

**DCF Psychotropic Medication Advisory Committee**  
**Meeting Minutes**  
**February, 2012**

Riverview Hospital for Children and Youth, Middletown, CT.

PRESENT: David Aresco, Pharmacist; Jacqueline Harris, M.D.; Lesley Siegel, M.D.; Amy Veivia, Pharmacist;; Beth Muller, APRN; Alton Allen, M.D.; Tina Spokes, R.N.; Carlos Gonzalez. M.D.; Curtis Harmon, APRN; Brad Jubelirer, M.D.; Brian Keyes, M.D.; Pieter Joost Van Wattum, M.D.; Fredericka Wolman, M.D.; Christine Zaccheo, UConn PharmD Candidate (guest).

1. Call to order: Dr. Siegel called the meeting to order at 1:10pm.
2. Set date/time of next meeting: The next meeting is scheduled for March 2, 2012 from 1pm – 2:30pm; RHCY AB conference room.
3. Minutes: Review and approve minutes of the January 2012 meeting: One minor word change. Minutes approved with this change.
4. Announcements:
  - New Committee Member: Dr. Brad Jubilier (Pediatrician) was introduced to the committee.
  - DCF has a received 3.2 million dollar, 5-year federal grant to develop and support trauma services for DCF children/youth such as TF- CBT. Several partnering organizations(Yale Child Study Center, CHDI, Yale Consultation Center) will be involved. These services are directed toward DCF children to help screen for and treat trauma-related symptoms.
  - There is now a conference call function available for PMAC members who cannot physically attend a meeting but wish to participate remotely. Call in number: 877-984-2234, participant pass code: 1028614.
5. Melatonin: presentation of proposed drug use guidelines: the relationship of melatonin to diabetes II was discussed. Noted this may be gene related. The proposed guideline was then distributed and discussed. The new section will be titled "Supplements". The basis for the suggested required baseline studies will be provided at the next meeting. Follow-up section changes:
  - Change "Monitor for drowsiness," to "Monitor for daytime drowsiness".
  - Change note to read: "No standardized formulation is commercially available in the United States. As such the dose indicated on the bottle may not be accurate".

The CMCU permission process was described and reviewed. Several questions regarding melatonin and the CMCU process were discussed.

- Is a 465 required or only if a request comes in?
  - If a 465 is required how will it be communicated to prescribing practitioners?.
  - Should the updated guideline also be the method of notification?
- Managing melatonin use by having the area offices utilize the guidelines vs. requiring a 465 was discussed.

After discussion it was recommended that a 465 will not be required for melatonin but the CMCU will respond if permission to use melatonin is requested.

The 460 (general permission to treat) was discussed as it relates to non-psychotropic medications. The role of the PMAC and CMCU was again discussed as to what medications need to be reviewed. Noted that State of Connecticut law requires the monitoring of psychotropic medications. Suggested that having guidelines for supplements reviewed by CMCU that do not require a 465 would be very useful.

6. New Business:

- Review/discussion: Clinical Psychopharmacology meeting held in NYC January 2012: Amy Veivia and Beth Muller reported: The meeting was informative, but there was no new information presented to report to PMAC. There were some useful tools described at the meeting. The under-management of anxiety was presented as a topic at the meeting.

7. Drug Information Inquiries (January 2012) –TABLED UNTIL NEXT MEETING

- From DI phone line: None to report.
- From PMAC:
  - General review on the use of Flaxseed Oil.
  - Comparison analysis: 1<sup>st</sup> generation vs. 2<sup>nd</sup> generation antipsychotics focusing on efficacy and side effects.

8. Other.

- A group is forming to determine the best way to implement the recommendations of PMAC's February 2011 Health and Wellness Subcommittee report. This process is just beginning and volunteers are welcome.
- One editorial and one article from the American Journal of Psychiatry February 2012 issue were distributed. PDFs will be included with the February minutes.
  - i. ADHD Pharmacotherapy: Rates of Stimulant Use and Cardiovascular Risk.
  - ii. Blood Pressure and Heart Rate Over 10 Years in the Multimodal Treatment Study of Children With ADHD.
- Drug Information Service: Confirmed that this service should also be available to foster parents.

9. Adjournment: Dr. Siegel adjourned the meeting at 2:32pm.

Respectfully Submitted:  
David S. Aresco RPh, FASCP