

# PARTNERING IN MENTAL HEALTH CARE

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Evidence-based ketamine  
therapy for complex cases



# ABOUT VITALITAS

When depression, PTSD, or other psychiatric conditions stop responding to standard treatments, patients can feel—and providers can share—the weight of despair. At Vitalitas, we are here to help carry that weight.

We are a physician-led clinic specializing exclusively in ketamine therapy. Our anesthesiologist team has over a decade of frontline experience delivering ketamine safely, with hospital-grade monitoring and patient-centered protocols.

Our mission is simple: to relieve suffering. We partner with therapists, psychiatrists, and primary care providers to expand options for patients in need—always grounded in safety, evidence, and collaboration.



# WHEN KETAMINE MAY BE APPROPRIATE



Ketamine is not a first-line treatment. But for select patients, it can provide profound relief where other approaches have fallen short.

## CONSIDER A REFERRAL WHEN:

- » Treatment-resistant depression has persisted despite multiple therapeutic trials.
- » PTSD or bipolar depression is impairing daily function despite standard care.
- » Patients remain unable to engage meaningfully in therapy due to overwhelming symptoms.
- » There is clinical urgency to reduce suicidal ideation or stabilize a high-risk patient.

Our role is not to replace your treatment plan, but to support it. We help patients find enough relief to re-engage in therapy, medication management, and daily life.

# REFERRAL PROCESS

We've built a referral system that's simple for you and transparent for your patients.



## **REFER**

Schedule a referral consult via email, phone, or Calendly.



## **EVALUATE**

Our physicians conduct a thorough consult and determine appropriateness.



## **TREAT**

Infusions are delivered at our clinic, with ongoing safety monitoring.



## **REPORT**

We provide updates and remain available for collaboration.

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## **Not sure if ketamine is appropriate?**

Schedule a 10-minute provider-to-provider call.

We'll review the patient's profile and provide guidance.

# CARE MODEL & INTEGRATION

At Vitalitas, we see ketamine therapy as part of a larger care picture, not a standalone cure.

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Ketamine can't solve everything. But it can open a window, offering relief enough for patients to breathe again, and for therapy to take root.

## **SAFETY FIRST.**

Every infusion is physician-administered and monitored with hospital-grade equipment.

## **EVIDENCE-BASED.**

Our dosing protocols are rooted in the latest peer-reviewed research.

## **COLLABORATIVE INTEGRATION.**

We encourage patients to continue psychotherapy and medication management with their existing providers, and we coordinate closely with therapists and psychiatrists.

## **PATIENT-CENTERED OUTCOMES.**

The goal is to reduce suffering enough that patients can return to their lives, relationships, and therapeutic work.

# CASE STUDY



“I’ve been doing ketamine treatment four or five years now, and I’ve been able to do pretty much anything I want. I celebrated my 67th birthday by climbing a fourteener. I did a few hundred miles of hiking this summer. I built a shop. I’m getting an online master’s degree in statistics to keep my brain from turning to mush. Overall, it’s been miraculous.”

**-CHARLES, AGE 67  
TREATMENT-RESISTANT DEPRESSION**



# REFER A PATIENT. BOOK A CONSULT. LEARN MORE.

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Book a 10-minute provider call with our physician team.



Visit [ketaminedenver.com](https://ketaminedenver.com) for protocols, FAQs, and resources.

Relieving suffering through safe,  
evidence-based ketamine care



**Dr. Eve Langston**

Dr. Eve Langston, owner and provider at Vitalitas Denver, earned her medical degree from Loyola University Chicago and completed her anesthesia residency at Harvard's Brigham and Women's Hospital. Since 2018, she has focused solely on ketamine infusion therapy for mental health and chronic pain as the lead physician at our Littleton clinic. She is a member of ASKP and ASA and founded the FIRE Foundation of Denver.



**Dr. Karthik Reddy**

Dr. Karthik "Tiki" Reddy completed his anesthesiology training and a cardiothoracic anesthesia fellowship at the Cleveland Clinic. After years providing anesthesia for complex cardiac surgeries in Denver, he has focused exclusively on ketamine infusion therapy since 2020 as the lead physician at Vitalitas Denver – Westminster. Outside of work, he enjoys traveling with family, cooking, studying World War II history, collecting vinyl, and learning guitar.

## **VITALITAS DENVER**

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