

MENTAL HEALTH & NERVOUS SYSTEM STABILIZATION INTENSIVE

OCD • ADHD • NERVOUS SYSTEM DYSREGULATION • MEDICATION DEPRESCRIBING & STABILIZATION

A STRUCTURED, HIGH-SUPPORT, PSYCHIATRIC PROGRAM DESIGNED TO HELP YOU STABILIZE, UNDERSTAND YOUR SYMPTOMS, AND BUILD LONG-TERM REGULATION.

A SUPPORTIVE, STRUCTURED PATH TOWARD RELIEF

THIS MENTAL HEALTH INTENSIVE PROVIDES A STRUCTURED, HIGH-SUPPORT PATHWAY FOR CLIENTS EXPERIENCING OCD SYMPTOMS, INTRUSIVE THOUGHTS, ADHD OVERWHELM, EMOTIONAL DYSREGULATION, OR NERVOUS SYSTEM ACTIVATION.

THE GOAL OF THIS PROGRAM IS TO HELP YOU STABILIZE YOUR SYMPTOMS, REGULATE YOUR NERVOUS SYSTEM, OPTIMIZE MEDICATIONS, AND BUILD THE FOUNDATION NEEDED FOR DEEPER THERAPEUTIC WORK.

SOME CLIENTS USE THIS PROGRAM AS A STANDALONE STABILIZATION PHASE, WHILE OTHERS COMPLETE IT TO BECOME MORE REGULATED, RESOURCED, AND SUPPORTED BEFORE, DURING, OR AFTER PARTICIPATING IN IOP OR OTHER THERAPY PROGRAMS.

THIS IS A COLLABORATIVE, EVIDENCE-INFORMED APPROACH DESIGNED TO MEET YOU EXACTLY WHERE YOU ARE AND SUPPORT THE NEXT RIGHT STEP IN YOUR TREATMENT.

WHAT THE PROGRAM INCLUDES

1. 50-MINUTE WEEKLY PSYCHIATRIC SESSIONS

- STABILIZATION-FOCUSED PSYCHIATRIC CARE
- OCD/ADHD/ANXIETY THERAPEUTIC SUPPORT
- SLEEP & CIRCADIAN RHYTHM REGULATION
- NERVOUS SYSTEM STABILIZATION STRATEGIES
- GENTLE DEPRESCRIBING WHEN APPROPRIATE
- MEDICATION OPTIMIZATION THROUGHOUT THE PROGRAM

2. PRECISION MEDICINE REVIEW

- FULL GENE^{SIGHT} INTERPRETATION & INTEGRATION (IF CLIENT ELECTS TO ORDER)
- MEDICATION SENSITIVITY ASSESSMENT
- PERSONALIZED DEPRESCRIBING BLUEPRINT IF INDICATED
- GENTLE, EVIDENCE-BASED SUPPLEMENT RECOMMENDATIONS
- LAB REVIEW FOR NUTRITIONAL OR HORMONAL CONTRIBUTORS

NO GUESSING. NO TRIAL-AND-ERROR. JUST TARGETED, INTENTIONAL CARE.

3. PRIORITY SCHEDULING

- GUARANTEED APPOINTMENT TIME EACH WEEK
- PRIORITY ACCESS OVER NON-PROGRAM CLIENTS
- OPTION TO KEEP A CONSISTENT TIME OR FLEX AS NEEDED
- NO FEE FOR NEEDING TO RESCHEDULE (RESCHEDULE MUST BE IN THE SAME WEEK AND AS AVAILABILITY ALLOWS)

4. PRIORITY MESSAGING SUPPORT

- MEDICATION QUESTIONS
 - SIDE-EFFECT UPDATES
 - SYMPTOM CHANGES
 - REGULATION SUPPORT
 - CARE COORDINATION NEEDS
 - RESPONSE TIME: 24 - 48 HOURS
- (NOT FOR EMERGENCIES — USE 911/988 FOR ANY URGENT SAFETY CONCERN.)

5. PARENT COLLABORATION (IF APPLICABLE)

- ONE 30-MINUTE PARENT SESSION PER MONTH INCLUDED (WITH ROI)
- ADDITIONAL SESSIONS AVAILABLE AT \$50 PER 20 MINUTES

6. CARE COORDINATION & TRANSITION PLANNING

- COLLABORATION WITH THERAPISTS (WITH CONSENT)
- IOP/PHP COORDINATION IF NEEDED
- SYMPTOM TRACKING & PROGRESS MONITORING
- FINAL TREATMENT SUMMARY
- DISCOUNTED MEMBERSHIP TRANSITION FOR 3 MONTHS FOLLOWING INTENSIVE
- CLEAR TRANSITION INTO ONGOING MONTHLY CARE

WHO THIS PROGRAM IS IDEAL FOR

THIS PROGRAM IS IDEAL FOR CLIENTS WHO:

- EXPERIENCE INTRUSIVE THOUGHTS, COMPULSIONS, OR RUMINATION
- STRUGGLE WITH EMOTIONAL OVERWHELM, SHUTDOWN, OR IRRITABILITY
- HAVE ADHD SYMPTOMS IMPACTING FUNCTIONING OR IDENTITY
- FEEL STUCK DESPITE THERAPY OR STANDARD PSYCHIATRIC CARE
- HAVE MEDICATION SENSITIVITY OR MULTIPLE FAILED TRIALS
- EXPERIENCE NERVOUS SYSTEM ACTIVATION (RACING THOUGHTS, CHECKING, PANIC, INSOMNIA)
- DESIRE FREQUENT CHECK-INS AND COMMUNICATION WITH PROVIDER
- NEED MORE STRUCTURE THAN MONTHLY APPOINTMENTS CAN PROVIDE
- ARE PREPARING FOR, PARTICIPATING IN, OR STEPPING DOWN FROM IOP OR OTHER THERAPY PROGRAMS AND NEED COORDINATED PSYCHIATRIC SUPPORT

PROGRAM INVESTMENT

WEEKLY PLAN OPTIONS

12 WEEKS - \$2,488

8 WEEKS - \$1688

(PAID IN FULL, MONTHLY, OR BIWEEKLY)

GENESIGHT TESTING AND ANY LAB WORK ARE BILLED SEPARATELY BY THE RESPECTIVE COMPANIES AND ARE NOT INCLUDED IN THE PROGRAM FEE.

CONTINUED SUPPORT AFTER THE INTENSIVE OUR HEALING DOESN'T END AT WEEK 8 OR 12.

AS A THANK-YOU FOR COMPLETING THE PROGRAM, YOU'LL RECEIVE A **DISCOUNTED MEMBERSHIP RATE** FOR THE 3 MONTHS FOLLOWING YOUR INTENSIVE AS A CONTINUATION OF THE CARE AND MOMENTUM BUILT DURING THE INTENSIVE.

SPECIFIC PRICING AND FOLLOW-UP OPTIONS WILL BE DISCUSSED WITH YOU DURING THE FINAL WEEKS OF YOUR PROGRAM.

YOU DESERVE CARE THAT FEELS CALMING, PERSONALIZED, AND SUPPORTIVE
THIS PROGRAM IS INTENTIONALLY DESIGNED TO HELP YOU FEEL:

SAFE
UNDERSTOOD
SUPPORTED
GUIDED
STEADY
REGULATED
HOPEFUL
READY FOR RECOVERY

IF YOU'RE FACING OCD, ANXIETY, OR MEDICATION OVERWHELM, YOU DO NOT HAVE TO GO THROUGH THIS ALONE.
WE'RE HERE TO HELP YOU STABILIZE, BREATHE AGAIN, AND MOVE FORWARD.

BEYOND THE STIGMA AZ, PLLC | JENNIFER MARTIN, PMHNP-BC

