

Staffing

The Program is conducted by a team of qualified and experienced professionals including:

- Consultant Psychiatrist
- Clinical Psychologists/ Psychologists
- Social Workers
- Occupational Therapists
- Dietitian
- Exercise Physiologist
- Mental Health Nurses
- Visiting Community Representatives

Getting started...

Written referrals are required from:

- General Practitioners
- Psychiatrists

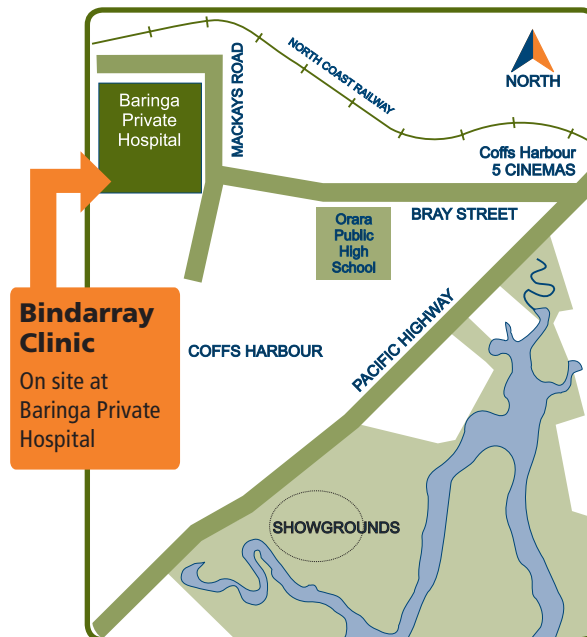
Once a referral is received, a consultation will be arranged with one of our psychiatrists, and if appropriate, referral will be made into the next available program.

For further information on referral, assessment & admission contact:

PTSD PROGRAM COORDINATOR:

Telephone: (02) 6659 4495

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Bindarray Clinic

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People caring for people



Bindarray Clinic

Post Traumatic Stress Disorder Program

Improving your quality of life

DVA Approved Program for Combat Veterans and Emergency Service – First line responders



BC Post Traumatic Stress Disorder Program DL: May 2014

What is PTSD?

Post-traumatic stress disorder (PTSD) is a psychological condition that develops following an extremely stressful event or series of events that cause intense fear. Those with PTSD are much more likely than others to have major depression, problems with substance abuse, or panic disorder sometime in their lives.

In PTSD, factors associated with the original event/s elicit the same stressful feelings later on, so the affected person often tries to avoid these stimuli. Feelings of stress in response to a trauma are normal.

Symptoms of PTSD may develop months or even years after the original trauma and may include:

- Intrusive thoughts recalling the traumatic event
- Nightmares
- Flashbacks
- Efforts to avoid anything that either reminds the person of the event or triggers similar feelings
- Flattened emotional response
- Lack of motivation
- Depression
- Feelings of guilt
- Being easily startled
- Irritability and quick to anger
- Poor concentration
- Excessive awareness of possible danger
- Disturbed sleep

Bindarray Clinic offers an intensive 10-week group therapy program, developed in accordance with the Department of Veterans Affairs and accredited by the Australian Centre for Post Traumatic Mental Health.

The Program

- The Program aims to improve the quality of living for patients by addressing the following issues:
- Education about PTSD
- Learning how to deal with painful thoughts and feelings associated with PTSD
- Learning to manage depression, anxiety, anger, alcohol and drug-related problems, and sleeping difficulties
- Medication management, when indicated
- Development of strategies to enhance communication and better managed relationships
- Assist participants to understand the importance of physical activity as a component of symptom management
- Family days - where psycho-education is provided about this disorder and its treatments to family members/significant others.

These issues are addressed using individual and group therapy approaches. Tailored plans are developed with each participant.

Comprehensive discharge planning involving liaison with appropriate support services is provided.

Duration

The program is run on an outpatient basis. A list of accommodation close to the facility is available on request for those that live outside the area.

The program consists of:

- Two days (Wednesday/Thursday) per week from 9am – 3pm for 10 weeks.
- Individual sessions are provided before or after each day. Each client will be allocated suitable times.
- There is also an extra day follow up three months post program completion.

Assessment

Individual assessment is completed by the programs multi-disciplinary team. Participants who require specialist inpatient care e.g. detoxification, may be offered this prior to commencement.

Eligibility

Once referred into the program, all clients will be assessed by a treating psychiatrist to ensure suitability for this program.

- Combat veterans diagnosed with PTSD are eligible for assessment. These clients will generally be funded by department of veteran affairs.
- Emergency services - first line responders are eligible to attend if approved by their insurer or hold appropriate health insurance.

If clients are not suitable for this program, the psychiatrist will discuss alternative options.

Group Size

Each program aims to have 6-12 participants. This ensures individual attention, and promotes a supportive environment. Each member is asked to make a commitment to remain with the program to ensure group cohesion.

Confidentiality

The information relating to the participants progress and outcome is kept strictly confidential. Medical records remain the property of Baringa Private Hospital.

In the case of Veteran's, if they are agreeable statistical information (de-identified) is collected by Phoenix Australia (Centre for Post Traumatic Mental Health) for evaluation purposes.

No information is forwarded for current serving members.