

COZUMEL · MÉXICO



MINDSCAPE RETREAT

*Medical Credentials &
Patient Safety Overview*

SAMPLE PATIENT INFORMATION PACKET



CLINICAL DIRECTOR

Dr. JJ Arellano Romero, M.D., Ph.D.

Professional License No. 4785017 · drarellano.info · mindscaperetreat.com

PREPARED JULY 2026 · FOR PROSPECTIVE PATIENTS, FAMILIES & REFERRING PHYSICIANS

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The MindScape Retreat medical facility · San Miguel de Cozumel

How to use this packet

This overview was prepared for prospective patients, their families and referring physicians. It summarizes MindScape Retreat's clinical leadership, safety standards, emergency procedures, travel logistics and admissions process, and it directly answers the eight most common pre-treatment questions. Patient-specific documents — the signed treatment agreement, itemized invoice, batch Certificates of Analysis and medical-record checklists — are provided individually through our HIPAA-aligned patient portal.

A Letter of Welcome



Dr. JJ Arellano Romero
M.D., PH.D. · CLINICAL
DIRECTOR

Dear patient, family member, or colleague,

Choosing to pursue ibogaine-assisted treatment is one of the most significant medical decisions a person can make. It deserves honesty, rigor, and complete transparency — and that is exactly what this packet is designed to give you.

Over more than twenty years of clinical practice, and across more than nine hundred medically supervised ibogaine treatments, I have learned one enduring lesson: **extraordinary outcomes are only possible when safety is treated as structural, not aspirational.** That is why every patient at MindScape is screened by physicians before a single date is booked; why continuous cardiac telemetry accompanies every administration; and why an ACLS-equipped emergency pathway to hospital care is maintained at all times.

In the pages that follow you will meet our physicians, nurses and psychologists; review our certifications, monitoring standards, and emergency procedures; and find practical guidance for travel, companions, and admissions. You will also find direct written answers to the questions patients and their families most frequently ask us.

My commitment to you is straightforward: physician-directed care, individualized protocols, and clinical accountability with deep human compassion — in equal measure.

We would be honored to care for you.

JJ Arellano Romero

Dr. JJ Arellano Romero, M.D., Ph.D. — Clinical Director
Professional License No. 4785017 · drarellano.info · Direct +52 987 104 1713

Clinical Excellence

Protocols grounded in peer-reviewed evidence, under continuous physician oversight.

Individualized Care

A deliberately limited patient census — never "conveyor belt" treatment.

Ethical Practice

Full transparency, operating within Mexican medical and regulatory frameworks.

Why Families Trust MindScape

Families do not send a loved one abroad for treatment because of a brochure. They do it because the medicine is physician-directed, the monitoring is hospital-grade, and every question is answered in writing. These are the six pillars our reputation rests on.

1 · Physician-Led, Always

A licensed Clinical Director (License No. 4785017) personally designs and supervises every protocol. A staff physician, registered nurses and psychologists support each stay.

2 · Cardiac Safety First

Ibogaine affects cardiac conduction. That is why we treat continuous telemetry, QTc surveillance, and ACLS readiness as non-negotiable for every single patient.

3 · Screening Before Scheduling

Comprehensive medical screening — ECG, blood work, medication review, psychiatric history — happens before treatment dates are ever confirmed.

4 · Written Emergency Pathways

Established emergency transfer procedures with hospital care in Cozumel, ambulance activation criteria, and clinical stabilization protocols before transport.

5 · Tested Medicine

Physician-directed dosing using quality-documented ibogaine, with Certificates of Analysis maintained for each batch when applicable.

6 · Nothing Hidden

Itemized invoices, published starting prices, a written refund framework in the admissions agreement, and physician-to-physician coordination on request.



"Safety is not aspirational — it is structural."

Our facility pairs private, resort-calibre accommodations with a fully equipped medical environment, so that clinical vigilance never comes at the cost of comfort and dignity.

The Clinical Director



Dr. Juan José "JJ" Arellano Romero

M.D., PH.D. · CLINICAL DIRECTOR · PROFESSIONAL
LICENSE NO. 4785017

Dr. Arellano is a board-certified physician with more than twenty years of clinical practice spanning emergency, critical and addiction medicine. He has personally directed the medical care of more than **900 patients** undergoing medically supervised ibogaine treatment, and is recognized among Mexico's leading physicians for integrative psychedelic protocols conducted under cardiac telemetry.

His practice centers on the conditions that bring most patients to MindScape: opioid and fentanyl dependence, alcohol and stimulant dependency, PTSD and C-PTSD, treatment-resistant depression, traumatic brain injury, SSRI discontinuation, and Parkinson's disease support.

CREDENTIALS & CERTIFICATIONS

- ◆ Board-Certified Physician
- ◆ Emergency Medicine
- ◆ Critical Medicine
- ◆ Industrial Emergencies
- ◆ Intensive Care
- ◆ IV Electrolytes & Fluids Specialist
- ◆ American Heart Association ACLS Certified
- ◆ Ibogaine Medicine Specialist
- ◆ Professional License No. 4785017
- ◆ 20+ years clinical practice · 900+ supervised treatments

Direct Contact

Website <https://drarellano.info>

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Email

medical@mindscaPERETREAT.COM

Philosophy of Care

"Every protocol I design begins with a simple question: *would I approve this plan for a member of my own family?* Individualized dosing, complete cardiac surveillance, and honest conversations with patients and their physicians are how we answer it — every time."

Our Multidisciplinary Medical Team



Members of the MindScape clinical team with their 2026 continuing-education certificates.

Physician supervision is supported around the clock by nursing, psychology, integration and wellness professionals. Every discipline shares one chart, one protocol, and one standard of care.

PHYSICIANS & MEDICAL

Dr. Juan José Arellano, M.D., Ph.D.	Clinical Director
Dr. Yahir Aguijon, M.D.	Staff Physician
Scott Gagel	Senior Medical Advisor
Luisa Cab, R.N.	Head Nurse · Cardiac Telemetry

PSYCHOLOGY & INTEGRATION

Catherine Bellato	Lead Psychologist
Anita Scanlan	Clinical Psychologist
Jenna Turner	Psychologist · Veteran & Dive Therapy
Sofia Bacelis	Psychologist · Head Wellness Coordinator
Gabriel Vázquez	Therapeutic Writing Specialist

WELLNESS & OPERATIONS

Edelma Rodriguez	Yoga, Meditation & Sound Therapy
Natalia Castrege	Yoga, Breathwork & Sound Therapy
Franklin Cruz	Administrator · Patient Logistics
Jarrad Gillespie	Founder & CEO

One patient, one team

Nurses remain present throughout treatment sessions monitoring vital signs, EKG telemetry and patient comfort. Psychologists prepare each patient before the medicine and lead structured integration afterward — including trauma-informed CBT, somatic processing, narrative therapy, dive therapy for veterans, and the "Words That Cleanse" expressive-writing program.

Professional Certifications

Clinical staff maintain current Basic Life Support (BLS) certification and pursue accredited continuing medical education (CME). Representative certificates are reproduced below; the complete credential bundle for every treating clinician is provided in admissions documents.

BLS · BASIC LIFE SUPPORT



BLS Provider — Sofia Marisol Bacelis Espinoza · Issued 10 Jan 2026 · Renew by 10 Jan 2028 · Save a Life Certifications™ by NHCPS, ILCOR-aligned and Joint Commission (JCAHO) compliant.

Why continuing education matters

Resuscitation science, cardiac-monitoring practice and addiction medicine evolve every year. MindScape requires its clinical staff to:

- ◆ Hold current BLS certification, renewed on a two-year cycle
- ◆ Maintain ACLS readiness among physicians and monitoring staff
- ◆ Complete accredited CME activities each year
- ◆ Participate in regular emergency-scenario drills on site

CME · CONTINUING MEDICAL EDUCATION



Statement of Participation — Franklin Madrigal De la Cruz · SaveaLife BLS Certification 2026 · 8.00 AMA PRA Category 1 Credits™ · Postgraduate Institute for Medicine, jointly accredited by ACCME, ACPE and ANCC.

Medical Safety Standards

Why cardiac safety is our highest priority. Ibogaine prolongs the QT interval of the cardiac cycle. Managed properly — with screening, telemetry and physician supervision — this risk is anticipated, monitored and controlled. Our entire safety architecture is built around that single fact.

Continuous Cardiac Telemetry

Hospital-grade continuous monitoring during ibogaine administration and through the observation window: real-time QTc tracking, automatic arrhythmia alerts, pulse oximetry, scheduled blood pressure, and repeated 12-lead ECG.

ACLS-Trained Physicians & Staff

The Clinical Director is American Heart Association ACLS certified. Physicians and monitoring staff maintain ACLS readiness from pre-medication through clearance, with one-to-one observation during peak phases.

Crash Cart & Defibrillator

A fully stocked emergency crash cart with a biphasic defibrillator, airway management equipment, IV supplies, and ACLS medications — including magnesium, epinephrine, atropine, amiodarone and lidocaine.

Oxygen & Emergency Medications

Supplemental oxygen, electrolyte replacement (a specialty of our Clinical Director), and emergency medications are staged in the treatment suite before any medicine is administered.

Continuous Physician Supervision

A physician directs every administration. Dosing is individualized from weight, metabolic profile, substance history, psychiatric assessment and cardiac screening — never from a fixed schedule.

Real-Time Documentation

Vital signs, rhythm strips and clinical observations are charted in real time, providing your home physician with a complete record — ECG comparisons, vital-sign trends and discharge summary.

72 96h

TELEMETRY WINDOW

1 : 1

PEAK-PHASE
OBSERVATION

12-lead

SERIAL ECG REVIEW

100%

PHYSICIAN-DIRECTED
DOSING

Emergency Cardiac Response & Hospital Transfer

Emergencies are rare precisely because so much happens before one can occur. When escalation is ever required, the pathway is defined in advance — detection, intervention, stabilization, transport.

01

Detect

Real-time QTc, rhythm and vital-sign alerts from continuous telemetry.

02

Intervene

Hold or adjust dosing, correct electrolytes, initiate ACLS response on site.

03

Stabilize

Clinical stabilization by the treating physician before any transport begins.

04

Transfer

Ambulance activation with telemetry and physician coverage en route.

Receiving Hospital Amerimed Cozumel

MindScape maintains established emergency transfer procedures with hospital care in Cozumel. The primary receiving facility for emergency transport is:

Hospital Amerimed Cozumel

Calle Adolfo Rosado Salas No. 999, San Miguel de Cozumel

Tel. +52 987 869 5555 · approx. 10 minutes from the facility



Ambulance Activation

- ◆ Physician-declared activation criteria defined before every treatment
- ◆ Advance notification to the receiving emergency department
- ◆ ACLS-equipped transport with monitoring continued en route
- ◆ Structured clinical handoff — rhythm strips, medications, timeline

Quarterly Drills

The full clinical team rehearses emergency scenarios — arrhythmia response, airway management, transfer activation — on a recurring schedule, so the escalation path is muscle memory, not paperwork.

Screening, Pharmacy & Quality Assurance

How we screen every patient. No deposit is requested and no dates are confirmed until physicians have reviewed your medical picture. Screening is the treatment — everything after it is execution.

PRE-ADMISSION MEDICAL REVIEW

- ◆ Complete medical and medication history
- ◆ Recent 12-lead ECG with QTc review
- ◆ Comprehensive metabolic panel and electrolytes
- ◆ Liver function tests and complete blood count
- ◆ Urine drug screen and substance-use timeline
- ◆ Psychiatric history and current prescriber details
- ◆ Echocardiogram or cardiology clearance when indicated
- ◆ Specialist notes and additional studies case-by-case

Daily physician review

Throughout your stay, the medical team reviews vitals, labs and clinical course every day — and adjusts the individualized plan accordingly.

MEDICINE QUALITY

Certificates of Analysis (COA)

Ibogaine is sourced with quality documentation, and batch Certificates of Analysis are maintained when applicable — covering identity, purity assay and contaminant screening. Lot documentation is available through admissions.

Physician-directed dosing

There is no fixed "menu dose." The Clinical Director designs a progressive, patient-specific protocol from body weight, metabolic profile, substance history, psychiatric assessment and cardiac screening.

If screening finds you ineligible

Candidacy is a medical decision. If a patient is determined to be medically ineligible before treatment begins, refunds are handled according to the signed treatment agreement — with the specific financial terms provided in writing before admission.

Coordination with your home physicians. With written authorization, MindScape accepts secure records, coordinates medication tapering before arrival, provides updates on request, and sends a discharge summary — ECG comparison, vital-sign trends, medication recommendations and aftercare plan — to support continuity of care. Physician line: medical@mindscapecaretreat.com

From Arrival Through Discharge — and Beyond



How aftercare and integration work

Integration is not an afterthought — it is scheduled before you leave. Our psychologists build an individualized wellness plan covering sleep, nutrition, therapy cadence, relapse-prevention structure and family communication, then follow it with you for the first 90 days at home.

Airport, Travel & Why Cozumel

Cozumel International Airport (CZM)

Your recommended arrival point — the retreat is approximately 15 minutes away. MindScape provides **complimentary pickup** from CZM and from the Cozumel ferry terminal, and return transportation at discharge.

Passports & documentation

Our admissions team assists with travel preparation: invitation letters, booking confirmation, route planning and passport guidance for patients *and* companions. Passports themselves are issued only by your government — U.S. travelers should use the State Department's passport tools or urgent-appointment process; we make sure you know exactly which documents you need.

U.S. consular support nearby

U.S. Consular Agency, Playa del Carmen

Plaza Progreso, Local 33 · Mexico 999 316 7168 ·
U.S. 1 844 528 6611

The full U.S. Embassy is located in Mexico City.



Private patient suite with en-suite bath.

Why Cozumel

Cozumel offers a rare combination: an international airport minutes from the facility, hospital services on the island including Amerimed Cozumel, U.S. consular services in nearby Playa del Carmen — all wrapped in the calm, natural beauty of the Mexican Caribbean. Recovery happens faster where the environment itself is healing: ocean air, quiet mornings, and a community built around wellness.

15 min

AIRPORT → FACILITY

10 min

FACILITY → HOSPITAL

Complimentary

AIRPORT SHUTTLE, BOTH WAYS

Facility address

MindScape Retreat · Ave. Rafael E. Melgar 29, San Miguel de Cozumel, Quintana Roo 77600, México

Companion Information & Patient Portal

Healing is easier with your person nearby. Spouses and trusted companions are welcomed by arrangement — and we plan their trip with the same care we plan yours.

WHAT COMPANIONS RECEIVE

- ◆ Airport transportation together with the patient
- ◆ Shared or separate accommodations, subject to room availability
- ◆ Meals, depending on the selected package
- ◆ Access to many non-clinical activities — yoga, meditation, excursions
- ◆ Travel planning and passport guidance, identical to patient support



Companion costs & house guidelines

Companion pricing depends on room selection and length of stay, and is itemized in your admissions package — room, meals, transportation and activities — before any payment is due. For clinical safety, access to treatment areas during administration and monitoring is at the discretion of the medical team.

HIPAA-aligned patient portal

After enrollment, you and (with your authorization) your companion receive access to our secure patient portal:

- ◆ Personalized pre-arrival checklist and preparation guide
- ◆ Secure upload of labs, ECG and medical records
- ◆ Travel documents, invitation letter and itinerary
- ◆ Invoice, payment schedule and signed agreements
- ◆ Messages with the admissions and clinical teams

Transparent pricing. Final treatment cost depends on the physician-approved program and companion arrangements. Your admissions package includes a detailed invoice covering treatment fees, companion costs, payment schedule and reservation requirements — and no hidden fees are added after your treatment plan is finalized. Payment plans are available upon request.

Frequently Asked Questions

1 · Who are the treating physicians?

Your care is supervised by licensed physicians practicing in Mexico under Clinical Director Dr. Juan José Arellano Romero, M.D., Ph.D. (License No. 4785017). The team includes Dr. Yahir Aguijon, M.D., registered nurses, psychologists and wellness professionals. Licenses and credentials are available on request; if an NIH registration number applies to a specific physician or study, it can be provided separately.

2 · What emergency protocols are in place?

Every treatment is physician-supervised with individualized dosing after comprehensive screening. Standards include continuous cardiac telemetry, ACLS-trained staff, crash cart, defibrillator, oxygen, emergency medications, established hospital transfer procedures, and quality-tested ibogaine with Certificates of Analysis maintained per batch. If screening finds you medically ineligible before treatment begins, refunds follow the signed treatment agreement, with financial terms provided before admission.

3 · Where are you located — airport, hospital, embassy?

Cozumel International Airport (CZM), with complimentary airport transportation. Hospital care is available in Cozumel for emergency transfer (Amerimed Cozumel). The nearest U.S. Consular Agency is in Playa del Carmen; the full U.S. Embassy is in Mexico City.

4 · Can you help with passports?

Yes. Admissions assists with travel preparation, invitation letters, passport guidance and logistics — for patients and companions alike. Passports must be issued by your government; we make sure you have the documentation you need.

5 · Do you coordinate with my physicians?

Yes. With your written authorization we communicate with your physicians before treatment when additional information is needed, and after treatment to support continuity of care — including a discharge summary with ECG comparison and aftercare recommendations.

6 · What medical records are required?

Depending on history: recent ECG, blood work, current medication list, medical history and specialist notes when appropriate. After enrollment you receive a personalized checklist in our HIPAA-aligned patient portal; most items can be completed with your primary care physician.

7 · Can my husband stay with me?

Yes. Companion accommodations are available subject to room availability. Companions may receive airport transportation, shared accommodations, meals (by package) and access to many non-clinical activities. We assist companions with travel planning and passport guidance too.

8 · What is the total cost and payment process?

Final cost depends on the program selected and companion arrangements. Your admissions package includes a detailed invoice, treatment fees, companion costs, payment schedule and reservation requirements. No hidden fees are added after your plan is finalized. Published programs begin at \$7,500 for a 5-day all-inclusive retreat; the signed, itemized quote is the controlling document.



BEGIN A CONFIDENTIAL CONVERSATION

ADMISSIONS

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CLINICAL DIRECTOR

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PATIENT / FAMILY ACKNOWLEDGMENT
DATE

This packet is a sample patient-information design prepared July 2026. It summarizes MindScape Retreat materials and supplied documents for prospective patients, families and referring physicians; it is not an official credential, accreditation or regulatory document. The MindScape "Medical Standards" emblem is a decorative design element. Official licenses, signed agreements, batch Certificates of Analysis and patient-specific financial documents are provided through admissions and should be reviewed before treatment.

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