

CENTER FOR INTERVENTIONAL PSYCHIATRY

PROVIDING HIGHLY SPECIALIZED TREATMENT AND PERSONALIZED CARE FOR TREATMENT-RESISTANT DEPRESSION AND OTHER PSYCHIATRIC DISORDERS

With more than 30 years of experience, the Center for Interventional Psychiatry at UPMC Western Psychiatric Hospital offers inpatient and outpatient treatment consultations and treatment for:

- **Treatment-resistant depression**
- **Catatonia**
- **Treatment-resistant mania**
- **Treatment-resistant schizophrenia**
- **Treatment-resistant obsessive-compulsive disorder**

We use a team-based process to help patients who are struggling to overcome psychiatric disorders.

Our inpatient and outpatient programs are offered onsite at UPMC Western Psychiatric Hospital in Pittsburgh's Oakland neighborhood.

Our Services

At the Center for Interventional Psychiatry, we are committed to bringing you the latest advancements in mental health treatments while assuring you of the highest level of quality and safety.

Our specialists use proven, evidence-based intervention treatments that, for many patients, can provide remarkable results. While some are relatively new, others have been available for many years. Interventional services offered to patients include:

ELECTROCONVULSIVE THERAPY

For treatment-resistant severe depression and other serious psychiatric disorders

Our clinical team has provided electroconvulsive therapy for more than 30 years. This procedure is considered the “gold standard” for treatment-resistant severe depression.

ECT is a medical procedure approved by the U.S. Food and Drug Administration (FDA) for treatment-resistant depression and other serious psychiatric disorders. The treatment sends small electric currents through the brain to cause brief seizures. ECT can quickly reverse symptoms of mental illnesses like severe depression.

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ECT is done under brief general anesthesia by an anesthesiologist. A short-acting anesthetic helps patients sleep and a short-acting muscle relaxant prevents muscle movement during the procedure. A nurse anesthetist provides oxygen with a mask throughout the treatment. Vital signs such as blood pressure, oxygenation levels, breathing, and heart rate are monitored throughout the procedure.

Once patients are asleep, the psychiatrist delivers electricity through electrodes placed on one or both sides of the head/brain. This causes a seizure typically lasting around 30 to 60 seconds. The entire procedure takes about 15 to 20 minutes. Most patients wake up immediately after treatment and will continue to be monitored in the recovery room for about 20 to 40 minutes after the procedure.

ECT is typically administered two to three times a week for an initial acute course of eight to 12 treatments, followed by reassessment for continued treatment or an individualized taper, depending on response and tolerance.

TRANSCRANIAL MAGNETIC STIMULATION

For treatment-resistant major depression

Transcranial magnetic stimulation (TMS) therapy is a safe and effective noninvasive procedure that uses magnetic pulses to stimulate and “reset” specific areas of the brain. TMS is an FDA-approved treatment option for patients with major depression who have not responded to — or cannot take — standard medication therapy and/or counseling.

During treatment, patients are completely awake and comfortably seated in a chair. Treatments are administered five days a week for four to six weeks (20 to 30 sessions). Each treatment lasts approximately 20 to 30 minutes. It can take several sessions for symptoms to improve. Patients who do respond to TMS treatment can expect remission from depression symptoms to last up to one year.

Our clinical team at the Center for Interventional Therapy began offering TMS in July 2015.

ESKETAMINE INTRANASAL THERAPY (EsKIT)

For treatment-resistant depression

Esketamine (SPRAVATO®) is a nasal spray derived from ketamine. It was recently approved by the FDA for use in health care settings to treat severe depression. In 2019, the Center was approved to administer ketamine to patients with major depression.

Delivered as an outpatient service, EsKIT is typically administered twice a week for four weeks (eight sessions), followed by once-a-week treatments, then every other week. Treatment sessions include two hours of active monitoring after the medication is administered.

For More Information

To access our services, first talk with your current outpatient psychiatrist. If you and your provider are interested in exploring our treatment options, a referral form must be submitted by the provider. Referral forms can be found on our website at [UPMC.com/cip](https://www.upmc.com/cip) under **Contact Us**.

Center for Interventional Psychiatry

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Learn more at [UPMC.com/cip](https://www.upmc.com/cip) or call 412-246-5063 or email: [cip@UPMC.edu](mailto:cip@upmc.edu).

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