

Our Team

Our highly trained health care professionals are dedicated to providing the best treatment options for our patients. Our goal is to successfully restore our patients' abilities to function at levels that cannot be maintained through medication alone.

We help our patients to make educated, informed decisions when considering any alternative treatment option. We welcome both family and medical providers to be actively involved to help a patient decide which treatment option is best for them.

To make a referral or for more information, please call **419-696-8882**.

You can also fax a referral to **419-696-8835**.



St. Charles Interventional Psychiatry
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Interventional psychiatry

Alternative treatment options for severe major depressive disorder, mania and other chronic mental health disorders

Electroconvulsive therapy (ECT)

ECT is the most advanced treatment for people who suffer from treatment-resistant depression, bipolar disorder, mania and other forms of schizophrenia. It involves the use of brief, controlled electrical current to produce a seizure in the brain. The seizure activity can create biochemical changes to treat active symptoms. ECT is one of the most effective ways to relieve symptoms in severely depressed or suicidal patients.

Who can benefit from ECT

ECT can be beneficial for patients who have not responded well to medications. It can be used with medication therapy for:

- Severe depression
- Mania
- Schizophrenia
- Catatonia, a non-response to psychotropic drugs or when medications should not be used

What to expect

ECT starts with an inpatient or outpatient index series, consisting of treatments three times each week, for an average of 6-12 treatments. Further treatment plans will be discussed throughout the course of treatment, including the potential to transition to maintenance therapy.

Transcranial magnetic stimulation (TMS)

What is TMS?

While ECT uses an electric current to induce a seizure, TMS creates a magnetic field to induce a much smaller electric current in a specific part of the brain without causing a seizure or loss of consciousness. TMS does not require sedation and is administered on an outpatient basis.

Who can benefit from TMS

TMS therapy is appropriate for adults with major depressive disorder (MDD) who have failed to improve from previous antidepressant medications during the current episode.

What to expect

TMS therapy is performed in our clinic on an outpatient basis. Treatment sessions generally last less than 30 minutes and are typically performed five days a week over a six-week period.

Patients are seated in a comfortable chair. A magnetic coil is positioned on their head and they feel a moderate tapping from the coil. They will remain awake and alert during the session and can drive home and resume normal activities for the remainder of the day.

ESKETAMINE (Spravato®)

Esketamine is a prescription medication used with oral antidepressants to treat adults with treatment-resistant depression.

Who can benefit from Esketamine

- Adults with treatment resistant depression
- Depressive symptoms in adults with MDD who have acute suicidal thoughts or behavior.

What to expect

Esketamine is a nasal spray used under the supervision of a health care provider in our outpatient health care setting. If Esketamine is appropriate, here are some important expectations for the patient to consider:

- A caregiver or family member needs to drive the patient home after taking this medication.
- Patients should follow the treatment schedule exactly as the health care provider advises.
- During and after each use of this nasal spray device, the patient will be checked by a health care provider to determine when it is appropriate to be discharged.
- Patients should not eat for at least two hours before and not drink liquids at least 30 minutes before taking Esketamine due to the risk of nausea and vomiting.
- Side effects can include a temporary increase in blood pressure, sedation, dissociation and abuse or misuse.

