

Your Peer Treatment Monitor Toolkit

Being a Peer Treatment Monitor (PTM) for someone you care about

If a Mindbloom client has asked you to be their Peer Treatment Monitor, know that this simple yet deeply meaningful role can help make a world of difference in their healing journey.

What's involved?

As a Peer Treatment Monitor, you'll:

- Be present in the client's home for the duration of each session—reserve about 3 hours for Session 1 and just 1.5 hours for the sessions that follow.
- Help the client cultivate a calm, distraction-free environment so they can fully focus on their experience.
- Visually check in a few times while allowing them privacy. Most clients prefer to be in their own space while you stay nearby within voice range.
- Step in only if needed, following the simple instructions we provide. Know that these are rare edge cases.

Why your presence matters

You being there offers reassurance. For some, that comes from a familiar face. For others, it's the peace of mind that someone trustworthy is simply there, allowing them to fully focus on their journey and get the most out of this program.

You're not on your own

This role doesn't require you to guide, intervene, or supervise the session, just to create a safe and supported space.

The Mindbloom Care Team is a text or call away should you need additional assistance.

Science-backed healing for *real* breakthroughs

Ketamine has been used safely for more than 50 years and is one of the most studied psychedelic medicines for mental health. At carefully controlled doses in therapeutic settings, it increases neuroplasticity, the brain's ability to form new and healthier connections. This helps people move beyond thought patterns and emotions linked to depression, anxiety, and trauma—and make real and lasting changes. Mindbloom's program is:



Legal and compliant



Clinician-prescribed and guided



Supported by peer-reviewed, published research that demonstrates superior outcomes

With over 750,000 sessions facilitated, Mindbloom is the #1 at-home ketamine provider. Our approach combines a science-backed program, proactive support, and mindful technology to help clients heal, reconnect, and thrive. We love client transformation stories, and if someone has asked you to be their PTM, you might just get to be a part of theirs.

● CLINICAL OUTCOMES

89%

reported improvements in symptoms of anxiety and depression after 4 sessions

<5%

reported any side effects

62%

who reported suicidal ideation at baseline no longer reported any after 4 sessions