

GROUP KETAMINE THERAPY (GKT)

This is a unique program created by Dr. Oxley and the team at Michigan Progressive Health to provide a successful and affordable ketamine treatment option for the Detroit metro area. This program couples orally administered ketamine with lightly structured group therapy to help our patients create long lasting mood improvements. Ketamine is administered in the office twice a week with an escalating weight-based dose protocol.

CRITERIA:

- An eligible patient will have an established diagnosis of PTSD, TRD, MDD, or Bipolar I and II.
- The patient will need to provide records (such as their most recent office visit note) from their primary doctor or psychologist with this diagnosis.
- The patient's current physician or psychologist must be agreeable to ketamine therapy for treatment. This will be verified via phone call from our staff.

PROCESS:

- The patient will have an in-person office visit to determine eligibility and appropriateness of GKT. At this visit, consent paperwork, including this contract, will be signed.
- GKT consists of twice-weekly dosing session with a small group of ketamine treatment patients (4-8 people) along with an experienced therapist and clinic provider.
- Sessions will be on **Mondays and Thursdays from 10am-12pm**. Patients will need to arrive before 9:45 am to fill out mood scores before the session can begin.
- The entire treatment program consists of four weeks, eight total sessions.
- Each dosing session will start with vital signs and mood scores followed by oral ketamine administration, group discussion and then discharge.
- Patients will not be allowed to drive themselves home immediately following treatment. A patient may:
 1. Relax in the lobby for two hours and then drive home.
 2. Have a friend or loved one take them home.
 3. Take an Uber/Lyft/Taxi home.

FOLLOW UP:

- If ketamine treatment has been successful, patients will receive an RX for ketamine treatment to be taken twice a week at home.
- If the patient has had only minimal success, there will be one follow up office visit included in the program to determine if proceeding with IV is appropriate or if there are other treatment options.
- All patients that continue home ketamine treatment will need to have an office visit with the physician every three months.
- If ketamine treatment is successful, weaning of daily pre-existing medications will be arranged by the patient's primary physician.

COST:

- \$300 for the initial office evaluation.
- \$900 for the Group Ketamine Therapy program.
- On average the ketamine troches prescription for home use are \$60-\$80 a month.
- \$150 for follow up office visits every three months.
- If the patient leaves the treatment program early, no refunds will be made.
- Patients may make up two missed dosing sessions privately, no refunds for missed sessions.