



LIBERTAS MIND

Interventional Mental Health

Our Commitment to Collaboration

We carefully document each patient's treatment journey and provide regular updates to keep you informed. Explore the booklet to learn more about how we ensure seamless communication and coordinated care.



LIBERTAS MIND

About Libertas Mind

Founded by Dr. Jason Steindler in 2023, Libertas Mind was the first division of a multidisciplinary group founded to focus on pain, depression and recovery. Dr. Steindler is an anesthesiologist board certified in pain medicine. He is an assistant professor at Albany Medical School where he continues to practice and teach residents.

Dr. Steindler recognized despite interventions and surgery, patients suffering chronic pain have profound changes in their behavior. Nearly 40-50% of chronic pain patients develop major depression. Chronic stress in any form – whether it be pain or depression fundamentally changes neurochemistry and ultimately, the ability of a healthy nervous system's ability to cope.

Our medical system struggles to meet the demand of these complex patients.

Our Approach

A core philosophy of Libertas mind is to embrace treatments that embrace and enhance neuroplasticity to offer long lasting change. Our treatments target inflammation, and our ability to form new synaptic connections, and ultimately, make recovery from trauma possible.

At Libertas Mind we are dedicated to delivering exceptional care through advanced and evidence-based treatments. Our mission is to improve the overall quality of life for patients in the Capital district including Albany, Schenectady, Clifton Park and Saratoga county.



LIBERTAS MIND

Dear Provider,

I am excited to introduce Libertas Mind, the interventional mental health division of Libertas Medical Services, a multidisciplinary practice focused on behavioral health, and non surgical treatment of chronic pain and musculoskeletal injuries located in Clifton Park, NY. Since 2023, we have been offering neuromodulation oriented treatments for patients suffering from anxiety, depression and PTSD. We are accepting new patients.

Spravato (esketamine) for Treatment resistant depression

Covered by nearly all insurances, we administer more than 300 treatments per month and are happy to share our results. Even with treatment-resistant patients, we see meaningful clinical improvement in the majority of our patients and a remission rate of approximately 30%. Spravato is well tolerated and effective. We are the largest treatment center in the area and are very familiar with Spravato specific savings programs and carrier specific medical policies for treatment initiation and continuation.

Ketamine for Depression and PTSD

We also provide ketamine, an FDA approved anesthetic used off-label for the last 20 years to treat of mood and pain disorders. We use ketamine in patients who fail to achieve remission, or won't qualify for Spravato. The American Journal of Psychiatry acknowledged the utility of subanesthetic dosing of ketamine for treatment-resistant depression and suggested guidelines for safe use (1). At Libertas Mind we have safely administered well over 1,000 ketamine treatments. Ketamine therapy is an out-of-pocket service and not covered by insurance. We have lowered the cost to patients significantly by using subcutaneous vs. intravenous administration without sacrificing efficacy.



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Transcranial Direct Current Stimulation (TDCS)

We offer TDCS as an in-office and home treatment program to maintain and augment the response to Spravato or ketamine. TDCS is a form of neuromodulation that uses constant, low direct current delivered via electrodes on the head. A recent multi-center double blinded trial found a TDCS home program to be effective for improving major depression (2). TDCS is also helpful for fibromyalgia.

Stellate Ganglion Blocks (SGB) for PTSD

A Stellate Ganglion Block (injection) is a fascinating new approach to PTSD that augments trauma-focused psychotherapy by targeting the autonomic nervous system. Performed under ultrasound guidance, local anesthetic is injected into the neck to temporarily block the cervical sympathetic chain which controls the fight or flight response.

A randomized control trial of SGB and active-duty servicemen with PTSD, published in JAMA Psychiatry, found significant improvements in CAPS-5 scores at 8-weeks compared to placebo (3). Another study of 327 non-military patients found, "statistically significant improvements in PTSD symptoms were noted independent of the causative trauma type, gender, age greater than 20, previous suicide attempts, or use of prescription medications for PTSD."(4)

Insurances we accept





LIBERTAS MIND

How to refer

Our treatments augment but can never replace psychotherapy or medication management. We have formed long term collaborative relationships with multiple practices and look forward to taking care of your patients. As part of our commitment to collaboration, we monitor patients carefully with serial mood inventories and present this information to you as a longitudinal illustration of their treatment journey.

If you have any questions, please contact us at:

Phone 518-672-3050 or Fax 518-240-4310

info@libertasmind.com

Included in this packet is a an example of our clinical correspondence to update referring partners and referral form.

Thank you, Jason Steindler, DO

Founder and Medical Director, Libertas Mind

1. JAMA Psychiatry. 2017;74(4):399-405
2. Woodham et. Al. Nat Med 2025: 31, 87–95.
3. Rae Olmsted, et al: JAMA Psychiatry. 2020;77(2)130-138.
4. Lipov, et al: Pain Physician 2022; 25:77-85.





Libertas Mind
963 Route 146
Clifton Park, NY, 12065
(518) 672-3050 (PHONE)
5182404310 (FAX)

Patient Name (Chart #)	Date of Birth	Sex
Attending Provider	Appointment Location	Visit Date
Jason Steindler MS, DO	Libertas Mind office	06/13/2026

ESKET/KET UPDATE

PROVIDER UPDATE

RESPONSE TO THERAPY Thank you for entrusting us with your patient's care. We wanted to provider a summary of their response to treatment so far. Included below is a summary of their baseline and subsequent mood scores after treatment.

- BLANK is currently receiving 84 mg of esketamine every 2 weeks.

REPORT

CHIEF COMPLAINT This is a 24-year-old female. History obtained from patient. Complaint of severe depression
esketamine Treatment start 11/20/24

HISTORY

INITIAL PSYCHIATRIC QUESTIONNAIRES Initial Psychiatric Questionnaires Prior to Treatment
Date performed : 11/20/2024
Beck Depression Inventory (BDI) : 53
Drug Abuse Screening Test-10 (DAST-10) : 0
Patient Health Questionnaire - 9 (PHQ-9) : 23
Generalized Anxiety Disorder : 21

MEDICAL HISTORY	#	NAME	DATE
	1	F33.2 - Major depressive disorder, recurrent severe without psychotic features	09/01/2025 15:33
	2	F32.A - Depression, unspecified	11/22/2024 17:06
	3	F41.1 - Generalized anxiety disorder	11/22/2024 17:06
	4	R45.851 - Suicidal ideations	11/22/2024 17:06
	5	F32.2 - Major depressive disorder, single episode, severe without psychotic features	11/19/2024 16:55
	6	Ehlers danlos /hds	
	7	Raynauds	
	8	Anxiety depression	
	9	Bipolar 2	
	10	Fibromyalgia	

MEDICATIONS	#	NAME	DIRECTIONS	START DATE
	1	scopolamine 1 mg over 3 days transdermal patch	Apply 1 Patch every 3 days when needed for nausea or motion sickness	04/15/2026
	2	dextroamphetamine-amphetamine ER 30 mg 24hr capsule,extend release	TAKE 1 CAPSULE EVERY MORNING	
	3	ondansetron 4 mg disintegrating tablet	Take 2 Tablets (2 tablets=8mg) up to 3 times per day if needed to control nausea	04/15/2026
	4	Spravato 84 mg (28 mg x 3) nasal spray	Spray 84 mgs (contents of 3 sprayer devices) intranasally, every 10 days	04/06/2026 15:15
	5	spironolactone 50 mg tablet		
	6	fluvoxamine 50 mg tablet	take 1 tablet by mouth at bedtime with 100 milligram tablet	
	7	metoprolol succinate ER 50 mg tablet,extended release 24 hr		
	8	drospirenone 3 mg-ethinyl estradiol 0.02 mg tablet		
	9	fluvoxamine 100 mg tablet		

INACTIVE MEDICATIONS	#	NAME
	1	dextroamphetamine-amphetamine ER 25 mg 24hr capsule,extend release
	2	trazodone 300 mg tablet

ALLERGIES	#	NAME
	1	Cefzil

SCREENING TOOL



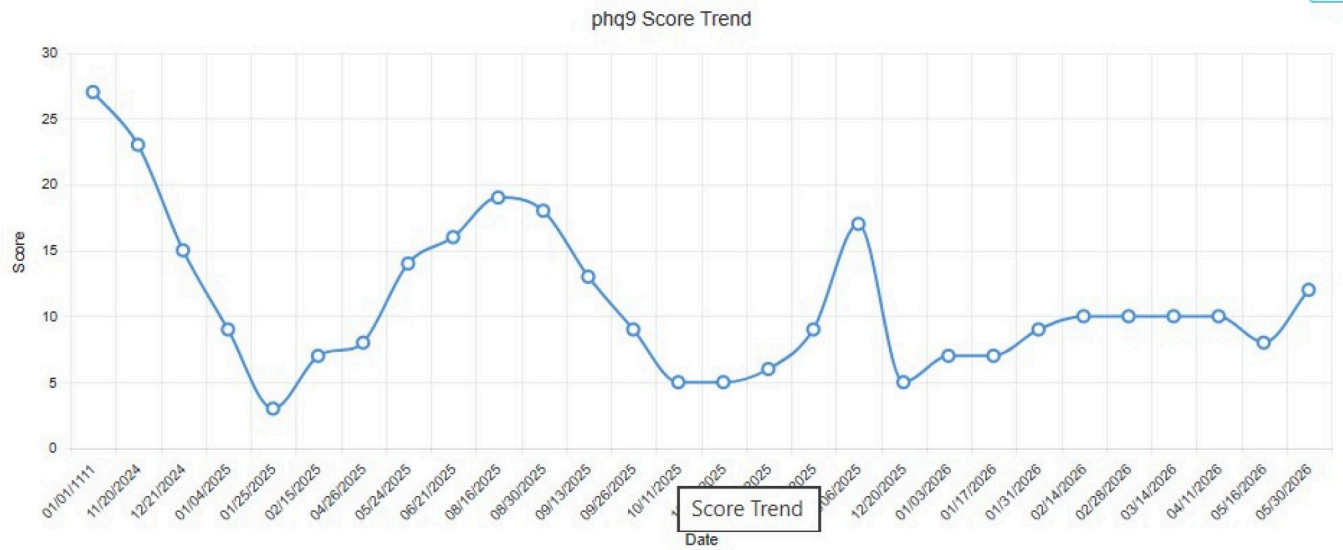
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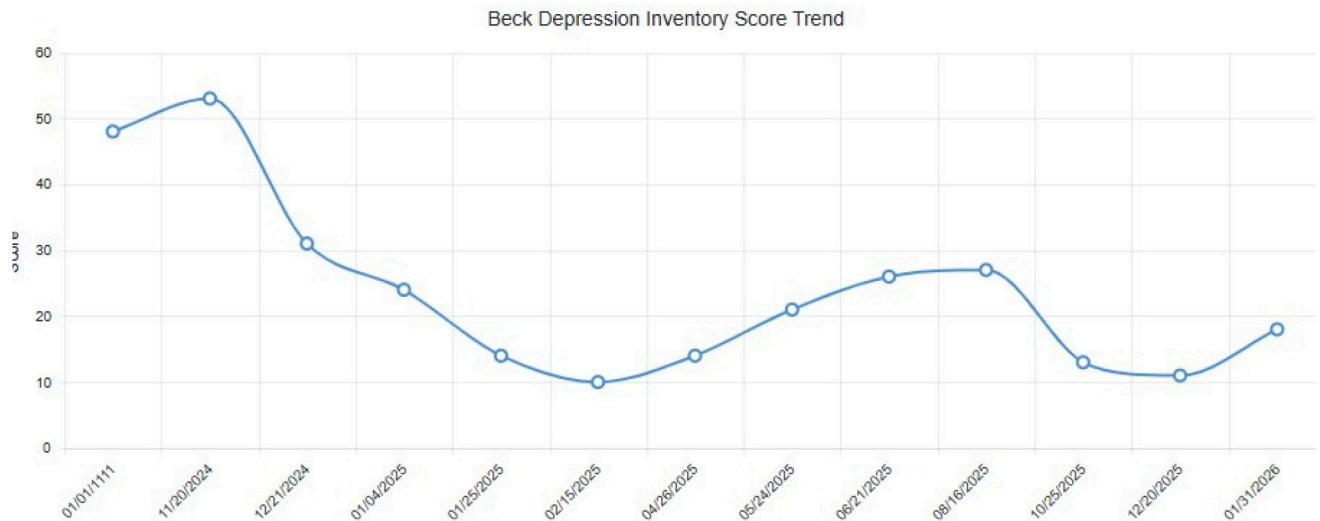
Patient Name (Chart #)	Date of Birth	Sex
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Jason Steindler MS, DO	Libertas Mind office	06/13/2026

ESKET/KET UPDATE

PHQ9



BECK'S DEPRESSION INVENTORY



Name : Jason Steindler MS, DO
NPI : 1790984243



LIBERTAS MIND

Patient Referral Form

In order to refer a patient please fill out the form and send the following:

1. Complete this page
2. Send a demographics sheet with insurance and contact information
3. Send your last treatment or encounter note

1. PATIENT INFORMATION

First Name:	Last Name:	Date of Birth:
_____	_____	_____
Address:		Phone Number*:
_____		_____
Town/City:	State:	ZIP Code:
_____	_____	_____
		Email:

2. MEDICAL HISTORY

Diagnosis:

Medical/Treatment History:

Medication History:

Upload this form to the website or fax to 518-240-4310
Include a demographics sheet showing the patient's insurance
Attach or send the last treatment or encounter note

Practice:	Email:	Fax Number:
_____	_____	_____
Provider Name:	Provider Phone:	
_____	_____	

Please notify me with updates regarding my patient through: Phone/ Email/ Fax

Add any additional information below:

