

**DCF Psychotropic Medication Advisory Committee**  
**Monthly Meeting Notes**

January 8, 2010 1:00PM  
Riverview Hospital for Children and Youth  
Middletown, CT.

PRESENT: See enclosed attendance record.

1. Call to order: Dr. Williams called the meeting to order at 1:10 pm.
2. Set date/time of next meeting: The next meeting is scheduled for February 5, 2010 from 1-3PM; RHCY AB Conference Room.
3. Minutes: The minutes of the December 2009 PMAC meeting were reviewed and approved.
4. Announcements:
  - AACAP Psychopharmacology Institute: Seminar "Psychopharmacology in the Era of Personalized Medicine" will be presented in New York City on January 22-23: One PMAC member is attending this event and will report back.
5. Medicaid Pharmacy Data.
  - Dr. Williams and Aurele Kamm met with DSS and discussed the following subjects:
    - Preferred Drug List.
    - Pharmacy & Therapeutics Committee (P&T): it was noted that this committee is open to the public. Dr. Williams will notify members of the date/time/location of the next meeting.
    - Drug Utilization Board (DUB)
  - The meeting was led by Mark Schaeffer to discuss the DSS approach to P&T and DUB. A presentation of the DCF CMCU was included.
  - DUB: is putting together a detailed protocol regarding the use of behavioral health medications.
    - This may include pre-authorizations and a preferred drug list.
    - Dr. Williams has been invited to participate on the P&T Committee to address "children's" issues. The PMAC endorses Dr. Williams' participation as an opportunity to provide and share PMAC input.
  - There was discussion suggesting CMCU would have more leverage if requests were coordinated with DSS claims (reimbursement/coverage). For example coverage for a medication could be denied or reduced if PMAC guidelines are not followed.
    - There was much discussion regarding claims denial if PMAC legal consent is not done.
    - PMAC expressed concern over the possible delay of obtaining needed medications if claims are denied or delayed.
  - The role of the social worker in monitoring medication use was discussed.

- There was much discussion on what a reasonable first step might be. Possibly collecting data from DSS to determine the extent of DCF medication claims without legal consent. This could occur without delaying or denying claims to determine how big a problem there is.
- RECOMMENDATION: determine how large the problem is using DSS data. Determine the specifics of the problem and then use education and or procedure changes to make improvements.
- Medicaid data does show that DCF committed children utilize more psychotropic medications and more medications overall than average and so are at more risk.
- A suggestion was made to provide a way for practitioners to provide written feedback. Dr. Williams will look into this.
- Cheryl reported there is legislation that would discontinue Medicaid for individuals who may be in the US legally but have been here for less than 5 years and are not US citizens. There is currently an ongoing legal battle to negate this law.

#### 6. Update by PMAC Annual Psychopharmacology Conference Sub-Committee

- Beth Muller led the discussion and provided an update on the activities of this sub-committee: Dan Conner is very interested in helping with coordination of the conference. On January 15<sup>th</sup>, 12n – 1pm there will be a conference call with the sub-committee members, Dan Conner and primary providers at CCMC to discuss this further.
  - The target date is now sometime in May/June (possibly a Friday): PMAC members should email Beth with suggested dates.
  - Dan Conner does have a curriculum focused on pediatric psych care that may be useful.
  - CME might come via U Conn.
  - There was some discussion regarding combining conferences with the ARG group and or LCSW's. After discussion it was agreed that these groups are of course invited to attend but are not really the targeted audience of the conference.

#### 7. Noteworthy Articles:

- Dr. Harris, Dr. Narad, and Dr. Siegel each presented a brief synopsis of an article with subject matter that is of interest to the PMAC. There was some discussion with each presentation. See the agenda for article titles.
- Dr. Williams reviewed a program put together by Lilly: The Importance of Monitoring Co-morbidities in Patients With Mental Illness. There was much discussion regarding the prevalence of psychotropic medication use in poorer children,
  - It was also noted that the data is 6 years old.
  - Multiple other factors were discussed: There was much discussion regarding overweight children. It was noted that possibly poorer

children and/or children of certain race/color have a greater chance of being overweight.

- It may be helpful to reach out to schools on this issue.
- Noted that there may be grant money available in the U Conn agricultural program to address nutritional concerns in children on psychotropic medications.

8. Follow-up on Medication Booklet:

- The most recent revised draft version of the booklet was distributed, reviewed and discussed in detail.
- The ARG nurse group input was discussed.
- The “grade level” of the document has been reduced from 16.8 to 9.5. This is still high but may be as low as possible considering the subject matter.
- Recommend changing the pictures to be more “warm and fuzzy”.
- PMAC members are asked to review the booklet further and provide input to David Aresco or Dr. Williams.
- The classes of medications covered should be expanded to include anti-anxiety and sleep medications.

9. Adjournment: Dr. Williams adjourned the Committee at 3:00PM.

Respectfully Submitted:

David S. Aresco