



We have great respect for the service and sacrifices of the men and women who serve in our nation's military, and we are proud to provide specialized support to members of the military community when their lives are impacted by mental and/or behavioral health concerns.



FLAGS



PROGRAM

Forgiving Losses and Gaining Strength

LONGLEAF HOSPITAL

44 VERSAILLES BLVD
ALEXANDRIA, LA 71303

INTAKE MAIN LINE:

(318) 562-4988

INTAKE FAX NUMBER FOR PACKETS:

(318) 445-8581

MILITARY PROGRAMS MANAGER:

GASTON COCO - (318) 623-2525

LONGLEAFHOSPITAL.COM

FORGIVING LOSSES & GAINING STRENGTH

- Comprehensive treatment program for active-duty military members and veterans
- Evidence-based medication management
- CBT, CPT, art, and EMDR
- Led by experienced military and behavioral health professionals

TREATING:

- **Combat Trauma**
- **MST**
- **Posttraumatic Stress Disorder (PTSD)**
- **Substance Abuse**
- **Other Co-Occurring Disorders**



Forgiving Losses and Gaining Strength

WHAT SHOULD I EXPECT DURING MY TIME IN F.L.A.G.S.?

- State-of-the-art treatment tailored specifically to you
- Master Certified Trauma Therapists
- Individual, group, and family therapies
- Physical fitness
- Meditation, recreation, and relaxation therapies
- Challenges, hard work, support, rest, and structure
- Support from prior service staff who has extensive knowledge and experience with the active-duty population and military regulations
- Reintegration outings
- Pet therapy
- Trauma Informed Yoga
- Evidence-Based Curriculum

WHAT SHOULD I BRING WITH ME?

- Any medications you are taking
- 3-5 sets: PT/gym clothes without strings
- 3-5 sets: comfortable clothes (sleep attire, socks, and undergarments)
- 1 set: PT/gym shoes
- 1 set: slide-on shoes without laces
- 1 set: paperback books, puzzles, and/or magazines
- Debit card/money for store runs, vending machines

Laundry facilities are available.

WHAT SHOULD I NOT BRING WITH ME?

- Weapons of any kind
- Aerosols
- Flammable products
- Cologne/perfume
- Any item containing alcohol
- Glass/metal/aluminum
- Sharp items
- Unprescribed drugs
- Plastic bags
- Hangers
- Clothing with strings
- Spiral notebooks
- Matches or lighters
- Musical instruments
- CD players/iPods/radios
- E-readers
- Portable DVD players
- Electronic games
- Computers
- Keys
- Necklaces, earrings, rings, jewelry, or dog tags

**Items not listed may be prohibited to ensure patient safety and will be considered on an individual basis.*