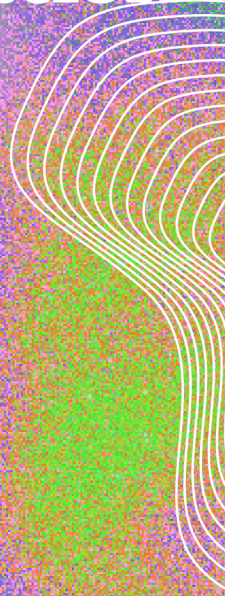
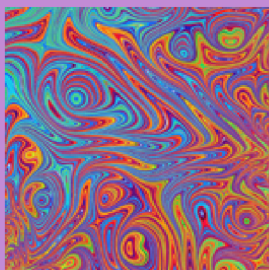


Safe Haven Health Ketamine Treatment Program Information Guide



Safe Haven
Health

Safe Haven Health Ketamine Treatment Program



Congratulations on taking a big step on managing your mental health and thank you for allowing Safe Haven Health to be a part of your journey. If you are still on the fence about at-home ketamine treatment, we are here to educate you and support you! This document contains essential information about our ketamine treatment program, as well as about Ketamine itself.

Please read it carefully, and feel free to ask us any questions about the information it contains before you decide to participate in ketamine treatment. It is essential to us that you feel informed, welcomed, safe, and respected and to address any concerns you might have about the process. The quickest way to contact us is through email (support@safehavenhealth.co) or by calling 720-637-5809.

What is Ketamine?



Ketamine is a powerful, synthetic pharmaceutical compound classified as a dissociative anesthetic. It is one of the most widely used drugs in modern medicine and is on the World Health Organization's List of Essential Medicines. It was developed in 1963, FDA-approved in 1970, and adopted by many hospitals and medical organizations because of its rapid onset, proven safety, and short duration of action.

Ketamine is most used as an anesthetic medication in emergency and surgical settings, including pediatric surgery, due to its excellent safety profile, particularly around breathing/airway management. Unlike some medicines used in anesthesia, Ketamine does not suppress breathing. Due to its analgesic properties, it has also been utilized successfully in managing acute and chronic pain conditions.

In the last two decades, Ketamine has been increasingly applied (at lower, subanesthetic doses) as an off-label treatment for chronic treatment-resistant mental health conditions, such as depression, alcoholism, substance dependence, post-traumatic stress disorder, obsessive-compulsive disorder, and other psychiatric conditions.

Non-medical, recreational use of Ketamine began in the 1970s, which led to its reputation as a club/party drug; it was also enthusiastically adopted by the psychedelic community and others who value the exploration of altered states.

How Ketamine Works



As mentioned before, Ketamine is classified as a dissociative anesthetic, where "dissociation" means a sense of disconnection between mind and body and from one's ordinary reality and usual sense of self. During this dissociation, people may also experience a psychospiritual phenomenon known as the Mystical Experience. This experience can be profound and transformative.

Research going back to the 1960s has consistently shown that having a profound mystical experience correlates with better therapeutic outcomes for people with depression and other chronic conditions. There are at least six components of a mystical experience:

- Unity: having an insight that we are all connected or "all is one."
- Noetic Quality: a feeling of certainty that one has experienced "ultimate reality."
- Sacredness: feeling that one has experienced something profoundly spiritual.
- Transcendence: the sense of being in a realm outside of time or space (Cancer study participants have reported how profound a gift is to no longer feel they must identify with their diseased body).
- Deeply Felt Positive Mood: feelings of awe, amazement, joy, peace, tranquility, tenderness, and gentleness.
- Ineffability: feeling that words cannot describe the experience or do justice to it.



Dosing & Route of Administration



Ketamine can be administered in a variety of ways, including as an intravenous infusion (IV), intramuscular injection (IM), a subcutaneous injection (SC), intranasally, or sublingually/orally. Routes vary in each person's onset, bioavailability, and duration of active effects.

Though experiences vary greatly, it is generally thought that lower doses provide empathogen-like (heart-opening) responses, while higher doses create dissociative, psychedelic, out-of-body, ego-dissolving peak responses.

Safe Haven Health utilizes sublingual/oral Ketamine, the least expensive route of ketamine administration, and tends to have the least side effects out of all routes. Because of the low side effect profile and high safety profile, with the assistance of your provider and coach, at-home oral/sublingual Ketamine can be life-changing.

The choice of the dose also depends on patient preference, therapeutic goals, prior exposure to Ketamine and other psychedelics, body height and weight, and sensitivity. Those without previous experiences are advised to begin with lower doses to build familiarity with Ketamine's effects, while those experienced with psychedelics may start with higher initial doses. The dose and route of administration are decided in consultation with your mental health provider.

The Ketamine Experience



You will most likely experience feelings of relaxation and mild euphoria at lower doses. You might notice increased sensitivity to light and sound and an altered sense of time. Some people experience increased empathy in this dose range.

This state may also enhance participation in psychotherapy, as defense mechanisms are relaxed, yet communication with others is still possible.

Higher doses are more likely to produce psychedelic, dissociative states with internal journeys seen through the mind's eye. Body sensations are greatly diminished. For some people, such experiences may accelerate psychological growth and promote a positive change in outlook and character.

Higher dose sessions with Ketamine can cause the Default Mode Network (DMN) to go "off-line," and the ego is temporarily quieted. Some refer to this as an "ego-dissolving" experience. This can be very intense and can even feel like a near-death experience. A profound experience like this can be powerfully therapeutic and beneficial if the patient is adequately prepared ahead of time; therefore, at Safe Haven Health, we emphasize careful preparation beforehand and proper integration coaching sessions after each ketamine treatment.



The sensory effects of Ketamine may include distorted visualization of colors, feeling suspended in space, floating, or flying, experiencing out-of-body sensations, vivid dreaming, and changes in visual, tactile, and auditory processing. Synesthesia (a mingling of the senses) may occur. Familiar music may not be recognizable. Your perception of time may become distorted.

These effects typically start within minutes of sublingual ketamine administration. The effects usually last 30 to 40 minutes and slowly diminish for the next hour. Some alterations in sensory perception, speech, and motor ability may continue for approximately 5 hours.

After taking Ketamine, you mustn't drive or operate machinery or engage in any hazardous activities for the rest of the day and night.



Why Ketamine with Psychotherapy?



At Safe Haven Health, we believe that the most significant benefit comes from pairing Ketamine with psychotherapy. Ketamine helps with many aspects of psychotherapy which can take multiple sessions over years of conventional psychotherapy to achieve. Some of these aspects include:

- Relaxing of defense mechanisms
- Quieting the inner critic
- Reduction of entrenched maladaptive patterns of thinking
- Ability to have fresh new insights
- Increased self-esteem and self-compassion
- Enhanced creativity and problem-solving
- Greater motivation to make healthier life choices
- Allowing for the possibility of a profound spiritual or mystical experience

We believe psychedelic therapies like Ketamine can help us access our inner healing intelligence, which then helps guide psychotherapy toward healing traumas and changing dysfunctional habits.

Many have found it beneficial to set an intention for the experience. Intentions should be personal and focused, including alterations in habits (such as the use of alcohol or cannabis, exercising, etc.), shifts in self-defeating patterns of thought or social interactions, or exploration of spiritual/existential realms. We will work with you to formulate your goals and will also encourage you to hold those lightly, as resistance or attempts to control the experience can produce anxiety.



Your experience will be unique to you, and each session will be different. All such journeys are adventures that cannot be programmed ahead of time. They evolve from your being in relation to this medicine, and it is best to relax into the path that unfolds. Some journeys are enjoyable, but some may be difficult. Everyone comes through it, and often with greater insight into themselves and their lives.

After each session, you may feel improvement in your emotional state and a reduction in symptoms such as depression, anxiety, and post-traumatic manifestations. You may notice that your outlook is slightly different after a ketamine experience, and that difference may feel liberating, allowing for new perspectives and behavior.

These shifts may happen during treatment, in the aftermath, and in the following days and weeks. Some experiences may temporarily disturb you, and we will work to help you understand these in the context of your healing process. Ultimately, we are working to assist you in changing patterns of mind, mood, and behavior that cause you difficulty and distress. Because we want to ensure that you have the best possible outcome for your investment, so we encourage you to participate in the therapeutic process actively.

The Safe Haven Health Treatment Process



Our treatment process consists of an initial consultation with a psychiatric provider specializing in ketamine treatment. Your provider will review your intake paperwork and discuss your medical and psychiatric history. As a team, we will discuss if ketamine treatment is the right intervention for you. We will also collaboratively decide on the most optimal arc for your treatment, including the number and frequency of ketamine and integration sessions, along with the dose of sublingual Ketamine. You will also discuss your goals and concerns with your psychedelic coach, who will be available when you need to discuss your sessions.

We offer a membership plan for our Ketamine program. Our ketamine program is \$350 per month. Each month, you will receive 4-8 doses depending on what you are prescribed. Before starting the program, an initial consultation will be required. The initial consultation is \$150 and can be covered by insurance. If you are approved for ketamine treatment, the \$150 will be credited to your membership plan. Unfortunately, there are no refunds on the \$150 initial consultation fee.



On the day you take Ketamine, it is crucial to follow the directions given to you. We will also highly recommend someone to be in the home with you during your sessions. Before your first ketamine administration, meeting with the psychedelic coach is highly recommended so all your concerns can be addressed, and all questions can be answered.

For sublingual dosing of Ketamine, you will place your prescribed dose under your tongue or between your gums and cheek for 10-15 minutes. At the 10–15-minute mark, you will spit out the rest in a cup. While it is not harmful to swallow the Ketamine, it may not be absorbed as well if you do so, resulting in less bioavailable medicine. Each sublingual dose provides a peak effect of approximately 20 minutes.

The first dose will give us a measure of your responsiveness to Ketamine. Some people find that engaging in therapeutic exploration can be quite fruitful. Others find speaking to be difficult and prefer an internal focus. Your preferences should be respected.

Depending on your response to the first session will determine what we should do with the dose next (increase, decrease, or maintain). During your ketamine treatment process, you will have access to your clinician and coach for support and to help guide you through relaxation exercises or to help you establish an intention. During your sessions, we recommend using the eye mask provided (or your own) and peaceful music with headphones to help you maintain an internal focus.



You will be welcome to share your experience and discuss any insights you discover; however, some choose to contemplate their experience quietly and discuss it at a later integration session.

Please arrange to have a trusted person in the home during your ketamine sessions. We ask you not to drive for the rest of the day after a ketamine dose. If you are in therapy, we recommend continuing with it, and if you do not have a therapist, let us know so we can provide you with referrals.

Each new patient is asked to utilize our mood monitor, OutcomeMD; you will receive reminders to complete questionnaires that help us track your mood, anxiety, and general functioning. We have found that these objective measures provide valuable perspective about the progress made in our work together. We will review your scores with you and discuss any particular content it may have evoked for you. If some reason, you develop acute suicidal or homicidal ideation and report it on a questionnaire we've sent you, please do not wait for us to read it because we may not get to it immediately.

MOOD

When can I expect positive effects? How long do they last?



Ketamine has been shown to rapidly resolve or diminish depression, anxiety, and suicidal ideation. For some people, the effect is almost immediate, with a peak improvement in mood at about 24 hours after treatment. The literature on Ketamine indicates a 70% response rate and a 40-50% remission rate. However, these positive effects diminish after 1-3 weeks following a single dose. Studies have shown that with repeated treatments, the length of time between depressive episodes becomes longer. At Safe Haven Health, we aim to harness the powerful biological effects of Ketamine in tandem with exploring and working through the underlying issues at the root of mood, anxiety, or depression. In a few months, we intend for treatment courses at Safe Haven Health to be short-term. As ketamine clinicians gain experience and as more research is done, we are confident that we will learn more about the optimal number and frequency of doses to sustain the remarkable benefits that Ketamine can provide.

A substantial body of research tells us that ketamine therapies may be the only treatment that provides significant relief for some people. However, it is essential to understand that Ketamine used for depression (or other mental health purposes) is an "off-label" use. That is, generic Ketamine is FDA-approved for anesthesia but not for mental health purposes. Finally, just like with all psychiatric treatments, there are no guarantees.

At Safe Haven Health, we feel that the benefits from ketamine therapy are likely to last longer when you work with the medicine to create positive changes in your life that can sustain your recovery. Some people can get off antidepressants with the help of Ketamine, while others continue to take other psychiatric medications and psychotherapy to reduce the possibility of relapse. Over time, ketamine booster administrations may be needed to maintain remission from depression.

Medical & Psychiatric Eligibility for Ketamine Treatment



Some medical and psychiatric conditions may need to be stabilized before you can safely take Ketamine. These conditions include hallucinations, untreated mania/hypomania, unstable angina (chest pain/heart disease), uncontrolled hyperthyroidism, increased intracranial pressure, or evidence of liver disease. We cannot proceed if you have previously demonstrated an allergy to Ketamine.

If you have a history of arrhythmia, unstable hypertension, or other cardiovascular issues, we will need medical clearance from your primary care provider to proceed. Untreated or uncontrolled hypertension is a contraindication to ketamine use, as Ketamine temporarily causes a rise in blood pressure. This increase is similar to when we engage in heavy or intense exercise. Pregnant women and nursing mothers are not eligible because of undetermined potential effects on the fetus or nursing child.

Ketamine has been known to occasionally cause bladder damage in people who obtain it illicitly and use very high, persistent doses over extended periods. Therefore, those with a history of chronic bladder problems may need to be cleared by a urological consultation. The dosing ranges we give at Safe Haven Health have NOT been associated with bladder problems. However, if you experience frequent, painful, or difficult urination, please inform us immediately.

Those with a primary psychotic or dissociative disorder or who are currently in a manic/hypomanic or mixed episode are not eligible for treatment with Ketamine. Please inform us if you are taking anxiety medications such as benzodiazepines, pregabalin, or gabapentin, as they may blunt the antidepressant effects of Ketamine. Opiates cannot be taken concurrently with ketamine therapy. Information on Ketamine's interaction with other medicines is only partially available; any possible interactions will be assessed to help determine your edibility for ketamine treatment.

Potential Risks of Ketamine



Ketamine has an extensive safety record; it has been used at much higher doses for surgical anesthesia and has the benefit of not causing respiratory depression. As with any other medication, there are also some potential risks and side effects to be informed of and consider.

The most common physical side effect is short-term blood pressure and heart rate spike, which may be a risk to those with heart disease.

Other possible side effects include nausea, vomiting, dizziness/lightheadedness, sedation, impaired balance and coordination, slurred speech, mental confusion, excitability, diminished ability to see things that are actually present, diminished ability to hear or to feel objects accurately, including one's own body, headache and anxiety and reduced awareness of physical functions. These effects are transient and resolve as the active phase of the medication ends (usually within 60 minutes and up to 3 hours).

In terms of psychological risk, Ketamine has been shown to worsen specific psychotic symptoms in people with schizophrenia or other psychotic disorders. It may also worsen underlying psychological problems in people with severe personality and dissociative disorders.

Management of Adverse Effects



We have designed our protocols and patient instructions to minimize Ketamine's adverse side effects as much as possible.

It is essential to abstain from eating or drinking (other than small sips of water) in the 4 hours before your treatment to avoid or minimize nausea or vomiting. Additionally, due to possible blurred and altered vision and impaired balance and coordination, you will be advised to lie still and keep your eyes closed or use the eye mask provided (as long as you are comfortable doing so) until the main effects have worn off.

Driving an automobile or engaging in hazardous activities should not be undertaken on the day of the ketamine administration. You will be directed to check your blood pressure and heart rate before the ketamine dose and will be assessed if we need to treat any side effects. While this is extremely unlikely, if it is determined by our clinical judgment that your safety requires a higher level of care, we will communicate this with you.

Potential for Ketamine Abuse & Physical Dependence



Ketamine belongs to the same group of chemicals as PCP or phencyclidine and is classified as a hallucinogen (also known as psychedelics). Ketamine is a Schedule III controlled substance subject to Schedule III rules under the Controlled Substance Act of 1970. Medical evidence regarding the issue of drug abuse and dependence suggests that Ketamine's abuse potential is relatively low, but it does occur in people who obtain it illegally.

Ketamine does not cause withdrawal symptoms, but individuals with a history of heavy use of drugs have reported cravings. In addition, Ketamine can have effects on mood (feelings), cognition (thinking), and perception (imagery) that may make some people want to use it repeatedly. For these reasons, Ketamine should never be used except under the direct supervision of a licensed provider. Safe Haven Health uses the lowest dose and frequency needed to obtain a robust response. Under these conditions, the risk of abuse or dependence on Ketamine is next to nil.

Alternative Procedures & Treatments



Ketamine has been used off-label for depression at least since the early 2000s. Several years ago, the pharmaceutical industry noticed how powerful and effective Ketamine is at treating depression, even in people who have not responded to any other medications. Ketamine is already generic, so there would be no way to patent it and make money. Thus, Janssen Pharmaceuticals came up with a variation on Ketamine called s-ketamine. This variation was patentable and effective for depression. This new medication was soon FDA-approved for medication-resistant depression under Spravato (esketamine) and is available as a nasal spray administered in a provider's office. Spravato is quite expensive, however, for \$600-\$800 per dose, which doesn't include the cost of each appointment. People can access Spravato if they have private insurance that approves a Prior Authorization or if they can afford to pay out-of-pocket.

Ketamine given as an intravenous infusion (IV) is also available in in-person clinics. Please be aware that ketamine infusion clinics may not always offer professional psychological support or psychotherapy.

Major Depression (MDD), PTSD, and Bipolar Disorder are often successfully treated with antidepressants, mood stabilizers, and atypical antipsychotic medications. In addition, TMS (transcranial magnetic stimulation) and ECT (electroconvulsive therapy) are also effective for mood disorders. Alternative treatments for PTSD include medications, Exposure Therapy, and Eye Movement Desensitization and Reprocessing (EMDR).

Voluntary Nature of Participation



Your decision to undertake ketamine treatment is entirely voluntary. Once you indicate that you have understood the benefits and risks of this treatment, you will be asked to sign the informed consent agreement on your first visit to participate.

You may ask us any questions you may have concerning the procedure or effects of Ketamine at any time. Your consent to receive Ketamine may be withdrawn by you, and you may discontinue your participation at any time up until the actual dose has been administered.

By signing the Informed Consent for Treatment, you indicate you understand the information provided, that any questions or concerns regarding our services or this agreement have been answered to your satisfaction and that you give your consent to the therapeutic procedures to be performed during your participation in ketamine treatment.

Tips to Improve Your Ketamine Experience

Peace

Dress comfortably to relax during your ketamine experience; kick off your shoes to make you more comfortable.

Optimizing your state of mind before & during this experience is vital. Many things can have either a positive or negative effect on your session.

- 1) Blocking outside noise is helpful; utilizing noise-canceling headphones or earplugs could be beneficial.
- 2) Many people find music very helpful; we have a playlist of meditative music that we can provide you. You may use your music playlist and place your phone on airplane mode because incoming texts or calls can be highly disruptive to your session.
- 3) Many patients prefer to keep their eyes closed, but we recommend using an eye mask during the experience.

The day before an administration & the day of an administration, avoid situations that will bring you stress, anxiety, or anger, such as a difficult family member or neighbor. Also, avoid sad or scary movies/shows the day before an administration. Again, what goes into your brain before & during your experience can impact whether your session is positive or negative.

Someone should be in the household with you while taking Ketamine, preferably, and they should understand that being supportive & positive is the most helpful thing they can do for you.

If your phone is nearby during your ketamine administration, please remember to mute it, turn it off, or put it on airplane mode.

If you happen to go outside after your experience, wearing sunglasses is recommended; you may be more light-sensitive after your administration.

It is recommended to get very comfortable, lay under your blanket, and use a comfy pillow.

Hydrate well the day before & choose healthy nutrition; avoid alcohol, marijuana, & benzodiazepines the day of your administration.

Practice meditating; choose several positive & happy mantras. If your ketamine experience begins to cause anxiety, these practices can help you redirect your thoughts away from the anxious thoughts or dreams.

Please communicate with us if you feel anxious or tense during your administration; there are several things that we can do to reduce those feelings.

1) We can help you talk through your feelings & redirect your thoughts.

2) We can decrease the dose of Ketamine.

3) We try to avoid prescribing benzodiazepines for anxiety, but we can prescribe an alternative medication that, in very low doses, can take the edge off your anxiety.

Other Things to Keep in Mind about Ketamine



Ketamine is not a cure! It will not cure your chronic pain, it will not cure your depression, it will not heal your underlying traumas, and it will not cure any other illnesses. It is a tool to help, just like other medications & treatments. But, like other treatments, you will need to keep utilizing it to continue receiving the benefits that it brings you.

It is a myth that Ketamine will make a depressed person happy. Ketamine treatments will make you feel more resilient. The stressors don't change... what changes is your ability to cope & your willingness to engage in other therapies, both for mental health & physical health.

One ketamine administration will not do much, even if you feel a positive result. Ketamine needs to build up in your system for longer-lasting effects. It needs time to reset the NMDA receptors & help your synapses heal. Don't give up early... trust the process.

What dose is best for my "XYZ" diagnosis? Because every person is different, it is difficult to know what your best dose will be. There are guidelines for starting points & we can go up or down from there, based on your feedback, so being honest with your provider is essential. Your provider will be willing to adjust up or down as needed.

Whether you're getting Ketamine for chronic pain or mood disorders (or both), it's very common that you'll still have good days & bad days. Some people even get a little worse after an administration before they begin to feel better overall; it's called a post-administration flare. Utilize all the tools that you know to manage your times of down-swing. And know that it will get better!



Do some people develop a tolerance to Ketamine? Yes, it is possible. Just like with many medications, there doesn't seem to be a way to prevent it.

Communicate with us if your ketamine administrations aren't helping as they used to. Safe Haven Health has a protocol where we can increase your dose by 10% if your dose seems to start to lose its effectiveness. From what we've observed & heard from other providers, this may happen to long-term ketamine users about once a year. That's why it can be essential to start at the lowest dose that's effective for you.

I've heard that some people can come off their antidepressants... is that true? In some cases, with the supervision of their mental health provider, some people have been able to reduce or eliminate their antidepressants, mood stabilizers, &/or anti-anxiety medicines. However, most people continue to utilize antidepressants in combination with Ketamine; they find that Ketamine seems to cause the anti-depressants to work more effectively.

If you develop pain that feels like it's in the location of your bladder, the Ketamine may be causing this pain. It's rare with lower doses for mood disorders, but with higher amounts for pain, the Ketamine being metabolized by your body can irritate your bladder. Let us know... we have a list of over-the-counter medications that can help. Also, if you've been diagnosed with Interstitial Cystitis, we must know... we will have you take those same OTC medications from the start.

Remember to visit the bathroom before each ketamine administration!

Wherever you receive your ketamine prescription, that clinic should be willing to share with you what dose you are receiving, over how much time, & what other medications you will receive along with the Ketamine. Some clinics may also need to give you medicine to treat elevated blood pressure or nausea. You should always be told what you are being offered; if any place doesn't want to say to you, consider avoiding them.

We enroll you in a Mood Monitor app that helps you track daily how you're feeling. You can also try keeping a journal of your daily mood to track your progress. This is especially helpful if your changes happen more slowly. Your entries don't need to be very long, just meaningful to you. Maybe even give your mood a number... something that you can use to quantify your status. When you read back over several days or a week of entries, you'll be surprised at your progress!

And finally, if you don't think Ketamine will work, it won't work. You must tell yourself that Ketamine is making changes in your body; it's healing your synapses that have become damaged through stress over time. Sometimes the changes are subtle & you may not pick up on those tiny clues that things are improving.

Some have described the improvements as "sliding a dimmer switch" rather than "flipping a switch"... things may brighten slowly!

Part of the process is knowing that the Ketamine truly is healing your body; the other part is becoming aware of those subtle changes. You will not go from 0-60 overnight, & if you're convinced that it isn't working, then it won't, & you'll be back to square one with yourself. As you trust the process, do small things that please you.

Get out of the house daily. Go for a short walk. Get coffee with a friend. Take your dog to the park.

Comments from other Ketamine Patients about their Experiences



"With my first Ketamine experience, I was so nervous I could barely speak at the beginning. I made small talk while waiting for the Ketamine to kick in....it helped take my mind off the anxiety. But it went great & was ten times easier than I expected."

"Ketamine has helped in ways I didn't necessarily expect. It reduced my focus & concern on my issues."

"The dissociation is dreamlike – if managed well, the visions can be beautiful & even breathtaking. I've said "wow" on more than one occasion. If the visions turn negative, let your provider know."

"Ketamine is like a SciFi movie where the character is in another dimension."

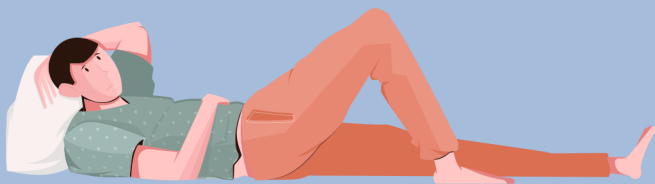
"A ketamine infusion is like being on a 3-D ride at Disney World!"

"I'm very social & I tried to chat. But when I let my mind go & fully relax, when I meditate & visualize my issues leaving my body, I realize that the positive effects of the infusions last longer. I knew it sounded totally goonie & I wouldn't have ever believed such things would work!"

"I wasn't aware of how my pain was improving until I realized one day that tying my shoes was much easier than it normally was! As I looked back, I realized that I had been slowly improving over the past week & it made me laugh out loud when I realized the progress I had achieved."

"I think the lights & vivid colors that we see during an infusion are the light within our soul. While it sometimes dims in our reality, Ketamine recharges it. Brightens it, brightens us."

Improving Ketamine Mileage



Although the ideal way to use Ketamine likely entails receiving treatment in a safe and comfortable setting, in an unrushed atmosphere, with a supportive provider. Unfortunately, this is not always the experience patients get with ketamine treatment programs.

Even when many of the therapeutic elements are stripped away, the drug can in and of itself still offers individuals significant relief from the symptoms of depression, including severe, debilitating, and otherwise treatment-resistant types of depression. And thankfully, there are some simple things that patients can do to empower themselves, return the center of healing into their own realms, and enhance the success of the ketamine treatments they receive - no matter what kind of provider they see or what type of facility they visit. Here are some simple ways to get the most out of each and every ketamine treatment:

Trust in the journey. As with any psychedelic-inducing experience, it's essential to let go, let the journey take you, and try to learn something from the experience. As a dissociative drug, Ketamine might help you feel like your problems are smaller, more manageable, or not as suffocating as they might feel otherwise. Whether you experience a full-blown mystical journey or just a welcomed feeling of distance between yourself and depression, enjoy this opportunity to consider your life and its challenges from a new angle. Notice what it's like to not feel engulfed by your problems. Appreciate the newfound space you think separates your core self from the pain of your human existence. See what wisdom and lessons you might be able to glean. Enjoy this opportunity to consider your life and its challenges from a new angle.

The Safe Haven Health Ketamine Treatment Program



Safe Haven Health is a virtual mental health clinic that started in July 2021. Since then, we have expanded, seeing clients in more states, and offering a lot more services. To further advocate for mental health and hard-to-treat mental health conditions, like depression and anxiety, the ketamine program was started. Psychedelic medication is changing the way we treat mental health for several reasons. The main reason is that it works! There are times when typical antidepressants, such as Lexapro, Prozac, or Effexor, are ineffective, and you may feel like there is nothing out there that can be effective for you. I always tell my clients that it does not matter if they have been on two or six medications, do not lose hope! Mental health treatment is changing daily, and I always reassure that finding the best medication regimen is trial and error. Still, we will work together until we find something that helps improve their quality of life.

Ketamine is a dissociative medication with much positive research showing that it is effective for depressive, anxiety disorders, and even substance abuse disorders.

Majority of the research associated with Ketamine is intravenous (IV) administration, for a good reason. IV Ketamine has 100% bioavailability meaning that 100% of the drug reaches the systemic circulation (blood). The Safe Haven Health program utilizes sublingual Ketamine, administered under the tongue or between the cheeks and gums. Sublingual Ketamine has 30% bioavailability. To ensure you get the whole ketamine experience and a therapeutic dose, we prescribe a higher dose of Ketamine, which is close to the same experience as IV administration.



Included with your ketamine membership:

- An initial ketamine consultation to determine eligibility for ketamine treatment (if you are not eligible for Ketamine, you will receive a full refund).
- A follow-up ketamine consultation with the provider to assess progress.
- Two psychedelic integration coaching sessions with a ketamine-trained coach. We recommend scheduling and attending both coaching sessions!
- 2 Months' Worth of Ketamine Treatments. After your initial consultation, if you are eligible for Ketamine, your provider will determine the appropriate dose for you, which will be mailed to your home. You will receive a week supply of ketamine first, and after a follow-up consultation and dose changes, the remainder of the doses will be mailed to you. The medication will require a signature since it is a controlled substance.
- You will also have unlimited access to your provider and coach through messaging in a HIPAA-compliant patient portal.

This is for individuals who are planning on continuing ketamine treatment after the first 2 months. After the first two months of treatment, you should start increasing the amount of time between each session. So rather than one to two sessions per week when starting out, you should probably have a ketamine session every 2-3 weeks as needed.

For continuing clients:

- One clinical consultation with a provider to assess your ketamine booster dose.
- One psychedelic integration coaching session
- Four ketamine treatments will be delivered to your home.
- Unlimited messaging access with your provider & coach.

Add-Ons

You can book a session if you need an extra appointment with the psychiatric provider. For self-pay, it would be \$150. We allow you to use insurance for an add-on consultation. You also can schedule an add-on coaching session for \$75. Unfortunately, coaching sessions are not covered by insurance at this time.



The first step is to schedule an initial consultation at:

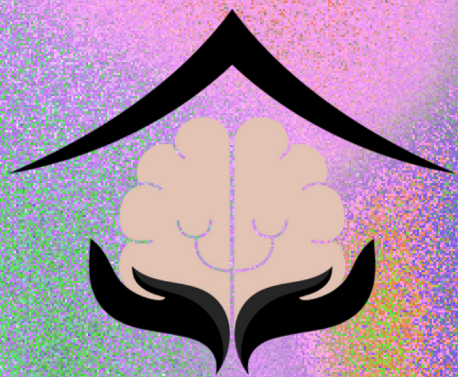
<https://www.safehavenhealth.co/getstarted>. An initial consultation is \$150. If you are approved for ketamine treatment, the \$150 will be credited to your membership plan. Unfortunately, there are no refunds for the \$150 fee. The good thing is that we can accept insurance for the initial consultation. You can see a list of insurances accepted on the link above. We are currently accepting clients in CO, DE, FL, MD, VT, VA, & OR.

Please remember that our goal is to make this process effective and efficient. Please let us know if you have a concern or are confused about an aspect of our program. We are so glad to help.

Our website: www.safehavenhealth.co
Our email is support@safehavenhealth.co.

We will get back in contact with you as soon as possible!

Thank You!



Safe Haven
Health