

# Your Peer Treatment Monitor Toolkit

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# About the Peer Treatment Monitor (PTM) role

Mindbloom's approach to care puts your wellbeing at the center. This is why each session includes a Peer Treatment Monitor—a trusted friend, neighbor, or loved one who remains nearby in your living space while you stay fully present in your experience.

## Why they're a part of our program protocol

Having a Peer Treatment Monitor is a simple measure that helps create a calm, focused environment during your sessions. Their presence allows you to feel safe, knowing someone is available if you ever need them.

CORE FUNCTIONS

Peace of mind

Supportive presence

Calm environment

Safety measure



# What does a Peer Treatment Monitor do?

Your PTM is a trusted adult (18+ years old) who is physically present on site during your treatment sessions. They do not need to be located in your private treatment space, just nearby within earshot.

Here are a few things they'll do:

- Help create a safe, comfortable, and distraction-free environment so you can fully focus inward during treatment
- Know the safety protocols and expectations, visually checking in every 15 minutes
- Be a positive, supportive presence if anything challenging arises for you throughout your session
- Help you if you're feeling a bit unsteady post-session
- In more serious, but very rare edge cases, your PTM will contact your Mindbloom guide directly for additional assistance

You'll need a Peer Treatment Monitor for about 3 hours during your first session, and just 1.5 hours for the rest of the program. This is due to the fully-guided nature of Session 1, where they will briefly meet and exchange numbers with your guide during the preparation call.

# Who can be a Peer Treatment Monitor?

- A trusted friend
- A family member
- A supportive neighbor or acquaintance

Some clients also value 3rd-party options like CareLinx or Care.com. These services are relatively inexpensive (around \$20–\$40/hr), offer background-checked professionals, and have 1000+ excellent reviews.

[Learn how to access professional services](#)

## Flexibility matters

You can always choose someone else if your Peer Treatment Monitor's availability changes or you'd prefer a different person for this role. And if you can't find someone in time, you can reschedule your session or reach out to Mindbloom Support for additional guidance.

## If in doubt, just ask

We recognize it might not feel easy to ask someone to fill this role, even if your Peer Treatment Monitor cares about you and supports your healing. Perhaps you fear judgement, are bracing yourself for questions, or don't have an obvious choice. The hardest part is simply asking. You may be surprised that people in your life are willing to help when they know what's needed and what it means to you.

Clients who were initially hesitant tell us having a Peer Treatment Monitor nearby gave them ample privacy while also providing peace of mind—which is precisely by design.

# Peer Treatment Monitor outreach templates

Not sure how approach the ask itself? These templates are a great starting point for introducing the role, specifying time commitments, and addressing any curiosity others might have about Mindbloom. We encourage you to tailor them as you see fit.

## Email

Hi [NAME],

I'm starting a therapeutic program with Mindbloom that involves guided, at-home ketamine treatment. For each session, I'll need a Peer Treatment Monitor—someone who can be physically present for about 3 hours for the first one and just 1.5 for the rest.

It's simple: you'd be on site, visually check in about every 15 minutes, and only step in if needed. Otherwise, you can relax, read, or do your own thing.

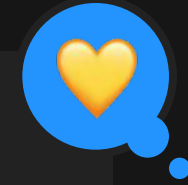
If you're curious, I'd be glad to share more about Mindbloom and the treatment. Here are some resources if you'd like to learn more:

- [About Mindbloom](#)
- [Peer Treatment Monitor Guide](#)

Would you feel comfortable being my Peer Treatment Monitor for my upcoming session? It would mean a lot to me.



## Text message



Hi [Name], I'm starting a therapeutic program with Mindbloom that involves guided, at-home ketamine treatment. For each session, I'll need a Peer Treatment Monitor—someone physically on site in my home who can check in every 15 minutes. It's simple, and you can mostly do your own thing while I focus on my medicine experience. If you'd like more info, here's a quick overview: [bit.ly/PTMToolkit](https://bit.ly/PTMToolkit). If you feel comfortable, it would mean a lot to me.

Of course! I'd be happy to support you. Let me know when you're planning to do your session. I'm around this Saturday and most week nights.

# Peer Treatment Monitor conversation guide

Inviting someone to be your Peer Treatment Monitor can feel like a big ask, but most people are more open than clients expect. Here’s a simple way to start the conversation, along with warm responses if questions or concerns come up.

## How to ask

“I’m starting a therapeutic program with Mindbloom that involves guided, at-home ketamine treatment. For each session, I’ll need a Peer Treatment Monitor—someone who’s nearby in my home and visually checks in every 15 minutes or so. It’s really simple, and you’ll get clear instructions. Would you feel comfortable being that person for me?”

## If they have concerns

“I don’t want to intrude.”

“You wouldn’t be intruding—you don’t need to sit in the same room or watch me. Just being nearby gives me peace of mind.”

“That sounds really personal, are you sure I need to be there?”

“Yup, it’s actually a part of the program protocol. You don’t need to sit in the same room or watch me. You just need to be nearby and visually check in every 15 minutes or so, letting me focus on the experience.”

If they have concerns

“I don’t know, what if something goes wrong.”

“This is actually pretty rare, and you won’t be on your own. Mindbloom gives clear, simple instructions, I have a dedicated guide you can text, and their support team is always available for extra help.”


“I’m not sure about ketamine — is it safe?”

“That’s a good question. Ketamine has been FDA-approved for decades, and in this program it’s prescribed in carefully controlled, lower doses by licensed clinicians. The whole process is designed to be safe and supported.”

 [Read more about ketamine safety here.](#)

“What are the sessions actually like?”

“They’re very intentional and therapeutic—with prep content beforehand, a deep, immersive medicine experience, and reflective journaling right after. I’ll be lying down [in my bed/on my couch] with an eye-mask and headphones on to fully focus inward and block out any distractions. I also have a guide who helps me make sense of any insights that came up and plan how to apply them to daily life. Together with the medicine, it’s how I can rewire my pathways and actually heal at the root!

 [Here's more about the science](#) if you're interested.



If they have concerns

“Is Mindbloom legitimate?”

“Yes. Mindbloom is the largest provider of guided at-home ketamine therapy in the U.S. They’ve supported over 700,000 sessions and even published 2 peer-reviewed clinical studies. One demonstrated 89% symptom improvement in anxiety and depression”

 [Read more about outcomes here.](#)

“Couldn’t ketamine be addictive?”

“That’s a thoughtful concern. In recreational misuse, the risk is higher—but in therapeutic use like this, it’s low-dose, closely monitored, and not considered physically addictive. Mindbloom’s clinicians proactively screen and monitor to ensure safety.”

Reassurance

“Most Peer Treatment Monitors find the role to be simple but meaningful. You’d just be nearby, checking in every so often, and giving me peace of mind knowing I’m not alone.”