



Marisha Chilcott, a Board Certified Family Physician with a background in mathematics and extensive experience in various medical roles, founded **Be the Change in Mental Health**. Her vision for BTC is to establish a clinical treatment center that can make a transformative impact on individuals with mental health challenges, and those people striving for peak mental wellness.

Dr. Marisha Chilcott

Dr. Chilcott understands the challenges of the healthcare system and the need to break down barriers between mental health and achieving overall well-being.



Why BTC

Be the Change in Mental Health is a California Non-Profit 501(c)(3) Corporation formed to bring cutting-edge therapies to help people with a range of goals, from overcoming treatment-resistant mental health conditions to PTSD, anxiety and depression. **Be the Change in Mental Health** also serves those looking to supercharge their current mental health regime. We help people thrive.

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Who we are

At **BTC**, we are dedicated to reshaping the landscape of mental health in professional sports. Our mission is to foster a world where athletes and coaches embrace mental wellness with compassion, understanding, and empowerment, not just physical accomplishments.



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

The path to mental well-being begins with a comprehensive evaluation by one of our licensed therapists. The initial medical assessment confirms the patient's suitability for treatment. We then establish a tailored mental healthcare plan.

“The fine line between pushing physical limits and risking mental well-being is pronounced in the world of professional sports. Striking a balance between rigorous training and mental health maintenance is paramount, as excessive demands on the body without adequate attention to psychological resilience can, counterintuitively, undermine the very mental wellness that exercise is known to enhance. KAT treatments truly transformed my life.
I just wish I would have known about it sooner!

Giana

World-class Athlete

What is Ketamine-assisted Therapy?

At the intersection of science and compassion lies a groundbreaking approach to healing and transformation: **Ketamine-assisted Psychotherapy** also known as KAP. In a world where traditional treatments sometimes fall short, this revolutionary therapeutic method offers new hope and possibilities for individuals facing the challenges of mood disorders, anxiety, and other mental health conditions. KAP is also effective at augmenting an established mental health regime in order to achieve peak mental wellbeing.

FDA Approved Medication -- Legal -- Off-label Use with Proven Efficacy

FDA is arguably the strictest medical regulatory agency in the world. FDA approval necessarily requires evidence-based justification. The use of Ketamine is not novel. Ketamine is well understood in the medical world as it is frequently used by physicians, first responders, and wartime medics. Ketamine's use in anesthesia has been FDA approved since 1970 and is relied upon for its dissociative effects in the medical world.

The novel aspect is the use of Ketamine in conjunction with psychotherapy, with Ketamine being prescribed as an off-label mental health treatment. Medical research proves that this has an 80% efficacy rate in treating mental disorders such as treatment-resistant depression, anxiety, obsessive-compulsive disorders, post-traumatic stress disorders and other conditions. Taking advantage of the effects of Ketamine on neuroplasticity can allow for a reconciliation of past negative experiences with one's current condition.

Why it works

A critical element of our services is the psychotherapy that initially prepares you for the KAP experience and then integrates your experience with your new way of feeling, and being, in the world. The emphasis at Be the Change in Mental Health is that the medication is an adjunct to therapy, not a replacement for doing the work that is required to become mentally healthy

