Who can be admitted?
Adults with unipolar or bipolar depression whose illness is significantly affecting their quality of life, safety or ability to perform daily activities.

You will gain the most benefit when you are motivated to focus on improving your depression.

How does the program work?
- Evaluation. A multidisciplinary team of psychiatrists and other specialists with expertise in mood disorders will evaluate you.

Assessments may include:
- Physical examinations and medical consultations
- Laboratory testing and imaging
- Psychological and neuropsychological evaluations

- Treatment. Treatment consists of medications, psychotherapy and other strategies.

Treatment approaches may include:
- Behavioral activation
- Cognitive behavioral therapy
- Acceptance and commitment therapy
- Mindfulness
- Dialectic behavioral therapy
- Occupational therapy
- Recreational therapy

What are the benefits to me and my family?
- Intensive treatment to stabilize and improve your depression
- A second opinion regarding current treatment, a plan for a different approach and assistance with follow-up resources in your home area (if needed)
- Opportunities for family members to participate in your care plan and follow-up; family groups are offered twice weekly

What is expected of me while on the unit?
- Actively participate in group and unit activities
- Follow our visiting hours, which are scheduled to enable you to attend group activities
- This is a locked unit which follows the standards for psychiatric hospitals for the safety of all patients

What amenities are there on the unit?
- Private bedrooms and bathrooms
- Community area with televisions and computers
- Telephones (personal cellphone use is not permitted)
- Exercise equipment and recreational activities

Contact us
Department of Psychiatry and Psychology
Appointment Office
507-266-5100

MAYO CLINIC | 200 First Street SW | Rochester, MN 55905 | mayoclinic.org

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Why Mayo Clinic Depression Center?

- **Team approach.** You will be evaluated by an experienced team of Mayo Clinic psychiatrists, psychologists, registered nurses, social workers, advanced practice registered nurses, physician assistants, and occupational and recreational therapists.

- **Individualized care.** Throughout your care, you will be treated as ... you. Everything we do is tailored to your unique, specific needs.

- **Participation in research.** We recognize the importance of research guiding and innovating clinical practice. A number of protocols are available and may be of interest to you.

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**Mood Clinic**

**Individualized outpatient evaluation**

**Who can be seen?**
Adults who have bipolar disorder or difficult-to-treat depression.

**How does the clinic work?**
A psychiatrist leads a Mood Clinic team of specialists who thoroughly evaluate your symptoms and concerns and provide individualized treatment recommendations.

- **Evaluation.** Before your first appointment, the Mood Clinic team will review a clinical history sent by your current health care provider. At your first appointment, you will:
  - Complete several self-rating scales
  - Provide a personal history
  - Describe your current functioning level

The Mood Clinic team then interviews you and others (as requested) to obtain a comprehensive overview of your emotional, behavioral and medical needs. To assist with your diagnosis and treatment, various testing methods may also be used:
- Neuropsychological assessment
- Neuroendocrine and nutritional testing
- MRI scan as clinically indicated
- Genetic tests to help determine how you metabolize medications

If needed, other Mayo Clinic specialists are available for focused consultations about related medical conditions or symptoms.

- **Treatment recommendations.** A psychiatrist specializing in mood disorders will develop personalized treatment recommendations, which will be coordinated with your local health care provider. These recommendations may include:
  - Individualized medication treatment recommendations
  - Short-term inpatient care on the Mood Disorders Unit
  - Two weeks of group-based outpatient treatment in the Mood Program
  - Transcranial magnetic stimulation
  - Electroconvulsive therapy
  - Participation in a research study about investigational treatments

The Mood Clinic will provide a roadmap of recommendations focused on recovery. Family members are encouraged to participate in the evaluation.

**What are the benefits to me and my family?**
Through this program, you will become more aware of factors linked to your mood symptoms, including those that may be triggering episodes of more severe illness. You will develop new skills for improving your interpersonal relationships and quality of life. At the same time, your family members will gain a better understanding of your illness and learn strategies to help them support you and themselves.

**What is expected of me while in the program?**
- Attend every group activity
- Actively and respectfully share your personal struggles and successes, and provide feedback to others
- Practice applying learned skills outside the program

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**Mood Program**

**Two weeks of group-based outpatient psychotherapy**

**Who can participate?**
Adults with a primary depressive or bipolar disorder who have been evaluated by a Mayo Clinic psychiatrist or psychologist and are motivated to work in a group setting toward improving their daily functioning and relationships.

**How does the program work?**
The Mood Program includes full-day treatment (8 a.m. to 4 p.m., on weekdays) for two consecutive weeks. All program activities are done in a group setting with up to eight patients. Groups are led by advanced practice registered nurses, social workers, registered nurses and a recreational therapist.

- **Evaluation.** You will begin the program by undergoing a comprehensive evaluation by a psychiatrist and other clinicians who specialize in mood disorders. This gives your treatment team a current and historical perspective of your mood issues and interpersonal and social rhythm patterns.

- **Treatment.** Treatment is based on Interpersonal and Social Rhythm Therapy, which aims to enhance mood stability by improving your ability to manage interpersonal problems and your social and biological rhythms. Other therapies used include:
  - Mindfulness
  - Behavioral activation
  - Psychoeducation

**What are the benefits to me and my family?**
Through this program, you will become more aware of factors linked to your mood symptoms, including those that may be triggering episodes of more severe illness. You will develop new skills for improving your interpersonal relationships and quality of life. At the same time, your family members will gain a better understanding of your illness and learn strategies to help them support you and themselves.

**What is expected of me while in the program?**
- Attend every group activity
- Actively and respectfully share your personal struggles and successes, and provide feedback to others
- Practice applying learned skills outside the program