

**DCF Psychotropic Medication Advisory Committee
Meeting Minutes
September 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

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:01pm.
2. The minutes of the March 2025 meeting were reviewed and approved.
3. Standing Agenda Items
 - Review of guidelines: The lithium and anticonvulsant guidelines were reviewed. There were no recommended revisions to the guidelines. A. Veivia reported she reviewed the literature for articles regarding mood stabilization in children, with a focus on the use of the anticonvulsants.

A systematic review and meta-analysis looking at the efficacy and safety of antipsychotics vs anticonvulsants or lithium for acute mania in children and adolescents was published in JAACP in February 2025. This article was disseminated to the committee and discussed at the meeting.
 - Clozapine REMS: While the REMS program is no longer in place, the clinical monitoring recommendations have remained the same. A. Veivia will forward new prescribing information to the committee when available.
 - A. Veivia announced that the antidepressant 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.

One article discussed core principles and provided a framework for providers considering deprescribing along with a figure that helped outline expert-informed guidance to safely deprescribe psychotropic medications. The committee was asked to consider the value of an information campaign and/or PMAC Position Statement regarding deprescribing.

The second article discussed antidepressant discontinuation and differentiating withdrawal symptoms from relapses in antidepressant-treated children and adolescents.

Dr. Rao asked members to share their experiences with deprescribing. Common challenges include the lack of communication systems across all levels of care, limited access to comprehensive medication histories, and changes in placement.

The committee will continue this conversation at the next meeting. Consideration will be given to including additional details to the antidepressant monitoring guidelines addressing the differentiation between withdrawal and relapse to help support deprescribing efforts when appropriate.

5. Other Business: There was no other business to discuss.
6. Dr. Rao adjourned the meeting at 2:30 PM. The next meeting is scheduled for Monday December 8th at 1 pm via Zoom.

Respectfully submitted: Amy Veivia, PharmD