

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
November 2, 2018, 1:00 PM

Present: David S. Aresco, Pharmacist; Carlos Gonzalez, M.D.; Beth Muller, APRN; Paul Rao, M.D.; Pieter Joost Van Wattum, M.D.

1. Dr. Rao called the meeting to order at 1:07PM.
2. Set date/time of next meeting: The next meeting is scheduled for December 7, 2018 from 1pm – 2:30pm at Albert J. Solnit Children’s Center 915 River Rd Middletown CT, A Building, Conference Rm A.
3. The revised minutes of the October 2018 meeting were approved.
4. Announcements: Dr. Rao summarized a presentation he recently participated in as one of four panelists discussing models used in various states to monitor prescribing in children and adolescents.
 - ❑ Utah apparently has no programs in place.
 - ❑ In CA the Judicial system is used to approve or deny medications prescribed for youths.
 - ❑ MA outsources services to the University of Massachusetts.
 - ❑ There was curiosity regarding how CT. came to develop it’s program.
 - ❑ The criteria for medication review used by several other states was briefly presented.
 - ❑ No states have come up with the “perfect” solution.

The Adoption and Foster Care Committee is taking on the task of looking at “De-Prescribing in youth.

- There are about 100 citations on tis subject relevant to youth. These citation need to be reviewed. Dr. Rao asked if any on PMAC would help with this task. Dr. Van Wattum, Dave Aresco and Amy Veivia expressed interest. Dr. Rao will follow-up.
- There was a long discussion regarding the concept of de-prescribing. RN/APRN vs. M.D. approach to this was discussed.

Family First Prevention legislation was distributed and discussed. In summary this legislation incentivizes the reduction of the number of youth in congregate care. Monies saved would be reallocated to the “front” of the process.

5. Medication Therapeutic Class Review- deferred
 - ❑ Antipsychotics to be reviewed in December

6. Old Business:
 - OIG Report: No further discussion or actions.

7. New Business
 - PMAC Survey Results: There were 7 returns from the survey. Based on the survey results and input from PMAC members the following recommendations were considered.
 - i. Use video conferencing to increase attendance. A check will be done to see if the technology is available in our current meeting location. If it is then a trial of videoconferencing will be done for 3-4 months.
 - ii. Provide CEU's for the Drug Class review portion of the meeting. If this is possible then the format of the Class Review may need to be modified.
 - iii. Monthly vs every other or quarterly meetings was recommended.
 - iv. Possibly shorten the meeting to 1hr.
 - v. Broadening the scope of PMAC to include all children/adolescents and/or all medications discussed but not recommended.
 - vi. The lack of efficacy of CBT was briefly discussed.
 - Review of Cannabidiol: informational materials distributed, reviewed and discussed. Recommend CMCU not include this medication.

8. Other as time allows: Dr. Van Wattum recommended a phone call be made vs. a Fax when there is a problem with a medication order identified by CMCU. This recommendation was accepted with the caveat that a phone call may be difficult in the group home setting.

9. Dr. Rao adjourned the meeting at 2:08PM.

Respectfully Submitted: David S. Aresco, Pharmacist