



Be the
CHANGE
IN MENTAL HEALTH

KARE AT BTC

Evidence-based Relapse Prevention Program

Alcohol Use Disorder, with its high prevalence and even higher rates of relapse, lays a heavy burden on both individuals and communities. Graduating from inpatient treatment does not signify the end of the road. It is merely a transition, a place where many find themselves at a crossroads, seeking a sustainable path to recovery. BTC in Mental Health presents a revolutionary alternative—a highly effective, medically supervised Ketamine-assisted Therapy, coupled with comprehensive outpatient support. Together, they comprise a ground-breaking evidence-based relapse prevention program.

Why BTC

BTC is dedicated to transforming the landscape of mental healthcare and the treatment of **AUD** through innovative and scientifically-backed approaches. Founded with a mission to make psychedelic-assisted psychotherapy and other groundbreaking treatments accessible to all in a safe, medically-supervised and legal environment, we are driven by a commitment to revolutionize mental healthcare and relapse prevention.

Together, we are not just treating addiction; we are healing individuals, rebuilding families, and restoring communities. With each patient enrolled, with each life touched, we are embodying the very essence of our name—being the change in mental health and offering a new dawn of hope and healing to those in need.



Be the Change in Mental Health
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Who we are

At **BTC**, we are dedicated to reshaping the landscape of mental health. Our mission is to foster a world where individuals, families, and communities embrace mental wellness with compassion, understanding, and empowerment.



Our vision

We envision a society where mental health is as vital as physical health, where stigma is replaced with acceptance, and where every person has access to the support they need. We all deserve to be and feel well regardless of our personal history and circumstances.



Our process

At **BTC**, we utilize Ketamine as an adjunct to psychotherapy to first disrupt the brain circuits that underlie these unhelpful patterns. By weakening the neural connections linked to harmful thought patterns, we then use psychotherapy to open the door for clients to rewrite constructive alternatives and permanently change their patterns. This is the **KARE** process that leads to **ongoing alcohol abstinence** and new response patterns to life's triggers.

“ I can truly say I was still struggling with alcohol cravings when I first came... I was staying sober and taking antabuse daily but there were many days where I couldn't get my mind off of alcohol. My first ketamine experience was so out of body but I connected to something bigger and I had this realization that life was bigger than alcohol and bigger than escaping. After that first visit and with continued ketamine therapy, I have not had even a small craving for alcohol. I can't tell you the relief of not having to white knuckle ever again. My mind can think about other things!

Molly

What is KARE at BTC?

KARE (Ketamine for the Reduction of Alcohol Relapse) is our 4-week, 7-session outpatient program that is meticulously designed to maintain the momentum of recovery post-discharge from a SUD recovery treatment center. KARE is **an evidence-based relapse prevention program with** a clinically validated approach. It combines psychotherapy with sessions assisted by ketamine*. This program has been proven to be multiple times more effective than traditional alcohol treatment at a fraction of the cost of many in-patient programs.

*Awakn Announces Positive Results From Phase II A/B Clinical Trial, 2022 Dakwar et al (2019). A Single Ketamine Infusion Combined With Motivational Enhancement Therapy for Alcohol Use Disorder: A Randomized Midazolam-Controlled Pilot Trial

The Power of KARE at BTC

86%

OF DAYS WERE ABSTINENT FOR PARTICIPANTS 6 MONTHS FOLLOWING TREATMENT WITH KETAMINE-ASSISTED THERAPY**.

versus

25%

OF DAYS WERE ABSTINENT FOR PARTICIPANTS 6 MONTHS POST-TREATMENT WITH STANDARD ALCOHOL ADDICTION RECOVERY PROGRAMS.

**National Institute on Alcohol Abuse and Alcoholism, 2022

Why KARE at BTC works for relapse prevention

KARE Sessions include preparation, psychotherapy, and the integration of key insights gained during the medicine journey, facilitating psychological breakthroughs and lasting behavioral change. Our psychotherapists are with the patient throughout the entire process to help compassionately examine the underlying issues of your relationship with alcohol. **BTC's** innovative outpatient relapse prevention program, under continued medical and psychiatric supervision can foster long-term abstinence and recovery.

