



## At-Home Ketamine Therapy

### Pricing & Program Overview

**TrueNorth Psychiatric** offers at-home sublingual ketamine therapy for eligible patients seeking relief from depression, anxiety, and trauma-related symptoms. Treatment is provided under the care of **Becky Blackwell, MSN, APRN, FNP-C, PMHNP-BC**.

This program is designed for patients who are clinically appropriate, stable, and able to safely self-administer medication in a home setting. Education, guidance, and access to your provider for medication-related questions are included. Clinical visits for assessment, follow-up, and integration are billed separately through insurance or our self-pay packages.

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### Medication Options

#### Sublingual Ketamine Troches

*(approximately 7-14 weeks' supply, depending on dose and frequency)*

Each troche is individually dosed based on your treatment plan. Duration of each fill varies according to your prescribed dosing schedule.

| Option              | Description   | Price |
|---------------------|---|-------|
| Ketamine Only       | sublingual ketamine troches, including provider education, dosing guidance, and access for medication-related questions between visits  | \$400 |
| Ketamine + Oxytocin | sublingual ketamine troches compounded with oxytocin to support mood, relaxation, and emotional connection. Includes provider education, dosing guidance, and access for questions* | \$500 |

\*Ketamine + Oxytocin is available only in select markets due to pharmacy licensing. Please contact the office to confirm availability.

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### What's Included

- Medication dispensing and coordination through a licensed compounding pharmacy
- Education on safe administration, dosing, and response tracking

- Access to Becky Blackwell for medication-related questions during the dosing period
- Coordination with therapy and/or medication management visits (billed separately through insurance or our self-pay packages)

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## **Safety & Support**

- Medication is prescribed only after a comprehensive evaluation and clinical clearance
- Patients must follow individualized dosing and safety guidelines
- Ongoing support is available for dose adjustments, questions, and care coordination

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## **Refill Timeline**

Each troche fill typically lasts **7–14 weeks**, depending on your individualized dosing schedule. Refills require clinical check-ins to ensure safety, effectiveness, and continued appropriateness of treatment.

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## **Important Notes**

- Clinical visits for evaluation, follow-up, and integration are billed through insurance or our self-pay packages and are not included in medication pricing
- Pricing may be adjusted in response to pharmacy or compounding cost changes
- Payment is due at the time of medication order
- Cash-pay package options (visits + medication) are available upon request
- Payment plans are available through **Benefits**; please contact the office for details

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## **TrueNorth Psychiatric**

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