

Moment of Clarity Releases Educational Resource on SPRAVATO® Pricing Using Insurance

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Moment of Clarity has published a new educational resource to help people understand the cost of SPRAVATO® treatment when insurance coverage is involved. The article, titled "How Much Is SPRAVATO® With Insurance," provides patients, families, and referring professionals with evidence-based context on pricing variables, coverage considerations, and clinical requirements associated with this FDA-approved treatment for treatment-resistant depression.

According to the U.S. Food and Drug Administration, SPRAVATO®, the brand name for esketamine nasal spray, was approved in 2019 for adults with treatment-resistant depression when used in conjunction with an oral antidepressant. Since its approval, SPRAVATO® has been incorporated into structured mental health treatment programs under strict clinical supervision due to its administration requirements and safety monitoring protocols. Research published in The American Journal of Psychiatry and JAMA Psychiatry has shown that esketamine can produce rapid symptom reduction for some patients who have not responded to traditional antidepressant therapies, making access and affordability a significant concern for those exploring this option.

The newly published resource explains how insurance coverage for SPRAVATO® can vary based on provider networks, prior authorization requirements, and clinical eligibility criteria. Data from the Kaiser Family Foundation highlights that specialty mental health treatments often involve different cost-sharing structures than standard outpatient services, which can lead to confusion for patients seeking care. By outlining these factors in clear language, the article addresses a common barrier to mental health treatment engagement and supports more informed planning.

This educational release aligns with the outpatient mental health treatment services provided by Moment of Clarity, which are detailed on their website. Programs include structured outpatient mental health treatment, intensive outpatient program mental health options for patients requiring higher therapeutic intensity, and partial hospitalization program mental health services that provide daily clinical support without inpatient admission. The Substance Abuse and Mental Health Services Administration reports that intensive outpatient and partial hospitalization models are effective for managing complex mood disorders when delivered through evidence-based frameworks and continuous clinical oversight.

Patients seeking couples mental health treatment often come from across Long Beach and nearby neighborhoods, where accessibility and continuity of care influence outcomes. Long Beach serves as a primary access point for people searching for mental health treatment that balances structure with flexibility. Wrigley is among the communities represented, reflecting demand for outpatient mental health treatment that integrates medication management and therapy. California Heights is also included, underscoring the importance of localized services for patients managing long-term depressive conditions. Moment of Clarity is also known for their TMS treatment across the greater Long Beach area including TMS treatment in Norwalk.

The reach of outpatient services extends into Bixby Knolls, where patients often seek intensive outpatient program mental health options that allow for continued work or family responsibilities. Signal Hill is similarly represented, highlighting how proximity supports consistent attendance and follow-through. Zaferia reflects comparable patterns, reinforcing the value of community-based care. Cambodia Town and the Poly High District further demonstrate the regional need for accessible mental health services that reduce logistical barriers. Rose Park is included as well, illustrating how neighborhood-level availability supports sustained engagement in treatment.

National data support the outpatient care models discussed in the article. The National Institute of Mental Health reports that major depressive disorder affects more than 21 million adults annually in the United States, with a significant subset experiencing treatment resistance. Studies published in Psychiatric Services have found that structured outpatient and partial hospitalization programs reduce hospitalization rates and improve functional outcomes when patients receive coordinated care. These findings emphasize the

importance of treatment settings that allow for medication monitoring, psychotherapy, and ongoing assessment.

The article also reflects broader healthcare trends related to transparency and patient education. The Centers for Medicare & Medicaid Services and the Mental Health Parity and Addiction Equity Act emphasize equitable access to mental health services, including emerging treatments. Research indicates that patients who understand treatment costs and insurance processes are more likely to initiate and remain engaged in care, particularly when specialty medications such as SPRAVATO® are involved.

Accreditation and regulatory oversight further inform the standards applied across Moment of Clarity programs. Organizations such as The Joint Commission identify patient safety, evidence-based practice, and continuity of care as benchmarks for quality mental health services. Independent evaluations have shown that accredited outpatient programs demonstrate stronger adherence to clinical guidelines and improved coordination between prescribing clinicians and therapeutic teams.

Search trends from healthcare analytics firms indicate increasing interest in SPRAVATO® treatment, insurance coverage, and outpatient mental health treatment options. As more people rely on digital resources when evaluating mental health care, educational content grounded in peer-reviewed research and federal guidance plays an essential role in supporting informed decision-making.

By publishing this resource and integrating it within a broader continuum that includes outpatient mental health treatment, intensive outpatient program mental health services, and partial hospitalization program mental health options, Moment of Clarity reinforces the importance of education as a core component of effective mental health care. The article serves as a reference point for patients and families seeking clarity on SPRAVATO® costs while supporting broader efforts to improve access, transparency, and outcomes in community-based mental health treatment.

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Moment of Clarity Long Beach

Long Beach, 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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