



Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder  
University of Colorado at Boulder – Department of Psychology and Neuroscience  
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<http://rdsfoundation.org>

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## **What to Expect at Your Initial Appointment (Needs Assessment, Skills Screen, or Psychodiagnostic Evaluation)**

### **BEFORE YOUR APPOINTMENT:**

Review the **directions** to the Sutherland Center ahead of time. If you have questions or need additional guidance, call 303/492-5680 to speak to our office assistant. Please call far enough in advance of your appointment to give us ample time to return your call.

Please complete the **questionnaires** and the **paperwork** *prior* to your appointment; please also review the **consent forms** (you are welcome to not sign these until you have an opportunity to ask questions at your appointment). This will save time, and also will allow you to access your financial or medical records should you need them. Be sure to bring the completed forms with you.

**Cancellations/Rescheduling:** If a scheduling conflict arises, please give us as much notice as possible so that we can use our appointment times efficiently. When canceling with *more than 36 hours'* notice, please call our main number (303/492-5680) to talk with our office assistant. If you are canceling with *less than 36-hours* notice, please call *both* the main number *and* the intake therapist (for an up-to-date phone directory, visit [rdsfoundation.org](http://rdsfoundation.org) and select "Contact Us" under the subheading "The RDS Center at CU").

### **WHAT TO EXPECT WHEN YOU ARRIVE:**

In the waiting room of the Raimy Clinic (see directions) you will find a clipboard labeled "Sutherland Center," and the clipboard will hold a blank copy of all of the paperwork you've been asked to complete ahead of time. If you've completed it (and brought it with you), then you can sit and peruse the waiting room magazines while waiting for your appointment! If you don't bring the completed paperwork, please start as soon as you arrive. The therapist with whom you are meeting will greet you in the waiting room at the time of your appointment.

**Needs Assessments:** You will meet for up to 2 hours. The purpose of this meeting is to determine your eligibility for services at the Sutherland Center, learn about your current goals for treatment, and determine which of our services might help you achieve these goals.

**Skills Screens:** This is for individuals interested *only* in the skills training group we offer (people interested in multiple services will complete a Needs Assessment instead). You will meet for approximately 60 minutes. The purpose of this meeting is to determine your eligibility for the group and whether there is a good fit between your goals and this group.

The information you discuss in the Needs Assessment or Skills Screen will be shared with the treatment team (all members are mental health professionals who are bound by laws of confidentiality), and you should receive a call from either the intake therapist or team leader within 7-10 days of your appointment.

**Psychodiagnostic Evaluations:** You will meet for approximately 2 hours to begin the evaluation process. Additional appointments will be scheduled at this initial meeting.