

Moment of Clarity Launches Ketamine Therapy, Expanding Advanced Outpatient Mental Health Treatment Services

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Oceanside, CA - September 26, 2025 -
Moment of Clarity has announced the launch of ketamine therapy at its Oceanside outpatient mental health center, marking an important advancement for patients struggling with depression, anxiety, and treatment-resistant conditions. With this new offering, the Oceanside facility strengthens its offering for outpatient mental health care, delivering innovative solutions in a compassionate, patient-centered environment.

Ketamine therapy has emerged as a breakthrough in mental health treatment, offering rapid relief for individuals who have not found success with traditional methods. At Moment of Clarity in Oceanside, ketamine therapy is administered under careful medical supervision, ensuring both safety and effectiveness. By integrating this therapy into its continuum of care, the center provides patients with access to an evidence-based option that can reduce symptoms of depression and anxiety in days rather than weeks.

The Oceanside facility already offers a comprehensive range of outpatient services, including Intensive Outpatient Programs (IOP), Partial Hospitalization Programs (PHP), and evidence-based therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR). The addition of ketamine therapy enhances these programs by giving patients immediate relief while they continue developing long-term coping strategies through structured outpatient treatment.

Residents throughout Oceanside, Carlsbad, Oceana, Vista, Encinitas, Terramar, and San Marcos are turning to the facility for advanced mental health support. Families from Solana Beach, Del Mar, Rancho Santa Fe, and Cardiff-by-the-Sea have noted the importance of having specialized care close to home, reducing barriers to accessing life-changing treatment. The launch of ketamine therapy extends the center?s reach across North County San Diego, offering greater accessibility to innovative mental health solutions.

Moment of Clarity?s approach combines clinical excellence with compassion. Each patient can receive a tailored treatment plan that blends ketamine therapy with traditional psychotherapy and holistic practices. This integrated model ensures that results are not only rapid but also sustainable, empowering patients to maintain progress long after their initial treatment.

The Oceanside team also emphasizes the importance of whole-person wellness, encouraging practices such as mindfulness, lifestyle balance, and family involvement in the recovery process. By combining cutting-edge therapies like ketamine with established methods such as CBT, DBT, and EMDR, the facility delivers both immediate symptom relief and long-term resilience.

As demand for innovative mental health services continues to grow, Moment of Clarity?s Oceanside facility stands out as a trusted resource for patients and families across San Diego County. The introduction of ketamine therapy underscores the center?s mission to provide care that is compassionate, effective, and forward-thinking.

For residents of Oceanside, Carlsbad, Encinitas, Vista, San Marcos, and surrounding communities, Moment of Clarity now offers a comprehensive range of outpatient services, including IOP, PHP, CBT, DBT, EMDR, and ketamine therapy. This expansion reflects the organization?s commitment to providing hope, healing, and new possibilities for those navigating mental health challenges.

Operation Clarity is Moment of Clarity?s innovative outpatient program designed to provide veterans with a clear, structured pathway toward long-term mental wellness. Built around a phased model of care, the program emphasizes accountability, measurable progress, and community support, making it especially effective for patients seeking guidance and stability. Unlike one-size-fits-all approaches, Operation Clarity adapts to each person?s journey, meeting them where they are and guiding them forward with

evidence-based therapies such as CBT, DBT, and EMDR.

A distinguishing feature of Operation Clarity is its focus on both clinical progress and personal growth. Patients celebrate milestones as they progress, building confidence while acquiring practical skills to foster real-world resilience. The program also fosters strong family involvement, reinforcing the idea that healing extends beyond the individual. For patients and families across Southern California, Operation Clarity represents not only treatment but also a roadmap toward clarity, confidence, and lasting recovery.

More information about ketamine therapy in Oceanside and outpatient mental health services at Moment of Clarity is available on the organization?s website.

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Moment of Clarity Oceanside

Oceanside, CA's preferred mental health treatment facility. Whether you are struggling with anxiety, depression, dual diagnosis disorder, eating disorders, or general unrest, call Moment of Clarity

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