

Bipolar Disorder Evaluation

Who provides the evaluation?

The evaluation will be done by a child and adolescent psychiatrist, advanced practice provider, or psychologist who has training in the assessment and treatment of youth with bipolar disorder.

What is involved in the evaluation?

The goals of the evaluation are to make an accurate diagnosis, identify your child's treatment needs, and make recommendations for services. An evaluation for bipolar disorder includes:

- One to three face-to-face visits with you and your child.
 - Completion of symptom checklists from you, your child, and their teachers.
 - Review of available records from school, the primary medical care provider, and previous mental health providers that describe the problems your child is having.
 - Review of any past medicine trials.
 - Discussion of the onset and symptoms of bipolar disorder in youth.
 - Feedback about the evaluation results, recommendations and referrals to services, and collaboration with your child's medical and mental health providers and the school, as needed.
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Will my child be prescribed medicine?

- Medicines are not prescribed during an evaluation or a "second opinion" consultation.
 - If we find that your child needs psychiatric medicine, we will discuss the options for medicine services.
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How should I prepare for my child's evaluation?

- Before your first visit, mail or bring to clinic copies of relevant school records, medical records and mental health services.
 - Write down your list of concerns to share at the first visit, including any questions you would like answered by the evaluation.
 - Bring bottles of all medicines that your child is taking.
 - The child's parent or legal guardian needs to come with the child to all visits.
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To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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