

PRESS RELEASE

For Immediate Release | Jun 28, 2024

INTRODUCING:



West Eastern HEALTH

West Eastern Health Unveils its first innovative Mental Health and Wellness Optimization Center: Where Science meets Holistic Wellness.

Ponte Vedra, Florida — June 28th, 2004 — West Eastern Health is proud to announce the launch of its first center offering a groundbreaking approach to mental health and wellness. With a commitment to delivering cutting-edge treatments, such as evidence-based, time-restricted Ketamine-Assisted Psychotherapy (KAP), a revolutionary method designed to achieve maximum results for patients seeking comprehensive mental health care.

West Eastern Health recognizes the growing need for innovative solutions to address complex mental health challenges. Our Wellness Optimization Center is dedicated to providing personalized, evidence-based therapies that prioritize patient well-being and long-term recovery.

Innovative Treatment for Optimal Results

Time-restricted KAP combines the powerful effects of ketamine, a medicine with an established safety profile used in hospitals throughout the world. However, the scientific/medical community has more recently discovered that low-dose ketamine (meticulously timed with psychotherapy) has remarkable and fast-acting effects (within hours) to relieve depression. In addition to depression, this unique combination of low-dose ketamine and focused psychotherapy has been shown to offer rapid relief from symptoms of chronic pain, OCD, anxiety, PTSD, patients dealing with a cancer diagnosis and other mental health conditions. The approach is designed to maximize therapeutic outcomes by leveraging the neuroplastic effects of ketamine, allowing for more effective and enduring improvements in mental health.

Commitment to Patient-Centered Care

At the heart of West Eastern Health's philosophy is a commitment to patient-centered care. We offer a holistic and individualized approach, ensuring that each patient receives tailored treatment plans that address their specific needs and goals. The center's team of highly trained professionals, including psychiatrists, psychologists, therapists, nurses, research scientists and holistic practitioners work collaboratively to provide comprehensive support throughout the treatment process.

Expert Team and State-of-the-Art Facilities

West Eastern Health's Wellness Optimization Center is staffed by a team of experts with extensive experience in the field of mental health, neuroscience and holistic wellness. The center is equipped with state-of-the-art equipment, providing a safe, private and comfortable environment for patients to undergo treatment. With a focus on creating a supportive and healing atmosphere, the center is intentionally designed to promote optimal outcomes for all patients.

The Team



Aneel Paulus M.D. M.S.

Founder and CEO, Dr. Paulus is a distinguished physician-scientist and consultant with over 15 years of experience in translational oncology, clinical trials, and drug development from pre-clinical to early-stage clinical phases. After noticing dramatic mental improvements in patients that had undergone Ketamine therapy, Dr. Paulus felt inspired to provide a safe and knowledgeable center where all could have access to the new developments in ketamine therapy. West Eastern Health was born out of a desire to also enrich the wellness of his patients with a balanced holistic approach to mental health.



Julie Norman LPC-A

Julie Norman is a Licensed Professional Counselor and a certified Masters level EMDR practitioner, specializing in providing comprehensive mental health care. She works with patients receiving ketamine therapy, integrating a range of therapeutic approaches to tailor treatment to each individual's needs. Her therapeutic techniques include EMDR, talk therapy, mindfulness, outdoor therapy, somatic work, and VR exposures, ensuring a holistic and personalized approach to mental health care.



Dr. David Mathai

Dr. David Mathai is a board-certified psychiatrist and volunteer Assistant Professor at The Johns Hopkins University School of Medicine. He has advanced training as a behavioral pharmacologist and completed a postdoctoral research fellowship with the Johns Hopkins Center for Psychedelics and Consciousness Research. As a clinician, Dr. Mathai treats individuals with conditions such as depression, anxiety, and trauma, focusing on helping them cultivate deeper relationships with themselves and others.

Stop by our OPEN HOUSE

Saturday, July 13th

Open House Event

To celebrate the grand opening, West Eastern Health is hosting an open house on July 13th from 1-6 PM. The event will include a free introduction to breathwork with mini classes scheduled throughout the day, an opportunity to meet the staff, and a guided tour of our center. Snacks and refreshments provided. Attendees will also have the chance to participate in a raffle for a wellness package and other exciting prizes.

- Saturday, July 13th
- 1:00 pm - 6:00 pm
- 4210 Valley Ridge Blvd. Suite 101 Ponte Vedra, Florida 32081
- RSVP - Kortney Webb (904) 234-8288

How West Eastern Health stands apart



Safety Protocols

State of the art facility that utilizes AI to monitor our patients through the entire treatment. Followed by time sensitive psychotherapy to provide maximum results for our patients.



Private Setting

Nestled in the heart of Nocatee we provide a safe, comfortable setting that allows our patients to focus on their healing journey. Our center was professionally designed with your comfort in mind.



Dedication to Patients

Our team of doctors, nurses and psychotherapists are with you through every step of the process from your first consultation to your last psychotherapy session. Our goal is our patient's recovery.

About West Eastern Health

West Eastern Health is dedicated to advancing the field of mental health and wellness. With a mission to improve the quality of life for individuals facing mental health challenges, West Eastern Health offers a range of innovative treatments and services designed to meet the diverse needs of its patients. The launch of our first center marks a significant milestone in the organization's ongoing efforts to deliver exceptional care and support to the community.

Contact Information:

We would love to hear from you. Please reach out to us about our Open House event or for more information on how West Eastern Health is enriching lives in our community.

Kortney Webb

Community Outreach Coordinator

West Eastern Health

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