



**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.

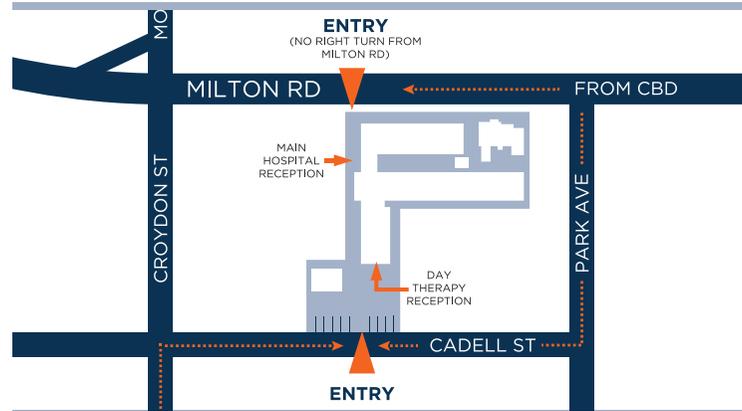


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At TPH we provide a range of programs tailored to meet the needs of patients including:

- Employment Related Trauma Recovery Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Tailored Therapy Program
- Repetitive Transcranial Magnetic Stimulation
- Electroconvulsive Therapy
- Assertive Community Treatment Program
- Mobile Recovery Support Service - Pilot Program

We also offer specialised treatment for military and ex-military personnel including:

- Trauma Recovery Program
- Trauma Relapse Prevention Program
- Anger Management Program
- Alcohol Day Treatment Program

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



# ASSERTIVE COMMUNITY TREATMENT PROGRAM



NSQHS



TRPS



Quality ISO 9001



**ASSERTIVE COMMUNITY TREATMENT (ACT)  
IS A PROGRAM OF INTEGRATED  
HOSPITAL-IN-THE-HOME SERVICES  
DELIVERED BY A MULTI-DISCIPLINARY TEAM  
TO COMPLEMENT THE SPECIALIST MENTAL  
HEALTH SERVICES PROVIDED BY YOUR  
PSYCHIATRIST AND HOSPITAL.**

The Assertive Community Treatment (ACT) program is designed for people whose mental health condition can be managed in a community setting and are either at risk or frequently admitted to hospital. It aims to substitute hospital admissions with intensive acute treatment and support in the community, and reduce the need for prolonged or recurrent acute inpatient services.



By taking part in the program, you may experience:

- Treatment, support, education and advocacy for you and your carer/s
- Improved social, occupational and independent living skills
- Increased ability to manage your symptoms by learning skills in the places where you will use them
- Feeling a greater sense of adjustment and wellbeing
- Information about what other community health and support services are available and how to get the most from their services
- A reduction in the frequency and length of hospital admissions.

Toowong Private Hospital's (TPH) ACT program provides a range of services including ongoing assessments, individual treatment planning and care delivery, medication administration and management, and help with access to other health and community support agencies.



The ACT program, designed to meet your mental health needs, is delivered by experienced mental health registered nurses and members of allied health under the direction of your treating psychiatrist. They will maintain contact with your psychiatrist about clinical issues, discharge planning, treatment interventions and options.

As part of the ACT program, most of the treatment services are delivered in your home (or other location outside of hospital). This means you learn mental health management skills and coping techniques in the places where you live, work and socialise, and where you need support. You can also choose to involve family members, friends or other health service providers in your treatment program.