

**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.

