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## September/October 2025

Hello patients, colleagues and friends! Thank you for opening our newsletter. Hopefully you're able to enjoy some beautiful weather in the last days of summer. In addition to the change of seasons, I wanted to highlight that September is Suicide Prevention Month. It has been amazing to see the transformations that our patients have gone through over the past 2 years, but the most rewarding outcome to see has certainly been people who were able to overcome thoughts of self-harm. Suicide is always a tragedy that leaves a gaping hole in the communities and families that are left to mourn the lost. Very proud that we have become a practice where people can find help getting out of the dark pit of self-harm. Here are some local [resources](#) to share with those in your life that may need them.

[Read more here](#)

## Caspian Tern Brigantine Beach, NJ



## Ketamine for Postpartum Depression

Postpartum depression is an underrecognized mental health struggle among new mothers, affecting up to [one out of seven](#) after the arrival of the newborn. Although popular media focuses on the joy and wonder of having a baby, it can be a very destabilizing time for many people. One of the greatest risk factors for postpartum depression is pre-existing depression or depression that develops during the prenatal period. Here is an interesting [study](#) where researchers were able to reduce the likelihood of new mothers developing post-partum depression by 75% after administering a single ketamine injection immediately after delivery. While the study is preliminary, it's a hopeful sign that a terrible malady can not only be treated but successfully prevented with appropriate ketamine administration. I also wanted to share this [interview](#) with a new mother who found great relief from her postpartum depression through ketamine infusions. You can listen to the whole interview [here](#) on *The Real Stuff with Lucie Fink* podcast.

[Read more here](#)

## Why wear an eye mask?

If you've done a treatment with us or been a caregiver for someone who was receiving them, you're aware that we encourage everyone to wear an eye mask to put themselves in darkness during the infusions/injections. While eye masks have become routine and an accepted part of the [Montreal Method](#), as described in the previous newsletter, many wonder whether it is absolutely necessary or whether it's actually contributing to the experience. This recent [study](#) in *Frontiers in Psychiatry* showed that while depression outcomes were similar in the masked and nonmasked participants who received ketamine infusion, the masked patients reported that in conjunction with music and a brief mindfulness exercise, the "eye mask made the experience more meaningful and emotionally rich for many." While not strictly necessary, it seems like eye masks can make the treatment experience more easily tolerated and visually interesting. Additionally, the study found that the patients receiving eye mask/music/mindfulness interventions did not see their blood pressure elevate during the infusions to the same degree as those in the non-intervention arm of the study. To me, this sounds like more relaxed journeys with the masks on. Eye masks and music will remain optional but recommended!

## Ketamine in the News:

### Ketamine for Adolescents:

As we are in Suicide Prevention Month, I wanted to share the following [USA Today article](#) about ketamine therapy for teenagers. Although a recent [federal study](#) showed that the teen suicide rate has declined over the past two years, the fact remains that over 700,000 adolescents attempted suicide in 2024. First-line treatment for adolescents diagnosed with both major depression and post-traumatic stress disorder is often an SSRI antidepressant. Unfortunately, starting an SSRI has been associated with an [increased risk of suicidal thoughts and behavior](#) in this population. Because of this, many families are left wondering which intervention is most likely to helpful without raising the risk for self-harm. Although ketamine is not currently FDA-approved for youths, we know that ketamine has been safely administered in pediatric anesthesia for over 40 years, and at higher doses than we would administer at our clinic. The article presents both sides of the case for ketamine in this population, but we are happy to work with young patients at Mindstream Medicine. I've found that young people are not as tied to reality as older patients, so they transition more easily into a psychedelic experience.

### Palliative Care Ketamine Treatment:

Here's an [article](#) about a University of Rochester clinic that has devoted itself to working people with terminal diagnoses and those requiring end-of-life care. This is an underserved population, and one where even 1-2 treatments can make a profound difference in their attitude towards mortality. Hopefully, word will continue to spread about how helpful ketamine infusions can be for people who want to face their diagnosis and find peace.

## Announcements:

Great news! We are in the process of hiring a third nurse, Lindsay, to work part-time at our clinic. Lindsay is a tremendous and compassionate nurse with a background of working in the ICU, but I had the pleasure of working together with her for 6 years at Urgent Care. She will be a wonderful addition to our treatment team. Hopefully, this will mean that we can offer 3 days a week for infusions rather than our normal 2. This should make scheduling easier for all of us. Please reach out if you would like to schedule a booster!

[Check out our Google reviews!](#)

