

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 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 to individuals and groups in a legal and safe environment. Our Santa Rosa Bay Area facility is not just a clinic, but a sanctuary where healing and breakthroughs in mental wellness are achieved.

First Responder Urgent Care: When the wound is acute, the treatment needs to be immediate

Founder and CEO Dr. Marisha Chilcott

Call
(707) 800-7568
for Urgent Care

CONTACT INFORMATION



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**SCAN QR CODE
TO LEARN MORE**



FIRST RESPONDER

URGENT CARE

Ketamine-assisted Therapy



Be the
CHANGE
IN MENTAL HEALTH

Groundbreaking First Responder URGENT CARE – fastracked acute care including individual and group Ketamine-assisted Therapy – revolutionizing mental health support for our frontline heroes.

- Ketamine-assisted Therapy (KAT) to treat Acute Stress Disorder (ASD) with urgent care protocol
- ASD can occur within the first month after experiencing a traumatic event
- ASD has characteristics are similar to PTSD
- Left untreated ASD can develop into PTSD or Depression
- According to various studies, the prevalence of ASD following a traumatic event may range from 6% to 33%.

Ketamine-assisted Therapy:

- Ketamine is safe and legal
- Proven efficacy by evidence-based medical research in the treatment of various mental health conditions
- Ketamine as an adjunct to therapy

Mission:

- To assist those exposed to recent trauma who are in need of rapid resolution.
- To provide fast-tracked care that addresses acute stress.
- To prevent acute stress from becoming PTSD.



BTC URGENT CARE

- 3 Ketamine-assisted Therapy cycles:
- 3 preparation-intention-Ketamine sessions (16 hours therapeutic treatment)
- 3 Integration sessions (8 hours of therapeutic treatment)
- Cost: \$2,500 – **24 total hours of therapeutic time**
- Pricing includes \$450 (non-refundable) fee for Medical and Psychological Evaluation to be performed prior to the first treatment



Protocol

Treatment Program for a traumatic event resulting in acute need of care:

- Agency or individual notifies BTC that there is a person or team in need of urgent mental health care
- Medical and psyche assessment are done within 24–48 hours virtually
- Two options for treatment tracks: **Group and/or individual Ketamine-assisted Therapy (KAT)**
- **First KAT within 96 hours of initial contact with BTC. Therapist to determine the best track of treatment**
- **KAT to include prep, ketamine experience, integration (integration can be virtual)**

Retreat format is also possible: if the group needing treatment chooses this option, pricing will be determined on group size and location (3–4 day retreat/3 KAT sessions)