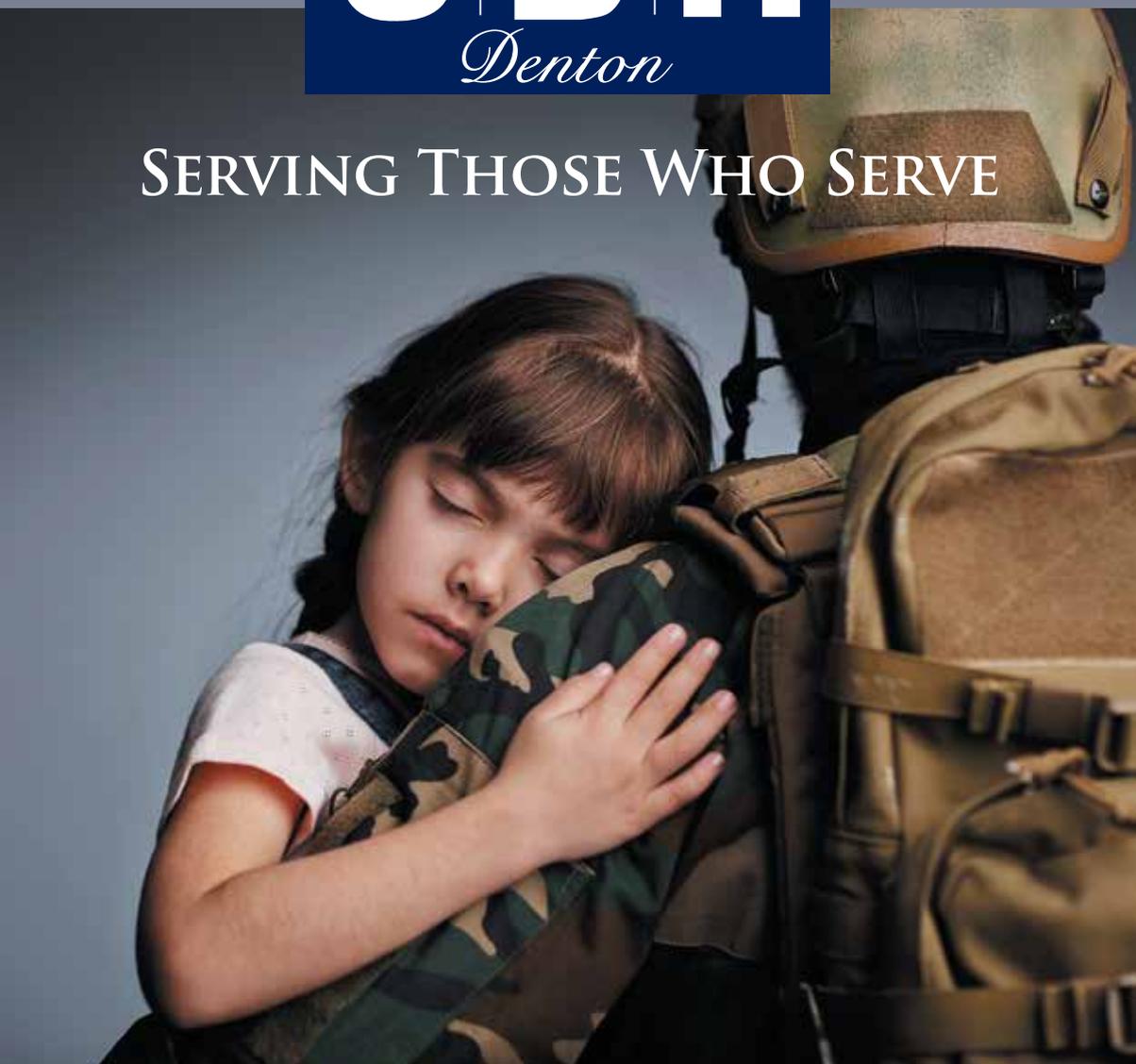


THE **MILITARY** PROGRAM

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
**U | B | H**  
*Denton*

SERVING THOSE WHO SERVE



**Mental health & chemical dependency care  
for active duty, veterans, retirees, and their families**

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# DEDICATED TO YOU



**The Military Program at UBH Denton is one of our nation's oldest and most-experienced dedicated military programs.**

- ★ Our staff has deep experience working with service members in all branches and at every level of the military. We consider it an honor and a privilege to help reclaim lives of those who serve our nation.
- ★ We work with each individual to create a customized treatment plan that addresses their challenges and uses their strengths.
- ★ Our program is compassionate and non-judgmental.
- ★ We welcome the participation of family members.
- ★ We work with command to safely return each service member to base.

## **Unit Highlights:**

- Dedicated military unit with dedicated staff (clinicians, nurses, techs)
- 14- to 30-day program, based on patient need
- Personalized treatment incorporating group therapy and individual counseling when needed
- Program Director and treatment team offices are housed on the unit and provide patients with an open door policy
- Chaplain available for spiritual needs

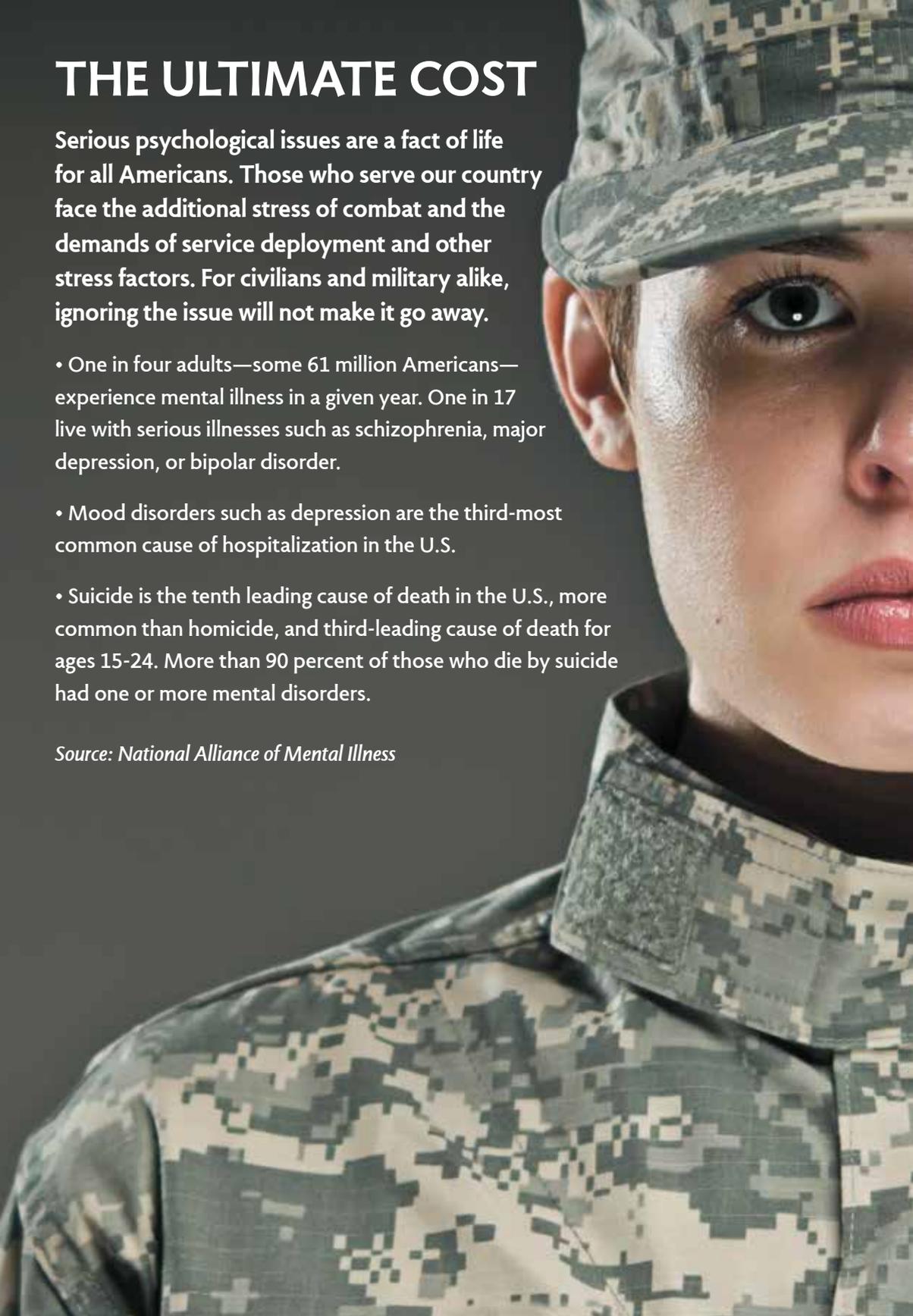


# THE ULTIMATE COST

Serious psychological issues are a fact of life for all Americans. Those who serve our country face the additional stress of combat and the demands of service deployment and other stress factors. For civilians and military alike, ignoring the issue will not make it go away.

- One in four adults—some 61 million Americans—experience mental illness in a given year. One in 17 live with serious illnesses such as schizophrenia, major depression, or bipolar disorder.
- Mood disorders such as depression are the third-most common cause of hospitalization in the U.S.
- Suicide is the tenth leading cause of death in the U.S., more common than homicide, and third-leading cause of death for ages 15-24. More than 90 percent of those who die by suicide had one or more mental disorders.

*Source: National Alliance of Mental Illness*



# COMMONLY TREATED DIAGNOSES IN OUR PROGRAM

Psychiatric Disorders • Substance Abuse • Military Sexual Trauma  
PTSD and Combat Stress • Anxiety • Grief & Loss • Depression



## ■ SAFE HAVEN

The Safe Haven program identifies harmful, difficult-to-change beliefs that result in self-defeating behaviors and coping styles. Our program challenges those beliefs and builds new strategies for success.

### **Treats a variety of long-standing emotional difficulties:**

- Military Sexual Trauma (MST)
- Chronic psychiatric challenges such as depression and anxiety
- Self-harm
- Childhood sexual abuse
- Domestic violence/anger

*Therapy through Safe Haven at UBH offers hope to free people from harmful behaviors.*

We use an Interdisciplinary Treatment Team model, led by military experienced healthcare professionals, with knowledge in psychiatry, psychology, social science, and medicine.

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## ■ CHEMICAL DEPENDENCY PROGRAM

Warning signs of substance use disorder (with or without PTSD):

### Physical

- Bloodshot eyes, pupils larger or smaller than usual
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Decline in physical appearance, neglects grooming
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

### Behavioral

- Drop in job attendance and performance
- Unexplained need for money or financial problems; may borrow or steal
- Engaging in secretive or suspicious behaviors
- Sudden change in friends, favorite hangouts, and hobbies
- Frequently getting into trouble (fights, accidents, illegal activities)

### Psychological

- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation; appears lethargic or “spaced out”
- Appears fearful, anxious, or paranoid, with no reason

***If you suffer from a substance abuse disorder, UBH offers a comfortable and safe detox to save your life, and a proven method for achieving a life free of drugs and alcohol.***





## ■ TRAUMA PROGRAM

Post-traumatic stress disorder (PTSD) is a mental health condition triggered when you experience or witness a terrifying event.

Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

### **PTSD Triggers:**

- Going to drills
- Learning of deaths of other soldiers
- Large crowd gatherings
- News shows
- Loud noises
- People of certain ethnic origin
- Foreign military uniforms
- Smell of gas, oil, blood, or burning flesh
- Traffic
- Helicopters
- Fire
- Children

***UBH treats PTSD using evidence-based Cognitive Processing Therapy, the gold standard for treatment of PTSD.***





## ■ CRISIS STABILIZATION

We know that sometimes service members need a healing environment to combat negative events, emotions, and thoughts that prevent them from thriving in everyday life.

We have created a high-quality, evidence-based program to meet the specific needs of these service members and to help them get back on the road to success in the military and in life.

### **Acute inpatient crisis stabilization focuses on treating:**

- Adjustment issues
- Grief
- Depression
- Anxiety
- Relational issues

*Sometimes we just need to take a knee to keep moving forward. UBH Denton can help.*

## **As a service member, physical fitness is vitally important.**

Physical exercise helps patients relieve stress, work through emotional difficulties, build positive self esteem and improve cell functioning throughout the body.

UBH offers physical training via cardiovascular exercise equipment, a gymnasium, workout room and weight training. Added-value services include yoga classes and acupuncture.



# JOINING UBH DENTON

Crisis happens any time and can be addressed quickly by our intake staff. Treatment decisions are typically made within 30 minutes of the initial call.

**Please call Intake at 940-320-8100 • Toll Free: 888-320-8101**

## COMMUNICATION

Weekly clinical update with treatment and command every Tuesday.

Regular communication with the clinical team and physicians.

Doctors will call back within 24 hours.

## PREPARING FOR YOUR STAY

Bring identification, two weeks of clothing, gym shoes, and general hygiene supplies in plastic bottles.

Please avoid bringing any glass items or supplies that include alcohol.

***View a comprehensive list online at: [ubhdenton.com/military](http://ubhdenton.com/military)***

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