

With a relatively early start to his psychiatric symptoms at age 12, Mark received multiple diagnoses during his adolescence, until clinicians identified his illness as bipolar disorder with psychotic features. Over a period of 5 years, Mark received 17 different psychotropic medications at a variety of doses and combinations lacking evidence-based support for their use.

As Mark's symptoms were difficult to treat, his care providers were not eager to align his treatment regimen with best practices, growing from an unawareness of just which medications were controlling which symptoms.

With planned focus on specific symptom sets under guidance from expert consensus guidelines, Mark's treatment team was able to reduce the number of psychotropic medications from 7 to 4, aligning dosing with practice guidelines. Mark has reported reduced side effects and more willingness to stay in treatment; his doctor reports greater periods of stability in his course over the past 2 years.



**Mark, 27 year old male
Bipolar Disorder diagnosed: 1996**

Hospitalizations for
• **Mental illness: 10**
• **Medical illness: 2**