

PALMER

INSTITUTE

*Where Mental Health
Meets Metabolic Health*

SERVICES

Redefining Mental Health Care



At the Palmer Institute, we combine decades of clinical expertise in mental health with cutting-edge metabolic therapeutics to transform mental health care. By integrating evidence-based psychiatric and psychosocial treatments with advanced metabolic health interventions, we go beyond symptom management to address root causes and improve mental and physical health simultaneously—optimizing brain function, enhancing resilience, and fostering lasting recovery.

Our mission is to provide science-driven, team-based care for individuals across the full spectrum of mental health conditions, from mild symptoms to treatment-resistant illnesses. We deliver the right care at the right time, from holistic, whole-person approaches to in-depth assessments and intensive treatment programs, always with a focus on long-term well-being. While some improve quickly, others require ongoing support and personalized care. No matter where you are on your journey, we are committed to working with you every step of the way.

Unparalleled Clinical Expertise

Our team consists of **highly trained and experienced mental health professionals**, many of whom have trained and/or worked at **Ivy League universities and affiliated hospitals**. With decades of combined experience, our clinicians specialize in **a broad range of mental health conditions, holistic treatment approaches, and preventive strategies, as well as complex, chronic, treatment-resistant mental illnesses**, offering expert care across the full spectrum of mental health needs.

We provide **advanced, evidence-based treatments**, including:

- ▣ **Psychopharmacology** for the full spectrum of mental health conditions—including common, complex, and treatment-resistant conditions—emphasizing **precision prescribing** and, when appropriate, the safe **deprescribing** of psychotropic medications
- ▣ **Comprehensive group therapy, community-based, and recovery programs** that provide targeted support, foster connection, build life skills, and promote long-term recovery.
- ▣ **Evidence-based psychotherapies**, such as:
 - ⦿ Cognitive Behavioral Therapy (CBT)
 - ⦿ Dialectical Behavior Therapy (DBT)
 - ⦿ Acceptance and Commitment Therapy (ACT)
 - ⦿ Motivational Interviewing (MI)
 - ⦿ Mentalization-Based Treatment (MBT)
 - ⦿ Trauma-Informed Therapies
 - ⦿ And more, tailored to individual needs



Beyond Traditional Care: Integrating Mental & Metabolic Health



What sets the **Palmer Institute** apart is not only our **expertise in conventional psychiatric treatments** but also our **commitment to integrating mental and physical health**. Our clinicians go beyond standard care by incorporating the **science of metabolic health**, recognizing its profound impact on mental well-being.

We utilize novel metabolic strategies to:

- ▣ Optimize brain function while also optimizing physical health
- ▣ Enhance treatment outcomes beyond conventional approaches
- ▣ Move beyond symptom management toward true healing and recovery

At the Palmer Institute, we don't just aim to manage chronic conditions—we help individuals reclaim their health and transform their lives.

Our Care Model: Team-Based, Comprehensive, and Personalized

Step One: Assessment & Treatment Recommendations

All patients begin their journey by receiving an appropriate, team-based assessment.

We provide two levels of assessment tailored to symptom severity, chronicity, and treatment history:

Core Assessment – \$2,950

Recommended for individuals with mental and metabolic health conditions that have not resulted in hospitalization, been life-threatening, or significantly impaired daily functioning.

Includes:

- ▣ Standard intake appointments with a psychiatrist, individual psychotherapist, and health coach
- ▣ Evaluations of mental health, metabolic health, substance use, diet, and fitness
- ▣ Care coordination: The team meets to discuss each case and develop recommendations
- ▣ Personalized report with comprehensive treatment guidance

Advanced Assessment – \$5,950

Best suited for individuals with chronic and/or complex mental and metabolic health conditions, particularly those who:

- ▣ Have a “treatment-resistant” mental health condition
- ▣ Have tried six or more psychotropic medications
- ▣ Have been hospitalized for psychiatric care

Includes:

- ▣ **Comprehensive evaluations** of mental health, metabolic health, substance use, diet, and fitness
 - Detailed psychiatric symptom and diagnostic review
 - Extensive medication history and treatment response analysis
 - Assessment of psychological and social factors
 - Standardized lifestyle, substance use, and metabolic health evaluations
- ▣ **Multidisciplinary intake visits** with a psychiatrist, therapist, group therapist, dietitian, and health coach
- ▣ **Advanced diagnostics**, including lab work (100+ biomarkers) and a DEXA scan
- ▣ **Care coordination:** The team conducts assessments, collaborates, and formulates personalized treatment recommendations
- ▣ **Personalized report** summarizing findings and tailored treatment strategies

Step Two: Team-Based Care Plans

The assessment team will recommend a monthly care plan, such as one of the following, tailored to your needs and goals:

Core Wellness Plan – \$1,350 per month

Designed for individuals with mild to moderate conditions who want to make steady progress in improving their health. This plan includes:

- ▣ **Twice-Monthly** psychiatric nurse practitioner visits (20–25 minutes each)
- ▣ **Biweekly** health coaching or therapy (45 minutes)
- ▣ **Biweekly** group support sessions (50 minutes each)
- ▣ **Team care coordination**
- ▣ **Access** to our technologies and educational platform

(Total: ~6 direct care sessions per month; ~1–2 per week)

Enhanced Care Plan – \$3,450 per month

Designed for individuals with complex or moderate-to-severe conditions who need regular, ongoing support. This plan includes:

- ▣ **Twice-monthly** psychiatry visits (20–25 minutes each)
- ▣ **Biweekly** individual therapy (45 minutes each)
- ▣ **Biweekly** health coaching (45 minutes each)
- ▣ **Weekly** group therapy sessions (50 minutes each)
- ▣ **Team care coordination**
- ▣ **Access** to our technologies and educational platform

(Total: ~10 direct care sessions per month; ~2–3 per week)

Intensive Recovery Plan – \$5,950 per month

Designed for individuals with chronic and severe conditions who want to make significant, rapid progress in improving their health. This plan includes:

- ▣ **Weekly** psychiatry visits (20–25 minutes each)
- ▣ **Weekly** individual therapy (45 minutes each)
- ▣ **Twice-weekly** health coaching (45 minutes each)
- ▣ **Twice-weekly** group therapy (50 minutes each)
- ▣ **Team care coordination**
- ▣ **Access** to our technologies and educational platform

(Total: ~24 direct care sessions per month; ~6 per week)

As needs change, monthly care plans can be adjusted and customized to ensure the right level of care at the right time. For those who have achieved their desired results, we offer maintenance plans with infrequent check-ins to provide ongoing support as needed.

Step Three: Personalize Your Assessment and Treatment Options

Specialty Assessments

For individuals requiring a deeper diagnostic evaluation, we offer specialty assessments for an additional fee:

- ▣ **Diagnostic sleep studies** to assess sleep-related issues impacting mental and metabolic health.
- ▣ **Neuropsychological testing** for cognitive, emotional, and behavioral evaluation.
- ▣ **Advanced laboratory analyses** to identify underlying metabolic, nutritional, and biochemical factors contributing to mental health symptoms.



Dietary and Nutritional Interventions & Support

While our multidisciplinary teams provide standard dietary and nutritional guidance, some individuals may require more intensive support when adopting ketogenic therapy or elimination diets. Because the early months of these interventions can be particularly demanding, we offer the following add-on services:

▣ **Ketogenic Therapy Initiation Package (3 months): \$3,995**

A structured program designed to ensure successful implementation, including:

- Comprehensive dietitian intake and nutrition assessment
- Personalized meal planning and nutritional counseling
- Regular individual check-ins and group support

▣ **Individual Dietitian Consultations**

Our expert dietitians provide specialized guidance beyond ketogenic therapy, offering assessment, support, and troubleshooting across a range of dietary interventions and nutritional strategies.



- ▣ Dietitian Intake: \$595
- ▣ Dietitian 50-minute follow-up: \$295
- ▣ Dietitian 25-minute follow-up: \$165

Add-On Services

Appointments with psychiatrists, psychiatric nurse practitioners, therapists, or other clinicians can be added to any plan for an additional fee.

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Intensive Recovery Packages

Foundations for Recovery Program

3 months: \$26,500

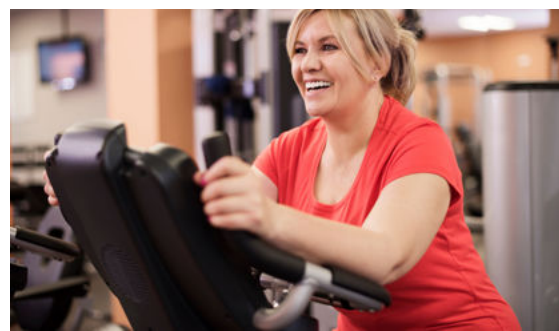
This **comprehensive, three-month program** is designed to **jump-start the journey toward long-term health and recovery** for individuals with **complex or severe mental and metabolic health conditions**. Through personalized tools, structured support, and expert guidance, you'll take the first steps toward **transforming your mental, metabolic, and physical well-being**.

This program includes:

- ▣ **Advanced Assessment** – Our comprehensive evaluation of your **mental health, metabolic health, dietary habits, fitness levels, and biomarkers**, culminating in a **personalized care plan** tailored to your needs.
- ▣ **Intensive Recovery Plan** – Three months of **team-based, intensive outpatient care**, including **psychiatry, therapy, group support, and coaching**, typically scheduled **three to five days per week**.
- ▣ **Dietary Interventions** – Customized **nutrition guidance and interventions**, including **ketogenic therapy or elimination diets** (if indicated) to **optimize metabolic and brain health**.
- ▣ **Gym Membership** – A **three-month membership** to our designated fitness facility, with **personalized support** to help you **build strength, resilience, and overall health**.

The **Foundations for Recovery Program** is the **first step toward whole-body healing** for individuals with chronic and severe mental and metabolic health conditions. **True healing takes time**, and research suggests that **significant symptom improvement often begins after at least three months**—which is why this program is designed to guide you through **every step of this critical early phase**.

To be clear, this is not the end of the journey. Patients will require **ongoing care beyond this program**, and **The Palmer Institute will be with you every step of the way**. Our team will work with you to develop a **long-term follow-up plan** that ensures **continued progress, stability, and well-being**.



Aurora Program

The Aurora Program is our most **intensive, hands-on care model**, designed for individuals who need comprehensive support to regain independence and thrive in their daily lives. This program combines **in-home care, community integration**, and a **team-based approach** to meet you where you are and help you achieve your goals.

What the Program Includes:

- ▣ **High-Touch, Intensive Support:** Receive care and rehabilitation services **three to five days per week** to help you stabilize, recover, and rebuild. This includes **psychiatry, psychotherapy, metabolic health, coaching, and dietary interventions** tailored to your needs.
- ▣ **In-Home Visits:** Our multi-disciplinary professionals will come to your home to provide care, helping you build confidence and independence in a familiar environment.
- ▣ **Individualized Case Management:** Collaborate with a dedicated case manager to design and execute a personalized plan that focuses on your unique needs and recovery goals.
- ▣ **Community Integration:** Participate in activities that help you reconnect with the world, including **personalized fitness training, skill-building, group activities, and outings** designed to foster social engagement and growth.
- ▣ **Rehabilitation Services:** Focus on essential life skills like independent living, vocational training, educational opportunities, volunteering, or even transitioning to paid employment.

A close-up of a medical chart with a grid layout. Several cells contain numerical values in red boxes. The chart lists various lipid and metabolic tests with their units and values.

Triglycerides (mg/dL) ^v	277
Non-HDL-C (mg/dL) ^v (calculated) ^v	182
Apo B (mg/dL) ^v	
LDL-P (nmol/L) ^{sv}	207
Small LDL-P (nmol/L) ^{sv}	
HDL-C (mg/dL) ^{sv}	149
	274

Why Choose the Aurora Program?

This program goes beyond traditional care by meeting you **where you are**—whether at home, in the community, or within our facility. It is designed to help you regain independence, restore your sense of purpose, and empower you to navigate life with confidence. Our integrated, team-based approach ensures that every aspect of your mental, metabolic, and physical health is addressed holistically.

- ▣ Initial Month (includes advanced assessment, all components of the intensive recovery plan, and up to 20 hours per week of in-home or community-based visits): \$28,000
- ▣ Subsequent months are billed based on personalized in-home and community-based needs:
 - ⦿ Tier 1 (up to 10 hours per week) - \$13,900/month
 - ⦿ Tier 2 (up to 20 hours per week) - \$20,900/month
 - ⦿ Tier 3 (up to 30 hours per week) - \$27,900/month



Who is Appropriate for Treatment

Location:

We are currently only licensed in Massachusetts. Patients must travel to Wellesley, MA to initiate treatment.

Age:

We provide care for individuals across the lifespan, beginning at age 5.

Diagnosis:

We welcome individuals with any diagnosis listed in the DSM-5-TR. While these labels describe symptoms, they do not define a person. Most people seeking mental health care meet criteria for multiple diagnoses. Our expert clinicians have experience treating a broad range of conditions, including depression, anxiety, ADHD, OCD, PTSD, bipolar disorder, personality disorders, substance use disorders, eating disorders, schizophrenia/schizoaffective disorder, autism, and neurodegenerative disorders. Our integrated approach addresses both mental health conditions and the frequently comorbid metabolic and physical health disorders. We provide standard, evidence-based treatments alongside cutting-edge therapeutics for all these conditions.

Illness Severity:

We treat a wide range of patients—from those with mild to moderate symptoms seeking a holistic, integrated approach to individuals with complex, chronic disorders that have not responded to standard treatments. However, as an outpatient program, we cannot provide crisis stabilization or treatment for individuals currently at risk of harming themselves or others. Safety remains our top priority. Once a crisis has resolved and outpatient care is appropriate, we welcome the opportunity to work with you.

Voluntary Treatment & Engagement:

Our program is voluntary and requires active patient participation. While we empathize with the concerns of family and loved ones, we cannot treat individuals who are unwilling to engage in care. That said, we recognize the challenges of treatment adherence, motivation, setbacks, and relapses. Our team is prepared to support patients through these difficulties.

Payment Information

Does the Palmer Institute accept insurance?

We DO NOT accept insurance—clients pay the Palmer Institute directly for services but may seek reimbursement from their insurance afterward. All of our services are “out-of-network.” However, some insurance plans allow partial reimbursement for out-of-pocket costs even when the provider is out-of-network. We provide our clients with a monthly superbill that can be used when submitting claims to insurance companies for reimbursement.

What methods of payment do you accept?

We accept all major credit and debit cards, checks, FSA (flexible spending account), and HSA (health savings account) forms of payment.

If you plan to seek reimbursement from your insurance provider, it may be helpful to ask your provider the following questions:

- ☐ What is your coverage for mental health treatment?
- ☐ Do you offer reimbursement or coverage for an out-of-network provider?
- ☐ What is my deductible?
- ☐ How many visits are covered per calendar year?

 contact@palmerinstitute.com

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