



PUTTING YOU FIRST

At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.



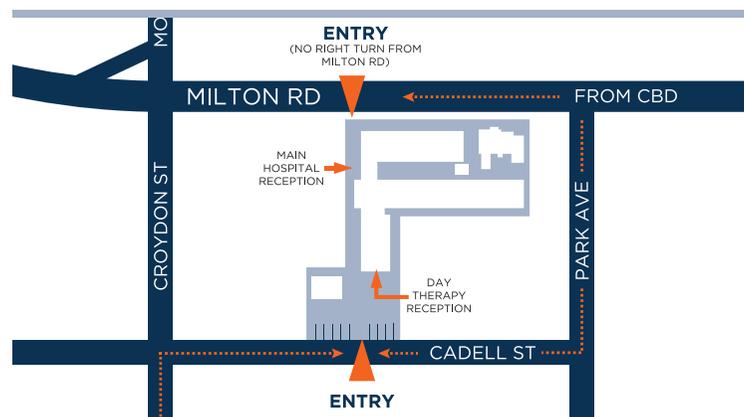
496 Milton Road, Toowong, Queensland, 4066

07 3721 8000

 tph@toowongprivatehospital.com.au

 toowongprivatehospital.com.au

 [Facebook.com/ToowongPrivateHospital](https://www.facebook.com/ToowongPrivateHospital)



At TPH we provide a range of programs tailored to meet the needs of participants including:

- Military Service Trauma Relapse Prevention Program
- Military Service Trauma Recovery Program
- Military Service Anger Management Program
- Military Service Alcohol Day Treatment Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Assertive Community Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.



MILITARY SERVICE Alcohol Day Treatment Program



DAY TREATMENT PROGRAM FOR MILITARY AND EX-MILITARY PERSONNEL EXPERIENCING ALCOHOL USE DISORDERS

Toowong Private Hospital's (TPH) Military Service Alcohol Day Treatment Program is designed specifically to help military and ex-military personnel manage issues with alcohol use.

Studies show that military personnel can have high rates of alcohol use disorders. Signs that you may have a problem with alcohol include:

- Feeling guilty or ashamed about your drinking
- Friends or family expressing their concern about your drinking
- Needing to drink in order to relax or feel better
- Blacking out or forgetting what you did while drinking
- Regularly drinking more than you intended to.

Alcohol use disorders can increasingly control your daily life and have profound negative impacts on your physical and mental health, work capacity, finances, brain functioning and relationships.



Evidence-based Treatment Program

At TPH we treat alcohol use disorders using Cognitive Behaviour Therapy (CBT). This psychological treatment has been shown to be effective in the management of alcohol problems.

The TPH Alcohol Day Treatment Program is a specialised day patient program. It focusses on providing education regarding alcohol use disorders and minimising the impact of alcohol. The treatment program comprises 12 sessions; four days per week in the first two weeks followed by three one-day sessions in alternate weeks and a final follow-up at three months.

During the sessions we will work with you to:

- Increase your understanding of your alcohol use
- Proactively manage depression and anxiety
- Manage cravings and minimise harm
- Increase confidence to attain goals
- Set goals for the future and prevent relapse.



MILITARY SERVICES SPECIALISTS

At TPH we understand how alcohol may create a variety of problems that can have a profound impact on your health, your family and quality of life.

All of TPH's day treatment programs are conducted by our multi-disciplinary team. Structured as a group program with military and ex-military peers, this treatment approach helps you to:

- Recover in a supportive environment
- Share similar experiences and feel less alone
- Face personal difficulties and challenges
- Develop improved motivation and social engagement.

Our evidence-based treatment programs have demonstrated significant improvements in participants quality of life, symptoms of posttraumatic stress disorder, depression and anxiety, and a reduction in alcohol consumption sustained at 12 months.