



### May/June 2026

Hello patients, colleagues and friends! Thanks for opening our newsletter, I hope it finds you well. Just wanted to take the opportunity to share some recent developments in the world of ketamine for mental health and wellness including broad institutional approval in France for treatment of suicidality and new research about a common medication that may extend the duration of benefits after a ketamine infusion. Cheers to the beginning of summer-

## Great Egret Raccoon Creek, NJ



### Vive la France!

As said above, France has become the first country in the world to authorize the use of IV ketamine in response to suicidal crisis. This does not represent a pilot program or an intervention within one institution, it's a broad national recognition that the evidence exists that ketamine should be a first-line treatment for a patient who presents at the hospital with acute thoughts of self-harm.

While the FDA approved Spravato for treatment-resistant depression in 2019, it has yet to approve of any form of ketamine (or any other medication, for that matter) for acute suicidality. This is despite the fact that IV ketamine has been shown to work more rapidly and effectively than the nasal spray.

[Read more here](#)

### Ketamine and Depression: More Evidence That It's Effective!

While practitioners in this country who administer IV ketamine for mental health struggles continue to do so without the approval of the Food and Drug Administration, evidence continues to mount that it is a safe, rapid and effective intervention for depression and suicidality. Earlier this month, *JAMA Psychiatry* published a systematic review of 26 IV ketamine studies including 1166 patients. The conclusions of the analysis were that ketamine is a safe (no attributable deaths or persistent adverse effects) and rapid (within hours of administration) intervention for major depression.

## Ketamine in the News:

### Ketamine and Buprenorphine: An Extending Effect

While mental health practitioners have largely reached a consensus that IV ketamine is an effective intervention for suicidal ideation, the search is on to find additional medications that can be combined with ketamine to extend the duration of these effects. In a recent study performed at Stanford University and published in *The American Journal of Psychiatry*, researchers found that by doing adding a month of low-dose oral buprenorphine after a single IV ketamine treatment, they were able to significantly extend the anti-suicidality effect of the ketamine infusion.

Buprenorphine is a synthetic opioid that is prescribed for acute and chronic pain. It is also used in the treatment of opioid dependence where it is used to substitute for more potent opioids such as heroin, similar to the way that methodone is used.

An interesting aspect of the study was that adding buprenorphine specifically extended the anti-suicidal effects of the ketamine infusion, but did not extend the overall antidepressant effects of the medicine. This is the first study to show this split, leaving room for further exploration of whether there are at least two distinct mechanisms for how ketamine works in the brain of someone struggling with depression.

## Announcements:

Did you have a positive experience receiving ketamine therapy with us? Please write us a Google review as it helps other patients to find us. We will be closed from June 29th until July 4th for summer holidays. Please reach out to schedule your booster!

[Check out our Google reviews!](#)



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