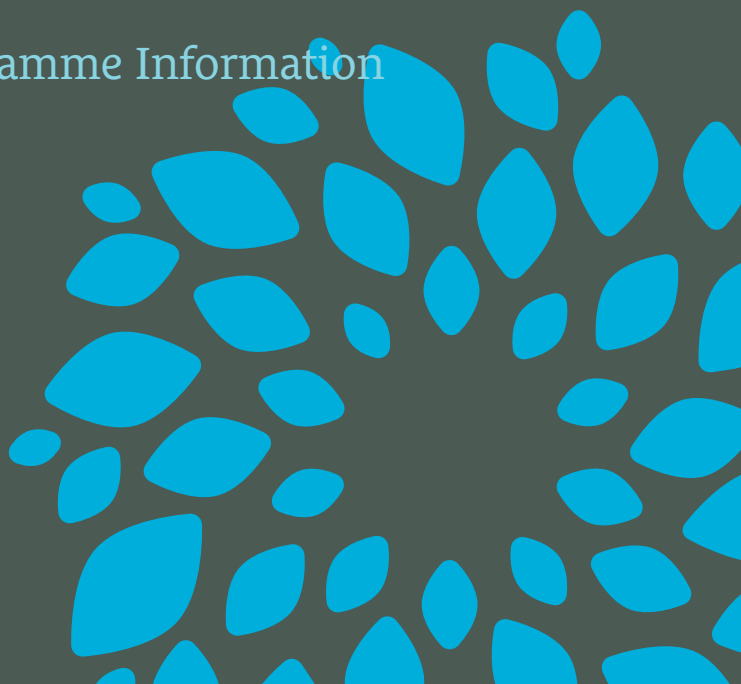




# The Bipolar Education Programme

Living well with  
Bipolar Disorder

Programme Information



## **Our Mission...**

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To help people live well with bipolar disorder, by providing education and adjustment support in an atmosphere of hope and collaboration.

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### **What is Bipolar Disorder?**

Bipolar Disorder, previously known as Manic Depression, is a mood disorder characterised by extreme changes in mood, thinking and energy lasting several weeks or months. These changes are intense, can feel as if they are outside our direct control, and may significantly impact day to day life. People with Bipolar Disorder experience episodes of highs and lows called elation and depression.

### **How Common is Bipolar Disorder?**

Bipolar Disorder affects about 1 in 50 Irish adults. It affects men and women equally. It can occur at any age but it is usually seen in late teens-early adulthood and affects people from all walks of life.

### **What Causes Bipolar Disorder?**

The exact cause is not known. However research has indicated that genetic, biological and environmental factors all seem to play a part.

### **What are the Treatments?**

Group psycho-education for bipolar disorder in conjunction with medications has been shown to delay relapse as well as reducing the number of relapses. Furthermore it has been found to lessen the number of days in hospital and overall symptoms. Psycho-education has also been shown to improve treatment adherence and treatment concordance.

**Psycho-education** involves learning about the illness, the signs and symptoms and what you can do in addition to taking medications to keep yourself well. This self management approach in combination with medication can improve the chances of maintaining wellness and aid in your recovery.



## **Bipolar Education Programme**

The Bipolar Education Programme is a group based programme that offers educational and supportive interventions in the 'Post-Acute' phase of a person's Bipolar illness, so that a functional and emotional recovery and the development of self management skills are supported. The sessions are delivered and overseen by clinical Nurses, doctors, pharmacists and social work. Information is based on research findings.

The Programme is open to service users currently in hospital or attending as a day patient. Service users in hospital can meet with the Clinical Nurse specialist in Bipolar disorder prior to discharge. This may be on an individual or group basis. The aim is to help the person to focus on the next stage of their recovery. Basic information about diagnosis and treatment is offered and barriers to treatment adherence and short term post discharge plans are discussed.

The programme has three day patient Modules - the Facts, the Check-In Group and Living Well.

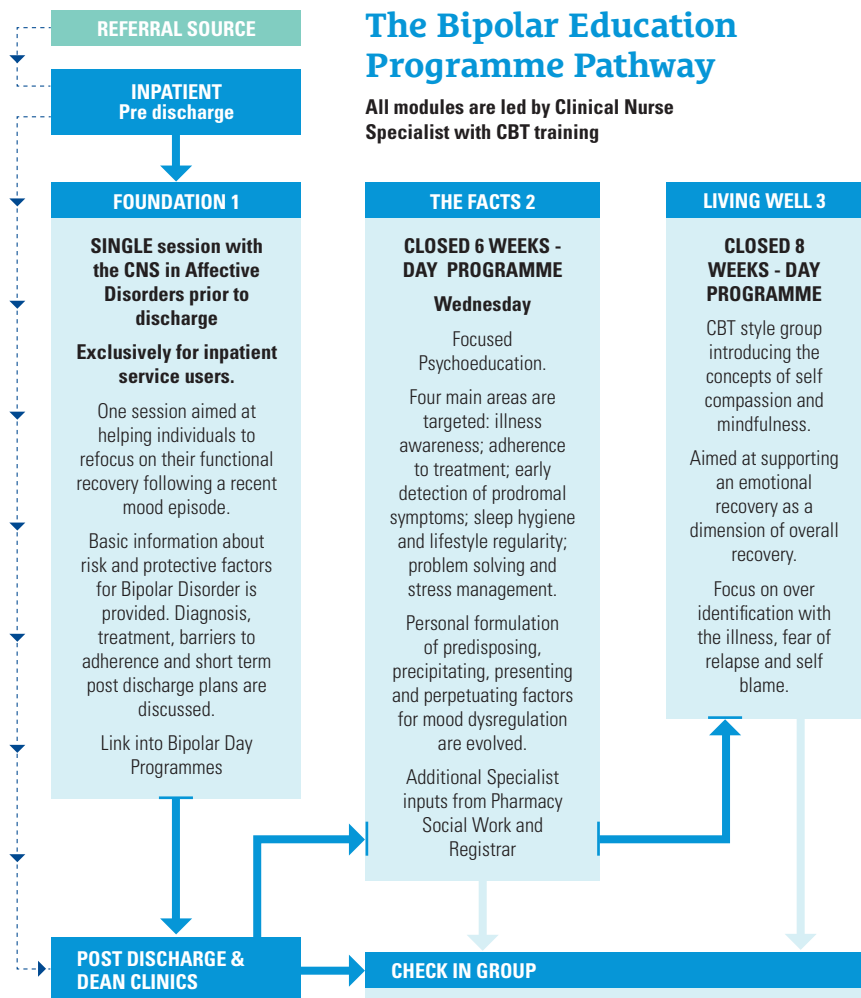
**The Facts** is a focused psycho-education group facilitated by the clinical Nurse Specialist that targets five main areas - illness awareness; adherence to treatment; mood monitoring; sleep hygiene and lifestyle regularity; problem solving and stress management with additional specialist inputs from a Doctor, Pharmacist and Social Worker. The development of self management is a key objective and the active engagement of supporters along the way is encouraged. This closed group runs for a full day once a week over 6 weeks.

**The Check-In Group** is an open group providing adjustment support and intervention for service users at all stages of recovery. Emphasis is placed on a coping approach using basic CBT skills. Treatment concordance and a collaborative approach to treatment are advocated. This group runs every five weeks throughout the year.

**Living Well** is a CBT style group aimed at supporting an emotional recovery using self-compassion and mindfulness to manage over identification with the illness, fear of relapse and self blame. It runs for a full day over eight weeks.

# The Bipolar Education Programme Pathway

All modules are led by Clinical Nurse Specialist with CBT training



## The Criteria for the Programme are as follows:

Diagnosis of BPAD or its inclusion in the differential diagnosis /Service user must be aware of the diagnosis and referral /Mood stability where there is no behavioural disturbance/ Cognitive state consistent with the assimilation and integration of information provided on the programme/ Becks Depression Inventory Score of less than 18/ Goldberg mania scale of less than 18/ Not currently receiving ECT /Inpatients must be within 2 weeks of discharge. For day patient programme however, where there is a dual diagnosis, 6 months sobriety is required or 3 months post completion of the Dual Diagnosis Programme.

### THE FACTS 2

#### CLOSED 6 WEEKS - DAY PROGRAMME

**Wednesday**

Focused Psychoeducation.

Four main areas are targeted: illness awareness; adherence to treatment; early detection of prodromal symptoms; sleep hygiene and lifestyle regularity; problem solving and stress management.

Personal formulation of predisposing, precipitating, presenting and perpetuating factors for mood dysregulation are evolved.

Additional Specialist inputs from Pharmacy Social Work and Registrar

### LIVING WELL 3

#### CLOSED 8 WEEKS - DAY PROGRAMME

CBT style group introducing the concepts of self compassion and mindfulness.

Aimed at supporting an emotional recovery as a dimension of overall recovery.

Focus on over identification with the illness, fear of relapse and self blame.

### CHECK IN GROUP

#### OPEN DAY PROGRAMME • Tuesdays every 5 weeks

An open group providing adjustment support and intervention for service users at all stages of recovery. Emphasis is placed on approach coping using basic CBT skills. Treatment concordance and a collaborative approach to treatment are advocated.

## St Patrick's Mental Health Services

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