

Community Based Programs

We also provide treatment services for patients beyond our hospital grounds. Our community care programs can be offered in place of a hospital admission, to support patients after discharge from hospital or to help prevent relapse.

Assertive Community Treatment Program

This program supports patients to manage their mental health by providing “hospital in the home” services such as ongoing assessments, individual treatment planning, medication administration and management, and coordinating access to other health and community support agencies.

Mobile Recovery Support Service (MRSS) Pilot Program

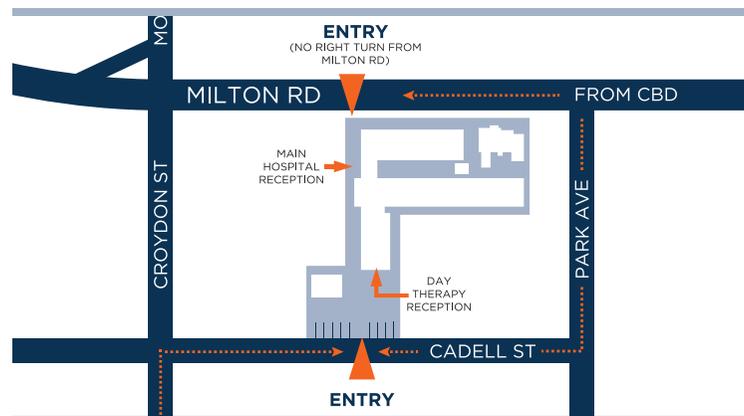
This 18 month pilot program commenced on 1st April 2017 and is for eligible Bupa members who are living with a mental illness in the community and require support in relation to self-management of their wellbeing. The service is delivered by Registered Nurses and Allied Health Professionals either face to face in the form of outpatient clinic reviews or in the community as home visits, or via telephone consultations.

Funding

We are a family-owned private hospital with specialist programs for patients funded by private health insurers, Department of Veterans’ Affairs, Australian Defence Force, workers’ compensation providers or themselves. We recommend patients funded by private health insurance check their level of cover before admission.

Referrals

Patients can only be admitted to TPH by psychiatrists granted admitting privileges to the hospital. General practitioners and psychiatrists without admitting privileges can contact the Hospital’s Doctors Admission Service on 1300 131 243 for further information on how to make a referral.



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.



TOOWONG PRIVATE HOSPITAL



NSQHS
SAI GLOBAL



TRPS
SAI GLOBAL



Quality
ISO 9001
SAI GLOBAL

WELCOME TO TOOWONG PRIVATE HOSPITAL

Toowong Private Hospital (TPH) is a family-owned private hospital committed to delivering excellence in psychiatric care and quality services that promotes your mental health and wellbeing.

TPH is 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 professional team supports patients through every step of their treatment program and offer genuine compassion and care. 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.

We are located in Toowong, a leafy suburb 5km west of Brisbane's central business district. Our facilities include 58 beds in a variety of single and twin room arrangements, a gym, courtyards, lounge areas and group therapy rooms.

Treatment Programs

At TPH we offer a range of treatment programs and services on an inpatient, day patient and community basis depending on the patient's needs. All of our programs and services are designed to demonstrate respect, understanding and focus on the individual's recovery.



Tailored Therapy Treatment Program

Our Tailored Therapy Treatment Program is a flexible program designed in conjunction with the patient's treating psychiatrist to meet an individual's needs. It features a range of psychoeducation and behaviourally-focused group therapy sessions.

Repetitive Transcranial Magnetic Stimulation (rTMS)*

rTMS is a non-invasive procedure that stimulates small superficial regions of the brain using magnetic energy.

Electroconvulsive Therapy (ECT)*

ECT is a medical procedure that involves applying a small and controlled dose of electrical stimulation to the brain to produce a controlled seizure.

*These treatments can only be requested by your psychiatrist.

Day Treatment Programs

We offer a range of cognitive behavioural therapy (CBT) day treatment programs that focus on managing unhelpful thoughts (cognitions) and behaviours to improve mental health and wellbeing.

CBT Anxiety Program

Our CBT Anxiety Program teaches new cognitive and behavioural skills to specifically help manage symptoms of anxiety and achieve greater emotional stability.

CBT Mood Disorders Program

The CBT Mood Disorders Program provides a greater understanding of the physical and psychological effects of mood disorders and teaches participants skills to effectively manage their mental health.

Military Services Day Treatment Programs

TPH offers specialists day treatment programs for current and ex-serving military personnel. These programs feature individual sessions and peer group therapy to enable participants to share similar experiences and recover in a supportive environment.



Military Service Trauma Recovery Program

This program is designed specifically to help current and ex-serving personnel recover from posttraumatic stress disorder (PTSD).

Military Service Trauma Relapse Program

This program has been developed to help participants experiencing a PTSD relapse.

Military Service Anger Management Program

Our Military Service Anger Management Program has been developed to help participants regain control of their anger and use it in a healthy manner.

Military Service Alcohol Day Treatment Program

TPH's Military Service Alcohol Day Treatment Program focusses on educating participants about alcohol use disorders and minimising the impact of alcohol.

Military Service Physical Health and Lifestyle Program

This program is designed to give participants greater insight into the impact of lifestyle choices such as diet, smoking, exercise and sleep on their physical health and increase motivation for making changes.