



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.

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.

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.

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 **Denefits**; please contact the office for details
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TrueNorth Psychiatric

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