



Paradigm Mental Health and v

A Shift in Mental Health Care



My Background

- As an t e o n t h e B H U
- P C U w i t h i n t h e e m e r g e n c y d e p a r t m e n t
- O u t p a t i e n t p s y c h i a t r y



The Growing Need for Something Different

- Recidivism in the emergency department and on the BHU
- Large organizations are slow to change
- Bureaucracy and fear of mental illness causes too many hoops to jump through



The Beginnings

- Partnering with my wife
- Opened in October, 2020, in the midst of COVID and immediately post-wildfire
- Strong support from community partners
- Values of being patient-centered, transparent, open-minded, accessible, and autonomous



Divergent Growth

- We are now a small team
- Two therapists are joining
- Intranasal esketamine for treatment resistant depression
- A physician is joining to expand our medication-assisted therapy treatments for substance use disorders
- We have an interest in alternative treatments that can build resiliency to protect against trauma and increase overall quality of life and wellness



Hurdles

- We are at capacity with 400+ patients already seen!
- We are pausing new psychiatry patients except urgent referrals
- Psychiatric providers are few are far between
- Call out to excellent providers!



In Conclusion

- We want to partner with community organizations
- Feel free to reach out to us!
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- Questions?