

# 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.

IT WOULD BE OUR HONOR TO HELP YOU  
... BECAUSE WE NEED YOU STRONG  
AND YOU DESERVE IT.

Founder and CEO Dr. Marisha Chilcott

Call (707) 800-7568  
to register and  
reserve your spot

## CONTACT INFORMATION



(707) 800-7568



info@btcmentalhealth.org



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Santa Rosa, CA 95403



btcmentalhealth.org

SCAN QR CODE  
TO LEARN MORE



# FIRST RESPONDER

Ketamine-assisted  
Therapy  
With Scheduling  
Convenience and ease



Be the  
**CHANGE**  
IN MENTAL HEALTH

**Groundbreaking First Responder individual and group Ketamine-assisted Therapy – rolling enrollment treatment program – revolutionizing mental health support for our frontline heroes.**

- Ketamine is safe and legal
- Proven 80% efficacy as an antidepressant
- Ketamine as an adjunct to Group therapy
- Proven efficacy by evidence-based medical research in the treatment of various mental health conditions
- Culturally competent psychotherapists
- Program includes Individual and group treatment for a complete approach

**ROLLING ENROLLMENT  
Schedule FOR YOUR  
CONVENIENCE**

- Comprehensive, well researched, therapeutic program specific to First Responders
- Staff with experience treating First Responders with group Ketamine-assisted Therapy
- Follow-up procedures to stay connected with you to access progress



### **Program Execution within a 6-week window**

- 2 group sessions/ 1 individual session
  - 3 Preparation/intention/Ketamine sessions (16 hours therapeutic treatment)
  - 3 Integration sessions (8 hours of therapeutic treatment)
- You schedule your treatments where it works for you within 6 weeks
- 2 Thursdays/2 Fridays per month
- Cost: \$2,500
- Pricing includes includes \$450 (non-refundable) fee for Medical and Psychological Evaluation to be performed prior to the first treatment



### **SCHEDULE**

#### **Thursdays – Group Session**

Introduction/preparation/Ketamine experience (4h – in person)

- Preparation
- Ketamine Therapy (IM injection)
- Debrief

#### **Fridays – Group Session**

- Integration Therapy (2h)

(Time TBD Thursdays & Fridays)

**Individual session** – to be scheduled at your convenience between group treatments

#### **Participant rules**

To continue with the program, each participant must attend both weekly meetings, (Thursday/Friday), consecutively and in full. However, should an emergency arise, you can make up the integration session prior to your next Ketamine treatment.

We ask that you fill out the forms (GAD7 and PHQ9) that will be emailed to you 48 hours prior to each of your Thursday sessions. Please call (707) 800-7568 by Tuesday at 5 PM prior to your Thursday session to confirm your attendance.