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

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

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:03pm.

   Dr. Rao welcomed all members to the meeting and invited members to introduce themselves.

2. The minutes of the December 2024 meeting were reviewed and approved. A discussion followed regarding the practice of de-prescribing and if the committee should spend time reviewing this practice. Dr. Rao mentioned that there was a study recently published describing antidepressant deprescribing in youth. This article will be shared with the committee. Additionally, it was noted that there is an upcoming Solnit Hospital Grand Rounds on this topic. A recommendation was made to add deprescribing to the June agenda for further discussion.

3. Standing Agenda Items

   - Review of guidelines

     i. Stimulant and Non-Stimulant ADHD Medications: A. Veivia reported that she reviewed the literature for updates to the evidence base supporting medication use for ADHD. While there were no publications that indicated any revisions were necessary to the guidelines, it was noted that an extended-release clonidine suspension (Onyda) was approved by the FDA last year for ADHD in youth and that this medication would be reviewed for consideration later in the meeting.

     Various articles were shared with committee members prior to the meeting that support the current treatment approaches to ADHD and serve as reminders of the advantages of the different treatment modalities available. Specifically, Dr. Rao brought attention to those listed below and suggested that members review them.

     "Treatments for ADHD in Children and Adolescents: A Systematic Review" which concluded that a growing number of treatments are available that improve ADHD symptoms and other outcomes, in particular for school-aged youth. The authors discussed the limited effect sizes and variable strengths of evidence for non-pharmacologic versus pharmacologic interventions in the context of methodological challenges for certain non-pharmacologic interventions.

"The role of adrenergic neurotransmitter reuptake inhibitors in the ADHD armamentarium" which was a helpful review of the class and of newer medications in the pipeline for the treatment of ADHD.

There was a recommendation to add a statement under "Special Considerations' for atomoxetine indicating that the capsules should not be opened prior to administration. The committee endorsed this recommendation.

ii. Review of Onyda (clonidine XR suspension): A monograph Onyda was distributed and reviewed. It was noted that efficacy data used for the approval was from 2011 studies of other formulations of clonidine.

It was noted that Onyda is the only alpha-2 agonist available in a liquid form and that this formulation could be beneficial for some children. The committee unanimously voted to approve the addition of Onyda to the DCF approved medication list.

A recommendation was made to add information in the "Special Considerations" section for both clonidine and guanfacine addressing the fact that ER and IR products should not be interchanged on a milligram-per-milligram basis because of differing pharmacokinetic profiles. When switching between, it is recommended to discontinue one treatment and titrate with the other using the appropriate titration schedule.

4. New Business: Clozapine REMS: A.Veivia announced that the FDA recently announced that although the risk of severe neutropenia with clozapine still exists, it has been determined that the REMS program for clozapine is no longer necessary to ensure that the benefits of the medicine outweigh that risk. The FDA still recommends that prescribers monitor patients' ANC according to the monitoring frequencies described in the prescribing information. There was much discussion regarding how this will be operationalized and what impact this will have on prescribing processes. A. Veivia will share more information on best practices as it becomes available. The clozapine monitoring in the guidelines will be reviewed at the next PMAC meeting in June.

5. Other Business: A. Veivia announced that the Lithium and Anticonvulsant sections of the guidelines will be reviewed and asked that members forward any questions regarding these sections to her for review.

6. Dr. Rao adjourned the meeting at 1:40 PM. The next meeting is scheduled for Monday June 9th at 1 pm via Zoom.

Respectfully submitted: Amy Veivia, PharmD