

# TESTIMONIAL


*"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*



## CONTACT US TODAY

 (707) 800-7568

 [btcmentalhealth.org](http://btcmentalhealth.org)

 2800 Cleveland Avenue, Ste C  
Santa Rosa, CA 95403

## KARE PROGRAM

### 4 WEEKS - 7 TREATMENTS

KARE is a structured, 4-week outpatient protocol that combines the power of psychedelic insights with rigorous psychotherapy.

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.

## FREEDOM

**Freedom is an intensive outpatient program designed to treat Alcohol Use Disorder (AUD).**

**This program is a customized treatment plan for patients who are looking for relapse prevention \$9,500**

**or**

**\$788 for 12 months**

(excluding medical intake and if approved by Advanced Care Credit)



## Bringing KARE to California

### KARE AT BTC IS KETAMINE FOR THE REDUCTION OF ALCOHOL RELAPSE

*Evidence-based Relapse Prevention Program*

## What is KARE at BTC?

- 4 week, 7 session outpatient program
- Evidence-based relapse prevention program with a clinically validated approach
- Meticulously designed to maintain the momentum of recovery post-discharge from a SUD recovery treatment center
- Combination of psychotherapy with sessions assisted by Ketamine
- Proven to be multiple times more efficacious than traditional alcohol treatment alone

## The Power of KARE at BTC

- KARE Sessions include preparation, psychotherapy, and integration
- Ketamine can facilitate psychological breakthroughs and lasting behavioral change
- Continued medical and psychiatric supervision can foster long-term recovery and abstinence

## KARE is Six Step Process

- Step 1: Medical Exam
- Step 2: Psychological Exam
- Step 3: Preparation
- Step 4: Ketamine-assisted sessions
- Step 5: Psychotherapy and Integration
- Step 6: Follow up

**4 weeks, 7 sessions = Relapse Prevention**

## OUR MISSION

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.

## KARE and Relapse Prevention

**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.

## KARE - Ketamine for the Reduction of Alcohol Relapse



## OUR VISION

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 - **Be the Change in Mental Health** - and offering a new dawn of hope and healing to those in need.

