

Mandate

The Mood Disorders Program is a tertiary care academic subspecialty psychiatry service based at the Foothills Medical Centre. The Program provides timely comprehensive psychiatric assessment and when indicated treatment services to referred patients suffering from or at risk for primary recurrent unipolar and bipolar mood disorders (see inclusion criteria below). This is a joint service of the Alberta Health Services and the University of Calgary Department of Psychiatry. The Program has an integrated teaching and research component, as from time to time trainees are supervised and research studies are conducted in the clinic with the common aim of advancing understanding and improving care for patients.

Aims

1. Accurate early identification of primary major depressive and bipolar disorders
2. Evidence-based treatment to reduce relapse and recurrence risk
3. Improve the quality of remission and life for patients & their families
4. Prevent medical and psychiatric co-morbidity
5. Support ethical and approved research
6. Provide subspecialty training for health professionals

Referral Criteria for Consultation

We consider for consultation any patients referred by *their responsible physician** and who meet the following criteria for a primary mood disorder (with or without psychotic features in episodes):

- patients at least 15 years of age
- thought to be suffering from
 - *bipolar disorder (I or II)*
 - *recurrent major depressive disorder*
 - *first episode depression with a family history of bipolar disorder*
- not currently before the courts or requiring a community treatment order

We have the capacity for limited medium to long-term care or shared care of patients suffering from primary mood disorder confirmed on our consultation. We have a subspecialty *early mood intervention program for patients meeting the above criteria and aged 15-25 years.*

Referral Process

Please fax (403-270-2093) or email referrals for consultation signed by the responsible physician attention to: Ken Farthing RN (ken.farthing@albertahealthservices.ca) or via ACCESS Mental Health.

Phone number: 403-944-1491

We triage referrals weekly and send feedback regarding acceptance thereafter.

**cannot be the inpatient psychiatrist if patient is being discharged imminently*