

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
December 8, 2025, 1:00 PM

PRESENT via Video Conference: Paul Rao, MD; Amy Veivia PharmD; Carissa Patsky, MD; Hyesil Adams APRN; Angela Ojide APRN; Rosina Bandanza, MD; Naomi Libby, MD; Hillary Klein, MD; Roumen Nikolov, MD; Margaret Rudin, PhD; Brian Keyes, MD; Dielka Brutus, APRN; Margo Fugate, MD

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:01pm.
2. The minutes of the September 2025 meeting were reviewed and approved.
3. Standing Agenda Items
 - ❑ Review of guidelines: The Antidepressant guidelines were reviewed. There were no recommended revisions to the guidelines. A. Veivia reported she reviewed the literature for recent articles related to antidepressants in youth.
 - ❑ While there was no updated information that would inform the monitoring guidelines, 3 articles were disseminated for informational purposes: a protocol from Australia that proposes to study the effects of obtaining pharmacogenomics data versus control on clinical outcomes in antidepressant prescribing, an article describing antidepressant prescribing in primary care settings, and an article discussing the evidence base of psychosocial and combination treatments of depression in children and adolescents. Dr. Rao discussed some of the findings in the psychosocial treatment article, particularly those which emphasized difficulties in applicability to specific populations including foster youth.
 - ❑ It was noted that information related to deprescribing was included in the antidepressant section of the guidelines. The committee recommended moving the information to the beginning of the guidelines as the principles can be applied to all medication classes. There was also a recommendation to define “deprescribing” for the purposes of the PMAC and include this definition in the guidelines. These revisions will be considered and presented at the next meeting.
 - ❑ The committee discussed the role and the challenges of adjunctive treatments and interventional therapies such as ketamine and ECT for depression and their place in therapy in treating children and adolescents. The complexities of considering these treatments for youth in foster care was also discussed.
 - ❑ A. Veivia announced that the antipsychotic classes of medications will be reviewed at the next meeting.

4. New Business

- Psychotropic Deprescribing: Two articles addressing deprescribing were circulated to the committee and discussed last month. Information was adapted from 2 tables in the articles reviewed in September and were disseminated for review. Members of the committee discussed their experiences with deprescribing and some of the barriers. The information in these adapted tables may be used in future revisions of the DCF Guidelines for Psychotropic Medication Use in Children and Adolescents.

- The 2021 DCF Guidelines for Psychotropic Medication Use in Children and Adolescents were disseminated for review and comment. The committee has been asked to submit any recommendations for revisions prior to the March meeting.

5. Dr. Rao adjourned the meeting at 1:45 PM. The next meeting is scheduled for Monday March 9th, 2026 at 1 pm via Zoom.

Respectfully submitted: Amy Veivia, PharmD