

# Child and Adolescent Bipolar Spectrum Services (CABS)

Child and Adolescent Bipolar Spectrum Services (CABS) is an integrated clinical and research program at UPMC Western Psychiatric Hospital that is devoted to youth with mood problems.

Outpatient services are based at Bellefield Towers in the Oakland area of Pittsburgh, Pennsylvania. Inpatient services are located at UPMC Western Psychiatric.

CABS provides comprehensive assessment and treatment as well as second-opinion consultations. When appropriate, these services may be provided through telepsychiatry.

Since more scientific knowledge is vital to improve our ability to diagnose and treat bipolar disorder in the youth, CABS offers opportunities to participate in research programs. Participation in a research program is not required to receive services.



**UPMC Western Psychiatric Hospital**  
3811 O'Hara St.  
Pittsburgh, PA 15213

**CABS Outpatient Clinic**  
412-246-5238  
1-877-851-CABS (2227)

**Inpatient Referrals**  
412-246-6094

**Outpatient Services**  
Bellefield Towers  
100 North Bellefield Ave.  
Pittsburgh, PA 15213  
[www.UPMC.com/CABS](http://www.UPMC.com/CABS)

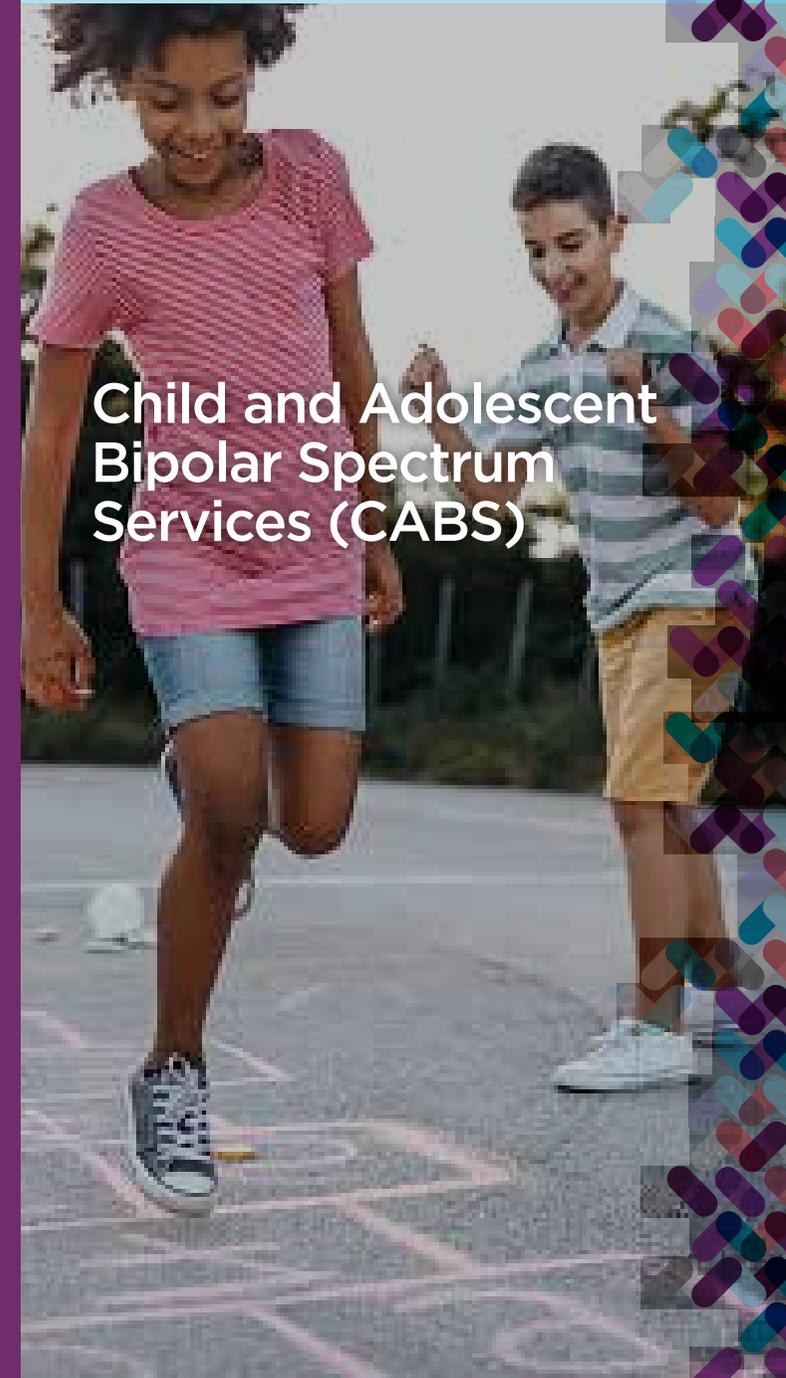
For more information, samples of publications, and assessment instruments used at CABS, please visit [www.pediatricbipolar.pitt.edu](http://www.pediatricbipolar.pitt.edu) or [www.UPMC.com/CABS](http://www.UPMC.com/CABS).

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## Child and Adolescent Bipolar Spectrum Services (CABS)

## What is bipolar disorder?

Bipolar disorder, formerly known as manic depression, is a mood disorder that runs in families and has a strong genetic basis. It is a serious illness marked by episodes of mania and depression.

Manic episodes are periods of extremely happy, super-positive, or explosively irritable mood occurring with some of the following symptoms:

- **Wild, reckless, thrill-seeking, or dangerous behavior**
- **Little need for sleep**
- **Continuous high level of energy**
- **Extreme overconfidence**
- **Having many thoughts at once**
- **Talking very fast about many different things**
- **Very distractible or unable to focus**
- **Frequent or constant thoughts about sex**
- **Inappropriate or uninhibited social behavior**

When the symptoms listed above are milder, they are called hypomania.

Depressive episodes are periods of sad, low, or irritable mood occurring with some of the following symptoms:

- **Not finding pleasure in things that are normally enjoyable**
- **Low energy or feeling slowed down**
- **Sleep and appetite changes**
- **Low self-esteem**
- **Feelings of guilt or worthlessness**
- **Withdrawal from friends or family**
- **Difficulty concentrating**
- **Thoughts about death or suicide**

Depending on the duration and severity of the symptoms, bipolar disorder is usually subdivided into bipolar I (episodes of mania and depression), bipolar II (episodes of hypomania and depression), and other specified bipolar and related disorders (for people who have significant symptoms but do not have all of the criteria to be diagnosed with bipolar I or II).

The presence of different subtypes is the reason that bipolar disorder is usually referred to as bipolar spectrum disorders.

Though it used to be thought that bipolar disorder was very rare in youth, we now understand that it may first present itself in childhood or early adolescence. Bipolar disorder can be difficult to diagnose in children because it can be mistaken for other psychiatric disorders.

## How do we evaluate and treat bipolar spectrum disorders at CABS?

We begin with a comprehensive evaluation to identify the type of problems that the child is experiencing. Evaluations are conducted by a clinician and psychiatrist team and include interviews with the child, parents, and caregivers to review prior medical and psychiatric history.

At the conclusion of the evaluation, the team meets with the family to discuss diagnosis and treatment recommendations. Sometimes it will take several visits before we can be clear about diagnosis.

If the child has, or is suspected to have, bipolar disorder, we will offer treatment through the CABS clinic. If not, we will assist with referral to other appropriate providers.

Treatment includes psychotherapy and, if appropriate, medications, as agreed to by the family. Ongoing evaluation, management, and support are provided by a nurse and psychiatrist team. Education is an important part of treatment and is provided to help families better understand and cope with the disorder.

Services may include consulting with other professionals who are involved in the child's care, such as teachers, mental health professionals, and/or pediatricians. A referral to research studies also may be an option for those who qualify and are interested. When appropriate, the services described above also are provided through telepsychiatry.

**Integrated inpatient and outpatient CABS programs were awarded the Excellence in Care and Innovative Use of Technology Award in 2013 and 2015 by the National Council.**

## Inpatient Child and Adolescent Bipolar Spectrum Services (In-CABS)

The In-CABS inpatient unit is an acute care program specializing in the assessment and treatment of adolescents who have bipolar disorder or who are at risk for bipolar disorder. Our inpatient team provides developmentally sensitive management of adolescents and their families.

Our comprehensive assessment facilitates early and correct identification of bipolar disorder. Parent support groups are held in the evening in addition to individual family meetings. We also provide consultation for children under the age of 12 who are admitted to other inpatient units.

For continuity of care, outpatient treatment teams are consulted, and we provide a detailed report of our diagnostic assessment and treatment recommendations to the outpatient provider. Both CABS and In-CABS work as a team for diagnostic and treatment discussions and appropriate referrals.

If your child displays symptoms that suggest bipolar disorder and you would like more information or to schedule an appointment, please call us. A CABS clinician will talk with you about whether an evaluation at the CABS program would be appropriate. For more information, visit [www.pediatricbipolar.pitt.edu](http://www.pediatricbipolar.pitt.edu) or [www.UPMC.com/CABS](http://www.UPMC.com/CABS).

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### Inpatient Referrals

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## Research Study Participation

There are a variety of active research studies at CABS. Studies may include psychiatric assessment and, in some cases, interventions and follow-up for a limited time. Participation in research is not required to receive services at CABS or In-CABS.