

PROGRAMME  
TROUBLES  
BIPOLAIRES



BIPOLAR  
DISORDERS  
PROGRAM

# BIPOLAR DISORDERS PROGRAM

The Bipolar Disorders Program is a superspecialized (third-line) consultation and treatment service for adults aged 18 to 65 suffering from bipolar disorders.

The team specialists possess a wide range of expertise essential to the treatment of bipolar disorders. The team provides treatment to patients suffering from these disorders. It develops research projects and ensures knowledge transfer to health professionals and to the general public.

In line with its concern for continuous quality improvement, it also measures the effectiveness of its therapeutic interventions.

## MEDICAL CHIEF PSYCHIATRISTS

Serge Beaulieu, MD, PhD, FRCPC

Serge Beaulieu, MD, PhD, FRCPC  
Suzane Renaud, MD, FRCPC, DFAPA  
Mario Roy, MD, FRCPC

## OTHER MEMBERS

Ellen Paquet, graduate nurse  
Nancy Poirier, psychologist  
Rébecca Sablé, neuropsychologist  
Jacques Tremblay, MD, dual  
disorder consultant

# ELIGIBILITY CRITERIA

The program accommodates patients suffering from refractory bipolar disorders, i.e., who display one or more of the following characteristics:

- Rapid cycles (i.e. four major depressive episodes or hypomania/mania over a one-year period)
- No satisfactory response to two trials with mood stabilizers alone
- Depressive symptoms, refractory to antidepressants
- Psychotic or manic/hypomanic symptoms, refractory to a trial with antipsychotic medication
- Cases of comorbidity with substance abuse are accepted, as long as substance abuse is not the principal problem to be resolved
- Comorbidity with Axis II is accepted, if the emphasis is on the treatment of the bipolar disorder

The program is also open to those with bipolar disorders who agree to take part in one of the research projects (if they meet the eligibility criteria for at least one of the projects).

## SERVICES OFFERED

- Psychiatric evaluation
- Treatment and follow-up
- Consultations provided for:
  - Clarification of diagnosis
  - Opinions on medication
- Psychoeducation group: At the end of ten sessions, patients referred to the program by outside services return to their original treatment team.
- Relapse prevention therapy
- Treatment compliance therapy

Support and liaison services with general practitioners, health professionals and community partners is also offered.

## TO MAKE A REFERRAL, PLEASE CONTACT THE LIAISON AGENT:

**Rébecca Sablé, neuropsychologist:**

514 761-6131, ext. 3307

Frank B. Common Pavilion, 3rd floor

6875 LaSalle Blvd

Verdun, Quebec

514 761-6131, ext. 3301

[www.douglas.qc.ca](http://www.douglas.qc.ca)

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