

**DCF Psychotropic Medication Advisory Committee  
Monthly Meeting Notes .**

May 7, 2010 1:00PM

Riverview Hospital for Children and Youth  
Middletown, CT.

PRESENT: See enclosed attendance record.

1. Call to order: the meeting was called to order at 1:10 pm.
2. Set date/time of next meeting: The June meeting will not take place as the Annual Psychopharmacology Conference will take place on June 4<sup>th</sup>, 2010. After some discussion it was decided to skip the July meeting. **The next meeting will take place on August 6<sup>th</sup>, 2010 from 1-3PM; RHCY AB Conference Room.**
3. Minutes: The minutes of the April 2010 PMAC meeting were reviewed and approved.
4. Announcements:
  - Introductions were done.
  - There was an inquiry from Mark Riddle of Johns Hopkins. He heard the DCF medication management system was excellent and wanted to know more about it.
  - Gordon Harper the Director of Mental Health for Massachusetts (does strategic treatment planning) complimented the Connecticut medication management programs.
  - DSS Provider Bulletins: Chery Wamuo:
    1. A handout was distributed describing some legislative mandates regarding OTC medications. These are effective June 1, 1020.
    2. Bulletin distributed and discussed: There will be an independent monitoring of the Medicaid Program. CT Voices and Mercer may be chosen to provide this service. (File 540 SB 130).
    3. Bulletin distributed and discussed: Regarding transitioning between DCF and DMHAS. Portions of the document were read aloud and discussed in detail. It was noted that one result may be that DCF will incur a significant increase in cost. There was additional discussion regarding the age of children transitioning and how long the transition takes. In this document a youth is 16hrs or older. (File 27 SB 140).
    4. Bulletin regarding a free standing MHC distributed described and discussed. This would be related to children with mental health and/or substance abuse issues. It was noted that the information presented are actually Federal rules effective April 2010.
  - Obesity Committee: Dr. Harris: A basic plan should be ready by the PMAC August 2010 meeting for review. The plan would then be submitted to DCF leadership in September 2010. The Sub Committee is also looking into financing to support programs to help treat obese children. Cheryl will provide research to determine if Medical Providers (Payors) have separate obesity programs for children. It will also be determined if this can be identified when children are screened and identified (diagnosed) as obese. Any ideas re obesity interventions/treatments and/or success stories should be emailed to Leslie by the beginning of June 1020.
5. Follow-up on Medication Booklet: Monica discussed several minor changes made.

- ❑ The glossary was reviewed and discussed: recommend delete “anxiolytics” and keep “anti-anxiety”. Delete Major Depressive Disorder.
  - ❑ Each page of the booklet was reviewed, discussed and several recommendations for changes made and approved.
  - ❑ David Aresco and Monica Jensen will collaborate to make the approved changes, develop and glossary and credits.
  - ❑ Target is to complete a final approved edition prior to a conference to be held on May 21, 2010. As many as 500 copies will be requested for this conference.
6. Med Protocol Review
- ❑ Cymbalta: studies distributed reviewed and discussed. There is one Lilly sponsored study completed with several still in the pipeline. Results will be ready in about 1 year. RECOMMENDATION: not approved until efficacy data is available. Review future studies when available.
  - ❑ Trileptal: this medication is not on the approved drug list. It was noted there is no new data available since the last review of this medication. Practice has been if a patient comes into DCF care on Trileptal and is stable then keep the patient on this medication.
  - ❑ The Committee assigned the consultant pharmacists to provide a review of Lamictal XR and Oleptro (trazodone XR) at the next PMAC meeting.
7. Update PMAC Annual Psychopharmacology Conference Sub-Committee: Dr. Narad reported:
- ❑ CME’s provided via CCMC.
  - ❑ RVHCY will host the meeting in the Silvermine Building.
  - ❑ The speakers are set.
  - ❑ ADHD, Autism, Anxiety, and Depression will be covered.
  - ❑ Seating is limited to 75.
  - ❑ Schedule: 730am food and coffee. 8am start. 12n-130p panel discussion.
  - ❑ Cost: \$60/\$45 for state employees/\$30 for students.
  - ❑ A flyer will be sent out in addition to the save the date reminder that has already been sent. The flyer will provide registration and payment instructions. (Email registration to Amy Veivia and mail check payable to P&T Consulting).
  - ❑ As of now there are 15 registrants (1 has paid).
8. Article Review: - Defer (PMAC is encouraged to read these articles especially the one concerning dysregulation).
9. Adjournment: adjourned at 2:20PM.

Respectfully Submitted:

David S. Aresco