

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
December 9, 2024, 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; Brian Keyes, MD

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

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

2. The minutes of the September 2024 meeting were reviewed and approved with minor revisions.

3. Standing Agenda Items

- Review of guidelines

- i. Antipsychotics: A. Veivia announced that the antipsychotic class was reviewed for the December meeting. There were no new findings in the literature justifying changes to the existing monitoring guidelines.

There had been a request to review cariprazine as a part of the class review. Following a literature review and review of other existing guidelines, including from several state foster care systems, it was concluded that there was insufficient evidence to support reviewing cariprazine for the approved drug list at this time. Dr. Rao noted that there have been no requests for cariprazine to date.

There was a discussion regarding the possibility of the FDA revising changes to the REMS protocol for clozapine prescribers. Information will be forwarded to the committee as it becomes available. The committee will consider how to proceed with monitoring parameters once the FDA has finalized and communicated any revisions to the REMS.

4. New Business: Dr. Rao presented CMCU data for 2023 and 2024. Data was presented for medication requests and approvals based on age, race and placement. It was reported that 47% of the youth were treated with an antipsychotic and the average total number of psychotropics for youth if on an antipsychotic was 2.77 in 2023 and 2.63 in 2024. Committee members agreed that this does not seem representative of the overall population and It was noted that comparative data from other states would be helpful.
5. Other Business: Dr. Rao reviewed the study, Long-Term Effectiveness of Off-Label Risperidone Treatment in Children and Adolescents, published in Journal of Child and Adolescent Psychopharmacology in 2024. The results showed discontinuation of risperidone was not associated with significant changes in parent-reported disruptive

behaviors, and was associated with significant improvements in weight, BMI, waist circumference, and glucose, insulin, and prolactin levels. However, discontinuation was related to significant deterioration in teacher-rated behavioral functioning and clinician-rated general functioning. Although 56% of participants in the discontinuation group experienced relapse, causing premature withdrawal from the study, 44% were able to successfully discontinue risperidone.

The conclusion after review was that if feasible to discontinue risperidone after 1 year, it was worth attempting to do so. Dosage decrease could be another consideration. Discussion continued regarding the principles of deprescribing and the potential benefit of specific guidelines when deprescribing is attempted.

6. Dr. Rao adjourned the meeting at 1:45 PM. The next meeting is scheduled for Monday March 10th at 1 pm via Zoom.

Respectfully submitted: Amy Veivia, PharmD