth.org)

 2800 Cleveland Avenue, Ste C
Santa Rosa, CA 95403

PROGRAMS

KETAMINE- ASSISTED PSYCHOTHERAPY (KAP)

EXPLORE

Wellness - Ideal for those seeking improved well-being and resilience to navigate life's challenges with inner guidance and vibrancy.

UPLIFT

Depression/Anxiety - An excellent solution for individuals dealing with anxiety and depression, offering relief and the opportunity to build new neural pathways toward a healthier life.

LIBERATE

Trauma/PTSD - Liberate is the ideal plan for those seeking to overcome past trauma, heal old wounds, and thrive despite present mental challenges and vulnerability.

TRANSCRANIAL MAGNETIC STIMULATION (TMS)

TMS programs insurance

1 tx/day x 30-36 days

versus

Cash payment

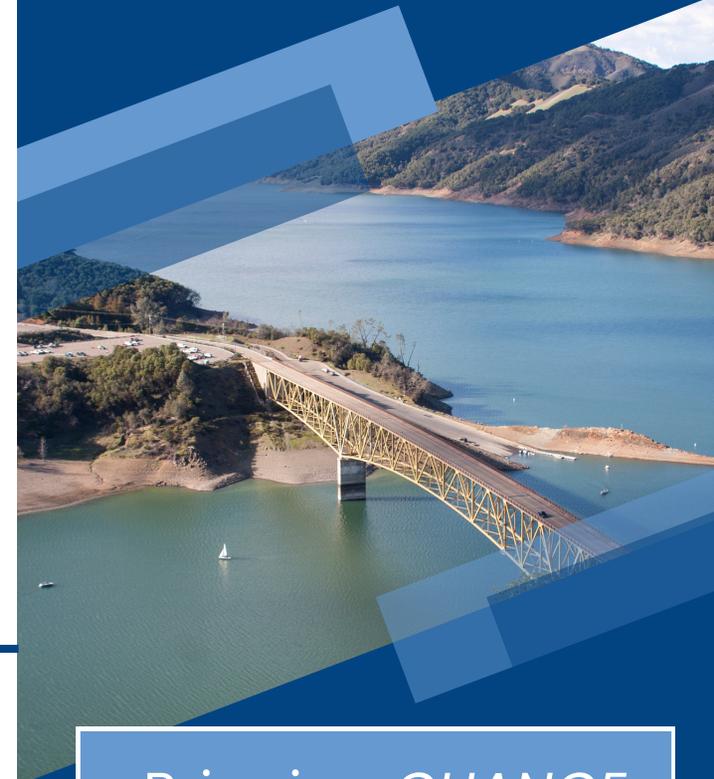
1-3 tx/day x as many days as you
need

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Be the
CHANGE
IN MENTAL HEALTH



Bringing *CHANGE*
to Sonoma County

**PSYCHEDELIC- ASSISTED
PSYCHOTHERAPY**

&

**TRANSCRANIAL MAGNETIC
STIMULATION**

Ketamine- Assisted Psychotherapy (KAP)

What is Ketamine?

- Dissociative anesthetic
- High safety profile, legal and FDA approved
- Activates neuroplasticity
- Allows the brain to make new connections and disconnect from old patterns
- Creates a temporary window for establishing new habits, thought patterns, and perceptions

Why Ketamine & Psychotherapy

- Improvements in depression severity are much longer-lasting
- Can accelerate the therapeutic process
- The introspective nature of KAP enhances emotional growth, overall well-being, and quality of life

Who might this work for?

- Anxiety
- Treatment-resistant depression
- Trauma
- PTSD
- Those wanting to improve general well-being

About Mental Health

- Mental Health involves a person's overarching psychological, behavioral, social, cognitive and emotional well-being
- Depression is caused by a variety of factors such as neurotransmitters, genetics, environmental factors, childhood experiences, attachment patterns, social systems, and more. None of these are a reflection on your personal character or inner strength. It is important to remember that depression is not your fault!



KAP & TMS

- Both can help establish the neurological balance and healthy connection in a person's brain
- Transcends such challenges as treatment-resistant depression or anxiety
- Modern, innovative, cutting edge legal, FDA approved

Transcranial Magnetic Stimulation (TMS)



WHAT IS TMS?

Transcranial magnetic stimulation (TMS) is a noninvasive form of brain stimulation to treat major depressive disorder. We offer NeuroStar® TMS which delivers advanced therapy that uses targeted magnetic pulses to stimulate activity in key areas of the brain that are known to be under-active in people suffering from depression

- ↳ **FDA-cleared**
- ↳ **Non-drug**
- ↳ **Non-invasive**

83% Improvement in symptoms
62% Symptom Relief (remission)

This innovative therapy can help you achieve long-term relief from the symptoms of depression.