DCF Psychotropic Medication Advisory Committee Meeting Minutes November 1, 2019, 1:00 PM

PRESENT: Amy Veivia, PharmD; Alton Allen, MD; Margaret Rudin, PhD, APRN; David Aresco RPh; Carlos Gonzalez, MD; Brian Keyes, MD; Irvin Jennings, MD; Tina Spokes, RN; Paul Rao, MD; Lee Combrinck-Graham, M.D.

- 1. The meeting was held in conference room A. Dr. Rao called the meeting to order at 1:10pm.
- 2. The next meeting is scheduled for December 6, 2019 from 1pm 2:30pm at Albert J. Solnit Children's Center 915 River Rd Middletown CT, A Building, Conference Rm A.
- 3. The minutes of the October 2019 meeting were reviewed and approved after several minor revisions.

4. Announcements:

- An AAP publication, "Safe and Sound: Responding to the Experiences of Children Adopted or in Foster Care": was discussed and information has been sent to PMAC members to use as a good general resource.
- □ It was noted that at a recent AACAP meeting there were numerous presentations regarding polypharmacy.
- □ Dr. Veivia has completed training and is now a certified trainer for Mental Health First Aid. A handout was distributed and this topic was discussed.
- □ The CMCU/DCF PMAC position paper regarding supplements has been posted on the CMCU web site.

5. Medication Therapeutic Class Review:

- Antipsychotics: Noted that CME credit has been approved for this Drug Class Review.
 - i. The objectives of this drug class review were presented and discussed.
 - ii. A slide presentation was led by Dr. Veivia. The various classes (typical, atypical) of antipsychotic medications were discussed in detail
 - 1. Discussion included safety, efficacy, and possible adverse drug reactions.
 - 2. There was discussion specific to efficacy in ASD, PTSD, RAD and Mood Disorders.
 - 3. SAMHSA guidelines were distributed and briefly discussed.
 - 4. An example of a monitoring tool from CAMESA guidelines were distributed for informational purposes.
 - 5. Deprescribing was noted to be a broad issue being discussed in all areas of practice not only psychiatry.
 - a. It was noted that discontinuation syndrome is a consideration.
 - b. The importance and availability of non-pharmacological support/therapy was noted.

- c. Possible resistance from the foster patent and/or case worker was noted.
- 6. TD vs metabolic risks as they relate to typical/atypical antipsychotics was discussed.
- 7. It was noted that the FDA has approved as enapine patch and possible implications were briefly discussed.
- iii. CMCU data shows that approximately 40% of CMCU requests are for an antipsychotic. Of these approximately 10% are on monotherapy.
- iv. The Appendix II (drug use guidelines) section addressing antipsychotics was reviewed and discussed in detail regarding possible changes/updates.

No changes to the Drug Use Guidelines recommended.

- 6. Old Business:
 - □ Evidence supporting the use of Bupropion for ADHD.
 - Information was distributed and briefly discussed; evidence is positive but weak.
- 7. Other as time allows: NONE
- 8. Dr. Rao adjourned the meeting at 2:40PM.

Respectfully submitted: David S. Aresco Consulting Pharmacist