

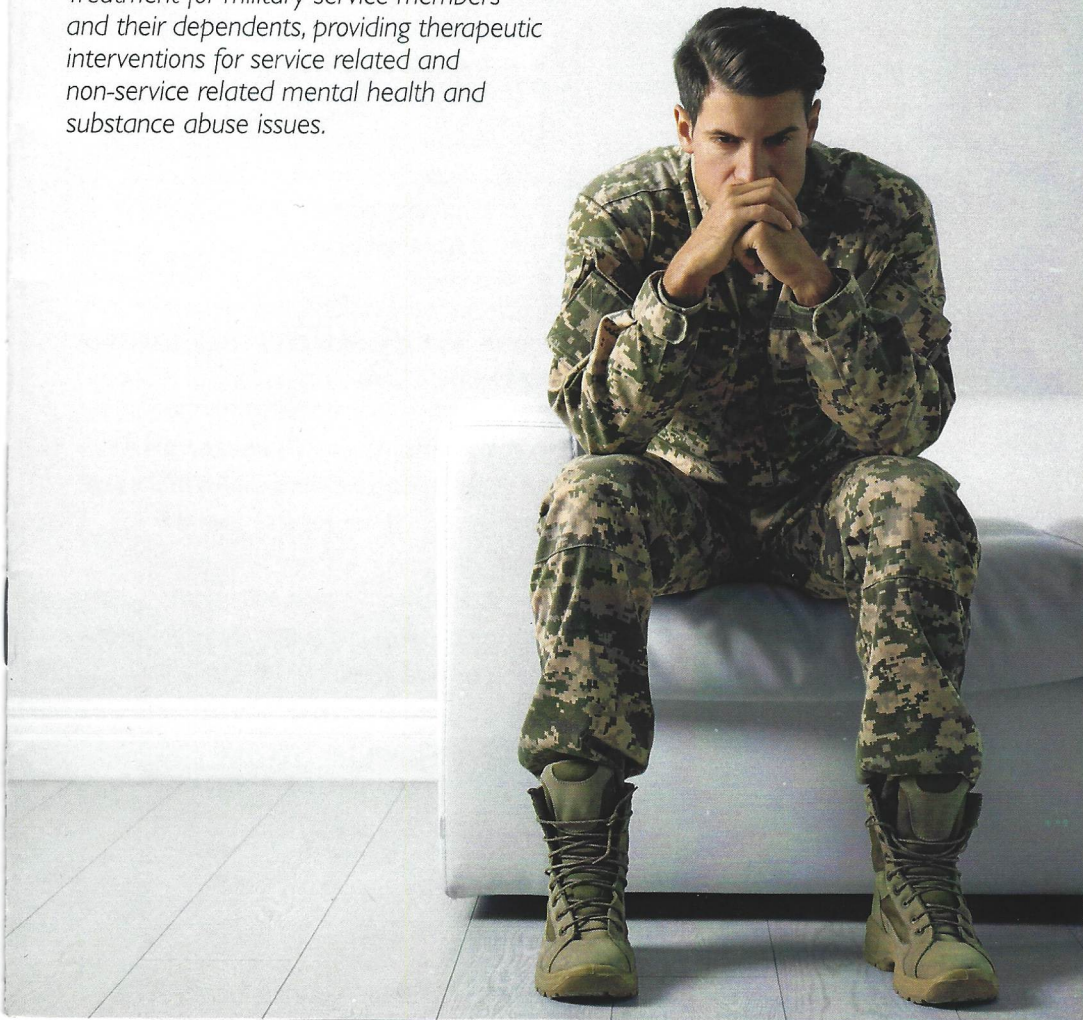


VICTORY

MILITARY SERVICES

SAN ANTONIO BEHAVIORAL
HEALTHCARE HOSPITAL 

*Treatment for military service members
and their dependents, providing therapeutic
interventions for service related and
non-service related mental health and
substance abuse issues.*



HELP FOR OUR MILITARY AND FAMILIES

The Victory program at San Antonio Behavioral Healthcare Hospital is a physician-led behavioral health program that uses several different therapies, including the clinical practice guidelines recommended by the Department of Defense (DoD). Service members, and their families from around the country can rely on the Victory program to help them with a variety of mental health services, programs, and resources.

Victory's mission is to deliver quality care by using cutting-edge science that utilizes several evidence-based therapeutic modalities tailored to the needs of each person's individual treatment plan. We firmly believe that the best patient outcomes begin with empathy, compassion, and understanding. Our Victory program helps provide stability and resiliency for those struggling with issues related to:

- Anxiety
- Crisis stabilization
- Depression
- Dual diagnosis
- Interpersonal violence
- Medical assisted detox
- Mental health conditions
- Military sexual trauma
- Personality disorder
- Post-traumatic stress disorder (PTSD)
- combat and non-combat)
- Substance abuse
- Trauma related illness

YOUR LEVEL OF CARE AND TREATMENT WITH US IS IMPORTANT

Immediately entering our Victory programming, each person is provided with the best quality of care we can provide. You possess the most control in your personal treatment plan from day one. Following a mental health assessment with our professional and compassionate staff, we'll recommend a plan, and together we will determine your best course of action and length of stay for primary behavioral health services tailored to you.



WITH EFFECTIVE TREATMENT, 70-90% OF INDIVIDUALS WITH MENTAL ILLNESS ACHIEVE AN IMPROVED QUALITY OF LIFE

WE HAVE THE RESOURCES TO SUPPORT YOU

For those who dedicate their life to serving our country, and the family members that support their service member duties that come with the mission, and the trials of everyday life can be compounded by challenges inherent in deployment cycles, military life, relocations, as well as individual issues. The stressors of military life can strongly influence the psychological well-being of service members and their families. Behavioral health conditions, particularly when unrecognized and untreated, can lead to medical non-readiness, suicidal behavior, early discharge, and many other undesirable outcomes.

San Antonio Behavioral Healthcare Hospital can help build resiliency with care that is focused on the individual. We help our patients succeed by providing an environment that fosters positive changes through evidence-based therapeutic interventions, including:

- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Dialectical Behavioral Therapy (DBT)
- Prolonged Exposure (PE)

These mental health services are also interwoven with physical wellness, mindfulness, and medication management.

VICTORY MENTAL HEALTH PROGRAM SPECIFICS

■ Therapy for Trauma

In conjunction with multidisciplinary professionals, DoD and VA clinical guidelines, San Antonio Behavioral Healthcare Hospital offers a specific trauma program for active-duty service members. This treatment regimen has been specifically designed to address the needs of service members who have experienced sexual trauma or been diagnosed with PTSD, acute stress disorder and/or other co-occurring conditions.

We incorporate a range of therapies along with empowerment and self-esteem building techniques in intensive individual and group treatment. The Victory trauma team places an emphasis on a holistic approach to help patients discover the tools they need to recover and reintegrate back into a healthy, productive life.





ONLY 38% OF U.S. ADULTS WITH
DIAGNOSABLE MENTAL ILLNESSES
RECEIVE NEEDED TREATMENT



■ Substance Abuse Treatment and Detoxification

Our detox and substance abuse treatment program utilizes evidence-based treatment therapies to enhance a 12-step model of recovery. The treatment focuses on learning about addiction, identifying relapse triggers, positive coping strategies for cravings, and setting up a positive recovery support network to ensure long term recovery.

Patients will receive daily visits with a psychiatrist and meet with their therapist and/or chemical dependency counselor as outlined in the individualized treatment plan. Treatment includes daily education and process groups, therapeutic recreation services, journaling, mindfulness practice, and AA/NA meetings.

■ Dual Diagnosis Treatment

Patients often battle co-occurring substance and behavioral health conditions, compounding the challenges facing our service members and families. The dual diagnosis treatment program is a therapeutic regimen that combines group, individual, and psychotherapies to identify triggers and develop self-regulation skills to avoid a potential relapse.

Service members or dependents enrolled in the military dual diagnosis program will receive daily visits with a psychiatrist and meet with their therapist to receive treatment and address their specific behavioral health conditions using strategies like mindfulness, acceptance, and emotion regulation. Patients suffering from co-occurring diagnoses benefit from the hybrid therapeutic approach due to the program's intentional ability to tailor and individualize the treatment to address the complex challenges they face.

INPATIENT TREATMENT

Our inpatient units are separated by treatment needs for safety, comfort, and therapeutic benefit. Our multidisciplinary teams are trained in evidence-based psychotherapies, including clinical practice guidelines recommended by the Department of Defense and Veteran's Administration.

Using evidence-based therapies, our Victory program helps to provide stability and resiliency for those struggling with issues related to combat and non-combat trauma, sexual trauma, depression, general psychiatric challenges, crisis stabilization, anxiety, substance abuse, detox, personality disorder, and PTSD.

SPECIALTY SERVICES ECT AND TMS

■ Electroconvulsive Therapy (ECT)

ECT is an elective procedure most used to treat severe depression. It can also treat symptoms of bipolar disorder, medication resistant, schizophrenia, and other mental illnesses. Electroconvulsive therapy can provide relief for patients who haven't improved with medications, psychotherapy, or other forms of treatment.

During ECT treatments a brief electrical stimulus is passed across the brain, which in turn induces a mild seizure that facilitates chemical changes in the brain. These changes can improve brain function and provide quick relief. There is also evidence that suggests ECT stimulates new brain cell growth and development.



■ Transcranial Magnetic Stimulation (TMS)

Transcranial Magnetic Stimulation (TMS) therapy stimulates nerve cells by delivering a series of painless electromagnetic pulses to specific regions of the brain that are associated with depression and mood changes. Depressed patients are shown to have reduced electrical activity in certain areas of the brain and TMS directly focuses on those areas.

It's a non-invasive outpatient procedure performed at SABHH by a medical doctor and technician specialized in TMS treatment. You will meet with a psychiatrist to determine if you are a candidate for TMS and a brain mapping will be completed prior to beginning treatment.

OUTPATIENT TREATMENT

Through our outpatient programs, our team allows patients to continue their journey to healing and achieve lasting behavioral change. We equip patients with the skills they need to continue improving their mental health. Our team of professionals often rely on information from family and loved ones to get a more complete picture of a patient's ongoing needs.

We consult with each patient's family and loved ones to ensure that the patient's home environment is safe and conducive to continued mental health improvement. Programs available: Intensive Outpatient (IOP), Partial Hospitalization (PHP), and Virtual Services.

■ Partial Hospitalization Program (PHP)

Our adult partial hospitalization program (PHP) combines daily connections with peers and group therapy with clinical and medical oversight. PHP is ideal for those who may need a higher level of short-term mental health support before continuing treatment in one of our other outpatient programs. It's also a great step for those maintaining progress after graduating from an inpatient psychiatric care program.

PHP consists of five group sessions daily, five days per week for a minimum of 20 programming hours. Patients receive weekly individual sessions with a therapist and individual sessions with a psychiatrist for medication management, in addition to the daily group therapy. A registered nurse is on site daily. Patients are also served by a full multidisciplinary team, including a case manager and master's level therapist to assist with long term appointments upon discharge.

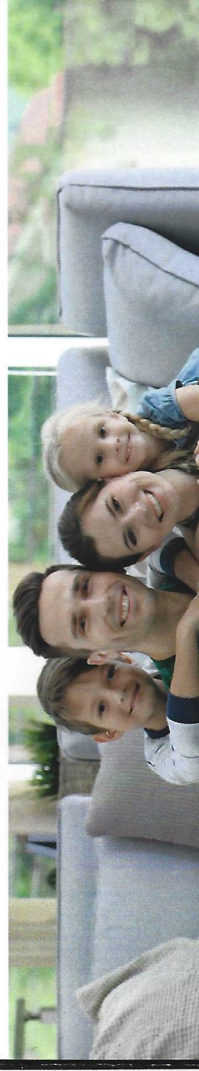
■ Virtual Intensive Outpatient Program (IOP)

The intensive outpatient program (IOP) at San Antonio Behavioral Healthcare Hospital was established for behavioral health patients who have stabilized their mental health but still need treatment. The program is also ideal for those who need the flexibility to attend to their daily routines. The IOP program is offered in person for regular sessions. For those that are unable to come in-person, we also offer it virtually via Zoom. If you have family obligations, are deployed, or have a job, the IOP is a great program that allows you to balance home life while still prioritizing your mental health.

SUPPORT FOR MILITARY DEPENDENTS

Mental illness doesn't just hurt you — it can hurt others around you. Those who find a pathway to healing through our Victory program often have family members who have experienced trauma and other mental health concerns in their own lives.

Whatever issues you and your loved ones may be dealing with, and however long they have been experiencing their issues, you are not alone. We offer support for family members of veterans and active-duty service members to get connected with resources for managing life's challenges and finding solutions to navigate back to happy, healthy, and productive lives together as a family.



MILITARY
SUICIDES
ARE AT
THEIR
HIGHEST
RATE IN
10 YEARS



NEARLY 1 IN 4 ACTIVE-DUTY
MEMBERS SHOWED SIGNS OF A
MENTAL HEALTH CONDITION.

WE'RE HERE 24/7. HELP IS ONLY 1 CALL AWAY.
(210) 541-5300

If you or someone you know is suffering from behavioral health or substance abuse issues that are negatively affecting the ability to function in everyday life, San Antonio Behavioral Healthcare Hospital can help.

Our phones are available all year round, 24/7 by professional clinical staff who can discuss your concerns and provide information regarding our services and resources in the community. **Call us today at 210-541-5300.**



We accept all major insurances.



FOLLOW US @SABEHAVIORAL

FACTS SOURCED FROM: NAMI, DOSOMETHING.ORG,
AND NVF.ORG

8550 HUEBNER ROAD SAN ANTONIO, TX 78240

MAIN: (210) 541-5300

FAX: (210) 541-5366

WWW.SANANTONIOBEHAVIORAL.COM