



THRIVE

Flourish without restrictions

WELCOME



Hi There!

Welcome to Thrive Center for Health, your premier ketamine infusion clinic in Grand Rapids, Michigan. Our dedicated team is committed to providing compassionate and inspiring care, meeting you where you are in your healing process. With a genuine dedication to better patient care and experiences, we create an authentic and approachable environment. We look forward to supporting you on your journey to improved well-being and helping you thrive.

Let's do this!

- TEAM THRIVE



Thrive's Core Values

Delivering alternative treatments to ease human suffering through integrative care.



Compassionate

We meet patients where they are in their healing process and provide empathetic care.



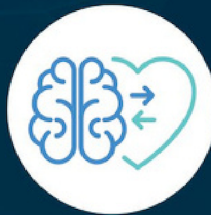
Approachable

We actively listen to both our patients and coworkers, and are open to communication.



Inspiring

We inspire each other and our patients to keep going.



Dedicated

We love what we do, and are all here to provide better patient care/experiences.



Authentic

We are each truly ourselves and allow others to do the same.

Meet Your Team



Celeste Kreger, MSN, CRNA

Celeste Kreger is a Certified Registered Nurse Anesthesiologist. She received her BSN from Ferris State University and her MSN from Case Western Reserve University. Prior to graduate study, her 5 years of nursing experience included general medical, post anesthesia care and critical care. Celeste has been published in Nursing Journal, Journal of Neuroscience Nursing and Nursing Management.

Celeste has been a ketamine provider with Thrive Center for Health since 2018. She is a member of The American Society of Ketamine Physicians, Psychotherapists, and Practitioners (ASKP3). Her ketamine educational training includes annual ASKP3 conferences and ongoing continuing education.

Their mutual goal of providing outstanding care and compassion for all patients led to the desire to work together in caring for patients who could benefit from ketamine therapy. Celeste's background as a bedside nurse and as an anesthesia nurse have provided her with a unique perspective on caring for patients.

In addition to working with Thrive Center for Health, Celeste also provides anesthesia in outpatient and office-based settings.

Meet Your Team



**Melissa Kreger,
Business Manager**

Melissa graduated from Michigan State in May of 2022, since then she has taken on the role as Thrives business manager. Thrive means a lot to her, getting mental health care to those who need it most has proven to be a strong passion of hers. Joining the Thrive team has allowed Melissa to grow in the space of mental health and she is elated to be here, and be an advocate for everyone. Her fun fact is that she played 10 years of travel softball while growing up.



**Katelyn Beamer,
Administrative Assistant**

Katelyn has been working at Thrive since 2019, she enjoys the patients and fellow co-workers. Her passion is helping others, and being a guide for them during their treatments. She has prided herself in being a strong mental health advocate, in hopes of diminishing the stigma surrounding it. Her fun fact is that she has a cat named Aurora, and her favorite place is Puerto Vallarta.

Meet Your Team



**Erika Hall,
RN**

Erika has been a nurse for eight years, and started in the clinic in 2022. She loves lending support to individuals as they navigate their unique circumstances. She joined the clinic to continue making a positive impact on people's lives. Her fun fact is that she recently learned to scuba dive!



**Kim Mead,
RN**

Kim has been a nurse for 22 years, and she started working at the clinic in 2022. She enjoys working at the clinic because she has a passion for helping people live a healthier life, and she enjoys the difference she is making in others lives at the clinic. Her fun fact is that she's the youngest of 7, and she grew up in Ohio, and she loves to travel.

Meet Your Team



**Brooke,
RN**

She has been a nurse for 10 years, previously working inpatient psych and is a board-certified rehabilitation nurse with a specialty in spinal cord injuries. Brooke loves the welcoming and calming environment that Thrive provides and she adores her amazing coworkers. A random fun fact about her is that she loves cats and conspiracy theories.



**Allie,
RN**

Allie has been a nurse for 10 years. Her favorite part of working at Thrive is the teamwork among the staff and watching the personal progress the patients are making. Her fun fact is that she wanted to be a marine biologist growing up!

WHAT TO EXPECT

FROM YOUR KETAMINE TREATMENT

- ▶ **HOW TO PREPARE FOR YOUR KETAMINE INFUSION**
- ▶ **WHAT TO EXPECT DURING THE INFUSION**
- ▶ **WHAT HAPPENS AFTER THE INFUSION**
- ▶ **HOW TO KEEP KETAMINE WORKING FOR YOU**



HOW TO PREPARE

FOR YOUR KETAMINE TREATMENT

PLEASE ARRIVE ON TIME. WE ASK THAT AT EACH INFUSION, YOU FILL OUT A BRIEF SURVEY TO LET US KNOW HOW YOU ARE FEELING.

YOU WILL NEED TO HAVE SOMEONE DRIVE YOU HOME AT EACH VISIT. THEY DO NOT NEED TO STAY WITH YOU DURING YOUR INFUSION UNLESS YOU WOULD LIKE HIM/HER TO DO SO. IT IS ADVISABLE THAT IF THIS PERSON DOES STAY IN THE ROOM WITH YOU, THEY SHOULD NOT BE DISRUPTIVE DURING YOUR INFUSION.

PLEASE DO NOT EAT FOR 4 HOURS BEFORE YOUR APPOINTMENT. YOU MAY HAVE CLEAR LIQUIDS (WATER, APPLE JUICE, TEA, BLACK COFFEE) UNTIL 2 HOURS BEFORE YOUR APPOINTMENT. IF YOU HAVE EATEN, YOU WILL BE ASKED TO RESCHEDULE. THESE GUIDELINES ARE FOR YOUR SAFETY. KETAMINE IS AN ANESTHETIC DRUG AND CAN CAUSE NAUSEA AND VOMITING.

WEAR LOOSE-FITTING COMFORTABLE CLOTHING.

WE WANT TO MAKE THE INFUSION AS RELAXING AS POSSIBLE. WE OFFER BLANKETS, PILLOWS, AND MUSIC FOR YOUR COMFORT. YOU MAY BRING YOUR OWN IF YOU CHOOSE. SOME PATIENTS PREFER TO BRING EARBUDS. THE LIGHTS WILL BE DIMMED DURING THE INFUSION TO CREATE A RELAXED ATMOSPHERE.

WE ASK THAT YOU DO NOT USE YOUR PHONE FOR SOCIAL MEDIA DURING THE INFUSION.



WHAT TO EXPECT

DURING YOUR KETAMINE INFUSION

BEFORE THE INFUSION, YOU WILL HAVE YOUR VITAL SIGNS (BLOOD PRESSURE, HEART RATE, OXYGEN LEVEL, ETC) CHECKED. THESE WILL CONTINUE TO BE MONITORED DURING THE INFUSION.

A SMALL IV WILL BE PLACED IN YOUR HAND OR ARM. THIS IS HOW THE MEDICATION WILL BE ADMINISTERED.

THE INFUSION WILL LAST FOR 40 MINUTES. USUALLY, PATIENTS DO NOT FEEL ANYTHING FOR THE FIRST 5-10 MINUTES. THAT IS NORMAL. ****FOR PATIENTS BEING TREATED FOR MIGRAINE, FIBROMYALGIA, CRPS, AND CHRONIC PAIN, THE INFUSION WILL LAST FOR 4 HOURS****

EVERYONE HAS A DIFFERENT EXPERIENCE DURING HIS/HER KETAMINE INFUSION. SOME PEOPLE DESCRIBE FEELINGS OF RELAXATION, "FLOATING", SEEING VIVID COLORS, BLURRED VISION OR EXPERIENCING A DREAM-LIKE STATE (DISSOCIATION). SOMETIMES THESE DREAMS MAY BE INTENSE AND CAUSE A VARIETY OF EMOTIONS INCLUDING LAUGHTER OR CRYING. TYPICALLY PATIENTS DO NOT GET TRUE HALLUCINATIONS OR A PSYCHEDELIC STATE. YOU SHOULD NOT BE SO PROFOUNDLY IMPAIRED THAT YOU ARE UNABLE TO INTERACT WITH THE PROVIDERS (RN, CRNA, MD).

SOME PATIENTS CAN HAVE SHORT TERM SIDE EFFECTS INCLUDING A RAPID HEART RATE, INCREASED BLOOD PRESSURE, NAUSEA OR VOMITING. WE HAVE MEDICATIONS IN THE OFFICE AVAILABLE TO TREAT THESE IF NECESSARY.

ONCE THE INFUSION IS COMPLETE, YOU WILL RECOVER FOR 15-20 MINUTES IN THE OFFICE. AT FIRST, YOU MAY FEEL DIZZY. YOU WILL GRADUALLY BECOME MORE AWARE AND YOUR THINKING WILL BECOME MORE CLEAR. WE HAVE SNACKS, WATER, AND JUICE AVAILABLE FOR YOU FOLLOWING YOUR INFUSION.



WHAT HAPPENS AFTER

YOUR KETAMINE INFUSION

MOST PATIENTS FEEL BACK TO HOW THEY WERE FEELING BEFORE THE INFUSION WITHIN SEVERAL HOURS. SOME PATIENTS ARE FATIGUED, BUT OTHERS ARE ENERGIZED. WE RECOMMEND THAT YOU DO NOT DO ANY STRENUOUS ACTIVITY ON THE DAY OF YOUR INFUSION. YOU MAY DO LIGHT ACTIVITY AS TOLERATED. SOME PATIENTS CHOOSE TO NAP, BUT DO NOT SLEEP ALL DAY FOLLOWING THE INFUSION SO AS NOT TO DISRUPT YOUR SLEEP CYCLE AT NIGHT.

YOU SHOULD NOT DRIVE A CAR, OPERATE HEAVY MACHINERY, OR MAKE LEGAL DECISIONS FOLLOWING YOUR KETAMINE INFUSION.

SOME PEOPLE FEEL FATIGUED ON THE DAY AFTER THE INFUSION. OTHERS MAY FEEL IRRITABLE OR ANXIOUS. THIS IS OK AND NOT AN INDICATOR IF KETAMINE IS OR IS NOT WORKING.

IF YOU FEEL AN IMPROVEMENT IN YOUR MOOD FOLLOWING THE INFUSION THAT IS GREAT! IF YOU DO NOT FEEL ANY CHANGE, DO NOT BE DISCOURAGED. WE ARE FINDING OUT NEW INFORMATION DAILY ABOUT HOW KETAMINE WORKS TO HELP TREAT MOOD DISORDERS AND PAIN. SOMETIMES FRIENDS AND FAMILY MEMBERS WILL NOTICE A CHANGE BEFORE YOU DO. THE DOCTOR INDIVIDUALIZES EACH TREATMENT PLAN.

FOR PAIN PATIENTS, IF YOU FEEL AN IMPROVEMENT IN YOUR PAIN THAT IS GREAT! IT CAN BE DIFFICULT TO TELL IMMEDIATELY AFTER THE INFUSIONS IF YOUR PAIN HAS IMPROVED. SOME PATIENTS WILL ACTUALLY HAVE A PAIN FLAIR WITHIN THE WEEK FOLLOWING THE INFUSION. THIS DOES NOT TYPICALLY LAST MORE THAN A COUPLE OF DAYS. THE DOCTOR WILL TALK WITH YOU ABOUT HOW TO MANAGE THIS PAIN FLAIR.



HOW TO CAPITALIZE

ON YOUR PROGRESS WITH KETAMINE

THE TREATMENT OF MOOD DISORDERS AND PAIN REQUIRES A MULTIMODAL APPROACH. WE BELIEVE KETAMINE IS JUST ONE PIECE OF THE PUZZLE. THE DOCTOR WILL MAKE RECOMMENDATIONS AS PART OF YOUR KETAMINE TREATMENT PLAN.

KEEP THE POSITIVE FEELINGS GOING! EVERY DAY HAVE ONE POSITIVE THOUGHT TO “REBOOT” THE BRAIN WITH THESE NEW POSITIVE BRAIN SYNAPSES. AVOID RUMINATING NEGATIVE THOUGHTS.

REGULAR TALK THERAPY APPOINTMENTS WITH A COUNSELOR ARE BENEFICIAL TO PATIENTS WITH MOOD DISORDERS. KETAMINE AND TALK THERAPY WORK SYNERGISTICALLY. WE SEE GREATER IMPROVEMENT FOR LONGER WITH PATIENTS WHO HAVE REGULAR TALK THERAPY. IF YOU DO NOT HAVE A COUNSELOR AND WOULD LIKE SOME HELP IN FINDING ONE, PLEASE LET OUR OFFICE KNOW.

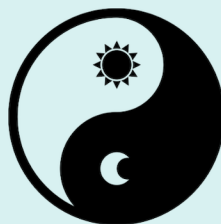
JOURNAL THE EXPERIENCES OF YOUR INFUSION AND CONSIDER SHARING THOSE WITH YOUR COUNSELOR OR THERAPIST.

VITAMIN THERAPY WITH OMEGA 3 FATTY ACIDS(FISH OIL), B VITAMINS, VITAMIN D, VITAMIN C, CALCIUM, MAGNESIUM, CO-Q10, AND ZINC MAY BE SOMETHING YOU REQUIRE. THIS TREATMENT, LIKE KETAMINE, WILL BE INDIVIDUALIZED TO EACH PATIENT.

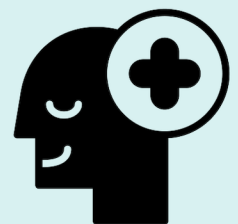
GET A GOOD NIGHT’S SLEEP. IF YOU NEED HELP WITH DEVELOPING A SLEEP ROUTINE AND SLEEPHYGIENE ASK US.



EXERCISE
REGULARLY



PRACTICE
MEDITATION



MAINTAIN
POSITIVE
RELATIONSHIPS*

* Sometimes this means establishing boundaries with people to avoid having them put negative thoughts and feelings in your mind.



THANK YOU!

Thank you for choosing Thrive! We're honored to be part of your wellness journey. Our team is dedicated to providing exceptional care and support, helping you thrive in all aspects of your life. If you have any questions or need assistance, we're here for you. Let's embark on this journey together and achieve your health goals. Welcome to Thrive!



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