

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
June 10, 2024, 1:00 PM

PRESENT via Video Conference: Paul Rao, MD; Hilary Klein, MD; Tina Spokes RN; Carissa Patsky, MD; Maribel Martinez; Margo Fugate, MD; Margaret Rudin PhD APRN; Hyesil Adams APRN; Angela Ojide APRN; Dielka Brutus APRN

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:05pm.

Dr. Rao introduced to Maribel Martinez, a senior administrator at DCF and oversees several divisions including CMCU, and reports to Dr. Nicole Taylor, who is head of the Division of Health and Wellbeing.

2. The minutes of the December 2023 meeting were reviewed and approved with no revisions.

3. Standing Agenda Items

- Review of guidelines
 - i. Lithium and Anticonvulsants: The monitoring guidelines with suggested revisions produced by an internal CMCU workgroup were reviewed by the committee. The need for q3 month serum lithium levels in the first year was discussed and no other suggestions made. The guidelines were approved as presented.
 - ii. Antihypertensives prescribed for behavioral health indications: Propranolol and prazosin monitoring guidelines were reviewed, including the recommendation to add weight-based dosing guidelines for propranolol. The guidelines were approved as presented.

4. New Business:

- Pharmacogenomic testing for psychotropic medications: Dr. Rao introduced this topic for discussion in the context of a DCF practice guideline being developed. Non-DCF members were invited to share their experiences with pharmacogenomic testing. Two members shared their impressions of the limited utility of such testing as well as the existing caution from professional agencies about its use. In particular the AACAP policy statement from 2020 recommending against using the testing to select psychotropic medications was cited. A randomized controlled trial from 2022 published in JAACAP showing no significant difference in outcomes in treatment of major depressive disorder, with or without pharmacogenetic testing, was mentioned. A draft of the DCF practice guideline was shared with the group in advance of the meeting, and members were invited to submit comments about the draft.

- Non-pharmacologic interventions: Dr. Fugate introduced this topic for discussion. She emphasized the importance of health and wellness interventions as part of overall care, including the importance of good nutrition and physical activity. The potential for overreliance on psychotropic medication to address reactive difficulties resulting from deficits in basic routines and structures was discussed. There was comment about the need for greater clarification and precision around matching a suitable therapeutic approach with a particular child's capacities and current placement situation.

5. Other Business: There was no other business.
6. Dr. Rao adjourned the meeting at 1:50 PM. The next meeting is scheduled for Monday September 9th at 1 pm via Zoom.

Respectfully submitted: Amy Veivia, PharmD