



The University of Texas at Austin  
UT Health Austin



# THE MULVA CLINIC FOR THE NEUROSCIENCES

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Bipolar Disorder Center



# WELCOME

Welcome to the Mulva Clinic for the Neurosciences:  
Bipolar Disorder Center at UT Health Austin!  
We are pleased that you have chosen to work  
with us and look forward to serving you.

The Bipolar Disorder Center operates on a referral  
basis only and treats middle aged adolescents  
to young adults diagnosed with bipolar disorder.  
Bipolar disorder is a brain disorder that causes  
unusual shifts in mood, activity levels and ability to  
carry out day-to-day tasks. It is characterized by  
episodes of depression and manic symptoms.

Our mission is to provide access to high quality, high  
value mental health care. We offer optimal outpatient  
management of bipolar disorder using the best  
available evidence and tightly coordinated care.  
Our goal is for people to live without interference  
in their lives from both the illness and treatment  
side effects while using resources efficiently to  
minimize cost in terms of time and money.

Before your appointment, please read the practice  
policies and complete the patient reported outcomes.  
It's important that this is completed and turned in  
during your first appointment. The clinical staff here are  
happy to discuss the details with you and answer any  
questions you may have before we begin our sessions.

We hope we can provide you with a positive  
experience and the supports to meet your goals!

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Sincerely,  
The Bipolar Disorder Center Team

# ABOUT UT HEALTH AUSTIN

## ABOUT OUR PRACTICE

UT Health Austin, the group practice designed and managed by the faculty and staff of the Dell Medical School, focuses the expertise of a team of experienced medical professionals to deliver comprehensive care of uncompromising quality for all patients.

## WHERE TO FIND US

Monday through Friday, 8 a.m. to 5 p.m.  
Parking for the Health Transformation Building is available in the Health Center Garage.

Health Transformation Building  
7th floor – Bipolar Disorder Center  
1601 Trinity Street  
Austin, 78712

## DRIVING DIRECTIONS

### FROM NORTHBOUND I-35

Follow I-35 N to Exit 235A. Proceed onto I-35 Frontage Road. Turn left on 15th Street. Turn right onto Trinity Street. The entrance to the Health Center Garage will be immediately on your right. experienced medical professionals to deliver comprehensive care of uncompromising quality for all patients.

### FROM SOUTHBOUND I-35

Follow I-35 S to Exit 235A. Turn right on 15th Street. Turn right onto Trinity Street. The entrance to the Health Center Garage will be immediately on your right.



## WHERE TO CONTACT US

For questions or more information please call 1-833-UT-CARES or go to [uthealthaustin.org](http://uthealthaustin.org)

# PATIENT PATHWAY

The Mulva Clinic for the Neurosciences: Bipolar Disorder Center at UT Health Austin provides counseling, psychiatric consultation and prevention services that facilitate an individual's life goals and enhance their personal growth and well-being.

The Bipolar Disorder Center operates on a referral basis only and treats individuals from 16-35 years old diagnosed with bipolar disorder, or clients who are early in their diagnosis of bipolar disorder. Individuals participate in a six-week program focused on treating depressive and manic symptoms and aim to enhance function. They will work with the clinical team to define a personalized treatment.

The clinical team uses an integrative pharmaco/psychotherapeutic approach with elements of the following modalities:

## **MEDICATION MANAGEMENT**

Medication management is a strategy for engaging with patients and caregivers to initiate individualized medication regimen having as a model evidence-based treatment protocols. A complete and accurate medication list is the foundation for addressing medication reconciliation and medication management issues.

## **PSYCHOEDUCATION**

Psychoeducation is the process of providing mental health education and information.

## **MOOD JOURNAL/DIARIES**

Mood diaries are daily tracking approaches that enable one to keep track of their moods, feelings and behaviors.

## **COGNITIVE BEHAVIORAL THERAPY (CBT)**

CBT is a time-sensitive, structured, present-oriented psychotherapy directed toward solving current problems and teaching clients skills to modify dysfunctional thinking and behavior.

## **MINDFULNESS/ACCEPTANCE COMMITMENT THERAPY (ACT)**

ACT is a unique empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.



### **DIALECTICAL BEHAVIOR THERAPY (DBT)**

DBT emphasizes individual psychotherapy and group skills training classes to help people learn and use new skills and strategies to develop a life that they experience as worth living, DBT skills include skills for mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

### **INTERPERSONAL AND SOCIAL RHYTHM THERAPY (IPSRT)**

IPSRT is designed to help people improve their moods by understanding and working with their biological and social rhythms.

### **MOTIVATIONAL INTERVIEWING**

Motivational interviewing is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

### **RELAPSE PREVENTION**

Consists of a comprehensive relapse prevention plan to aid in preventing a new mood episode.

### **FAMILY THERAPY**

Family therapy is a type of psychological counseling that can help loved ones improve communication and resolve conflicts.

# PREPARING FOR YOUR APPOINTMENT



## **WHERE IS THE HEALTH TRANSFORMATION BUILDING (HTB)?**

The Health Transformation Building (HTB) is located at 1601 Trinity St. on the campus of The University of Texas at Austin. Parking for the HTB is available in the Health Center Garage (HCG).

## **WHAT SHOULD I BRING TO MY APPOINTMENT?**

Please arrive at least 30 minutes before your appointment. During this time, you will be asked to answer questions about your health, your history and your goals. Some of these questions may be sensitive, but they help determine the next steps and the right care team for you. You can do them privately or one of our trained concierge members can help answer them with you.

Please bring a list of current medications, any past medical records and your current insurance card.

## **WHERE DO I PARK?**

Parking is available in the Health Center Garage (HCG) next door to the Health Transformation Building.

## **WHERE DO I ENTER THE BUILDING?**

You can enter the building on Trinity Street or through the Health Center Garage. Once you've entered the building, please check in on your clinic floor.





## **CAN I BRING FAMILY MEMBERS TO MY APPOINTMENT?**

Family members or care givers are welcome to join you during your appointment.

## **I'M RUNNING LATE. WHAT SHOULD I DO?**

Please arrive 30 minutes before the scheduled appointment time. If you are running late, please call 1-833-UT-CARES (833-882-2737) for information.

## **CAN I TAKE PUBLIC TRANSPORTATION TO UT HEALTH AUSTIN?**

UT Health Austin is conveniently located close to many CapMetro bus stops.

### **CapMetro:**

**Red River and 15th St.:** Buses 10, 20 and 37. From there please make a left on 15th Street. Walk one block and turn right onto Trinity Street. The entrance for the HTB is at Trinity and 17th streets.

**MLK Jr. Blvd. and Red River St.:** Buses 18, 142, 464, 465, 670, 671, 672, 680, 935, 985. From the bus stop, head west on MLK Jr Blvd. and make a left onto Trinity Street. The entrance for the HTB is at Trinity and 17th streets.

**MLK Jr. Blvd. and Trinity St.:** Buses 18, 142, 670, 671, 672, 680, 935, 938. Head south on Trinity Street. The entrance for the HTB is at Trinity and 17th streets.

## **FILLING OUT PATIENT REPORTED OUTCOMES**

The providers at UT Health Austin understand that successful outcomes may be different for each patient. In order to measure these outcomes, we ask patients to take an active role in your care, including answering questions about health and personal goals.

After scheduling your first appointment, the Health Access Partner will send a series of questions to help start your treatment on the right track. It's important to answer these questions. These answers help your care team develop a personalized treatment plan.

Before your first visit, the care team meets to discuss the information provided by you on the patient health questionnaires. We factor in things like personal goals, lifestyle, and support network to figure out what treatment options allow us to best partner with you in your health. We work with you to define your goals and remain committed throughout your treatment plan to measuring the things that matter most to you.



## WHAT TO EXPECT DURING VISITS

You will check in at the Concierge Desk on the 7th floor of the Health Transformation Building at 1601 Trinity Street. You can take the bus, are dropped off, or park for \$2 an hour. We are working on parking validation, but are not yet able to provide that service.

On a typical visit, you will have the following encounters: meet with our staff (either a licensed vocational nurse or a medical assistant), complete self-report surveys on an iPad, meet with your social worker for psychotherapy and psychoeducation, and meet with your psychiatrist.

## TIME TABLE

	Initial Visit	2 <sup>nd</sup> Visit	3 <sup>rd</sup> Visit	4 <sup>th</sup> Visit	5 <sup>th</sup> Visit	Final Visit
<b>Psychiatrist</b>	60 min	30 min	30 min	15 min	15 min	15 min
<b>Therapist</b>	90 min	45 min	45 min	45 min	45 min	45 min
<b>Self-reports</b>	45 -60 min	15 min	15 min	15 -30 min	15 min	30 -45 min

## PARTICIPATION POLICY

Arriving on time for all of your appointments is very important for successful participation in your treatment at the Bipolar Disorder Center. If you arrive more than 10 minutes late to your appointment, you may not be able to be seen that day and may be considered a “no-show”.

The clinic team realizes that some things happen that are out of a person’s control, and will take in to consideration your situation before we determine if the session will be considered a “no-show”.

Please call us with more than 24 hours of your scheduled appointment to cancel or reschedule. If it is an unavoidable conflict please call us, if possible, as soon as possible, when you realize you will be late or unable to present to the clinic for your scheduled appointment.





## DEFINITION OF A “NO-SHOW” APPOINTMENT

The Mulva Clinic for the Neurosciences: Bipolar Disorder Center at the University of Texas Health Austin defines a “No-Show” appointment as any scheduled appointment in which the client either:

- Does not arrive to the appointment
- Cancels with less than 24-hours’ notice
- Arrives more than 10 minutes late and is consequently unable to be seen

## HOW TO AVOID “NO-SHOWS”

- Confirm your appointment
- Arrive 30 minutes early
- Give 24 hours’ notice to cancel your appointment

Having two or more “no-call/no-show” appointments during a 6-week cycle affects the quality of care a client receives and may impact the ability for a client to continue to participate in the program during that cycle.

A client that does not complete their 6 week cycle may request a re-referral from their original referral source and be reconsidered for the program at a different time.



## Notes