

How Can I Access the Veteran Specific Mental Health Day Programs?

Entry into the group is through a referral form from your psychiatrist or GP to a credentialed psychiatrist at Ramsay Clinic Caloundra. Entry is based on a clinical assessment which includes the patient's willingness and capacity to participate.

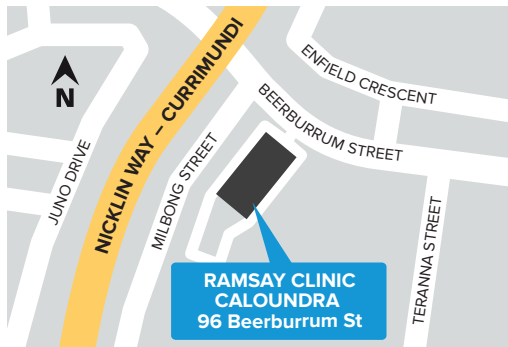
To learn more about the program please phone the Patient Intake Team on (07) 5492 0277.

Email: CLP-Enquiries@ramsayhealth.com.au

Mental Health Waiting Periods and exemptions

When you take out Private Health Insurance the waiting period for psychiatric care is two months. You can upgrade your existing basic hospital cover to inpatient mental health care without a further waiting period. You can do this at any time but only once in your lifetime. Usually you will be eligible for higher benefits as soon as you upgrade. This exemption applies to hospital or hospital substitute care for:

- Mental health services
- Drug and alcohol treatment



**Ramsay
Mental Health**

Ramsay Clinic Caloundra

96 Beerburrum Street

Caloundra Qld 4551

Ph: 07 5491 1522

ramsaymentalhealth.com.au

People caring for people

Veteran Specific Mental Health Day *Program*



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What is Cognitive Behaviour Therapy (CBT) and why have a Specific Group for Veterans?

CBT is a well-researched psychoeducational treatment approach for the management of many mental health issues including anxiety, depression and PTSD. These groups were created especially for veterans so that they can share in a safe place their experiences of military service and the effects it has had on their mental health.

The group is run by allied health staff once a week. Group starts at 0900 and finishes at 1430 and includes a morning tea and lunch.

What does this group cover?

At Ramsay Clinic Caloundra we run two different mental health groups, one for mood disorders including depression, the other for anxiety disorders. They run sequentially on Wednesday. Both programs are designed to assist participants in their recovery by identifying early warning signs, stressors and other symptoms associated with their mental health issues. Participants will learn effective strategies to enhance their ability to self-manage and seek early intervention in the event of relapse.

Goals of the 10 week mood disorders program are for participants:

- To gain an understanding of veteran-specific depression and other mood disorders
- To communicate needs and problem solve more effectively
- To implement self-soothing and grounding techniques
- To increase positive connections with family and friends through activity scheduling.

Goals of the 12 week anxiety disorders program are that participants will:

- Gain an understanding of Veteran-Specific anxiety symptoms
- Communicate more effectively and problem-solve
- Learn anger management skills

- Implement exposure therapy and grounding techniques
- Increase positive connections with family and friends through interpersonal effectiveness.

Why do we use group therapy?

These types of programs have been proven to be effective for the following reasons:

1. Shared Experiences

Sharing perceptions and reactions in a group setting allows the individual to see that they are not alone in the way they are affected by their problems and that other people have problems of a similar nature.

2. Relatedness

It can be overwhelming for an individual to manage in the home setting and a feeling of isolation can set in. Group therapy helps to foster a sense of connectedness as patients meet others who also need help in managing their mental health issues.

3. Support

Groups provide support in many ways, such as showing genuine concern and providing encouragement to overcome difficulties in managing change.

4. Education and Skills Training

CBT is a psychoeducational approach for the treatment of emotional problems and the maintenance of good mental health. Experienced therapists not only explain the process involved in the maintenance of mental health problems but also teach proven treatment methods to lessen the emotional consequences of the symptoms.

5. Peer Feedback

Group work provides an opportunity for constructive feedback from peers and is a valuable component of the therapeutic experience.

Costs

These programs are DVA approved and therefore no cost is required from ex-military participants.