



## Efforts to Reduce Psychotropic Medication Prescribing to Pennsylvania Youth

---

**2017 Protecting Delaware's Children Conference|**  
**Meredith Matone, DrPH, MHS| April 26, 1987**

- **Definitions**
- **Mental health among youth in foster care**
- **Use of psychotropics and antipsychotics**
- **The current landscape**

**Psychotropic Medication:** drug that is used to treat or manage mental health symptoms or challenging behaviors

**Psychotropic Medication Class:** group of psychotropic medications that may work in a similar way or be used to treat the same condition (e.g., stimulants or antipsychotics)

**Antipsychotic:** a class of psychotropic medications primarily used to manage psychosis, but increasingly prescribed to children to mitigate behavior problems

**Polypharmacy:** use of multiple psychotropic drugs or classes in combination

## MENTAL HEALTH NEEDS OF CHILDREN IN FOSTER CARE ARE SIGNIFICANT

- Children in foster care have higher rates of mental health diagnoses when compared to all Medicaid-enrolled children
- 40%-80% have serious behavioral or mental health problems
- High prevalence of prior trauma
  - The overwhelming concern for children in foster care is trauma and attachment failure
  - Diagnoses are ascribed as a means for treatment

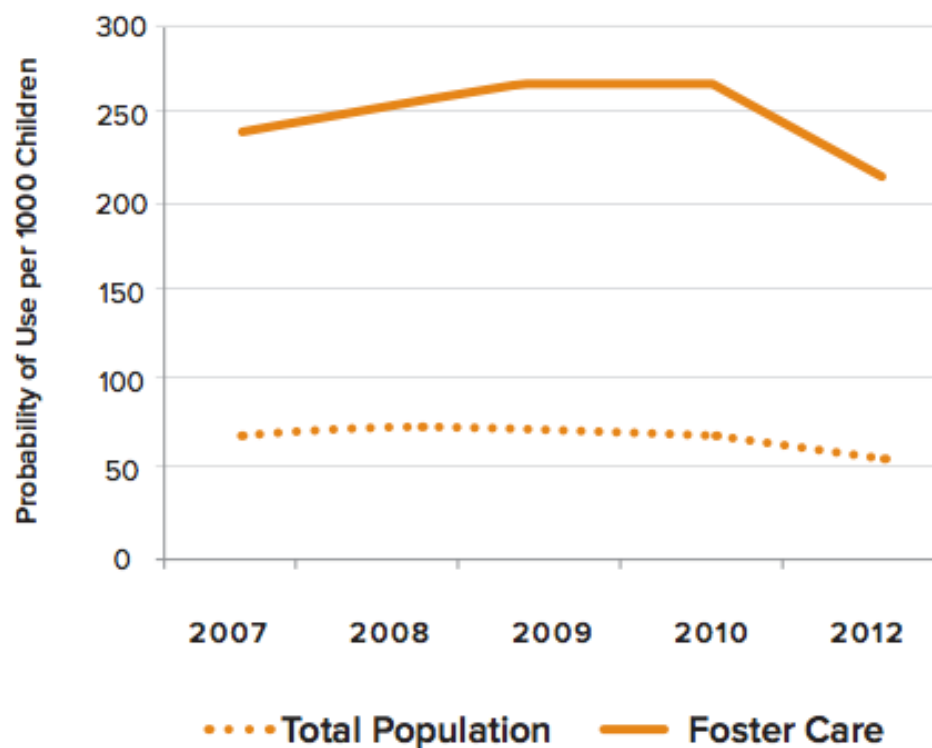
- Children served by Title IV-E are a mandatory Medicaid coverage group
- Children in foster care have 8-11 times the service use of other Medicaid-enrolled children
- In 2001, per capita expenditures for children in foster care were more than triple that of non-disabled children covered by Medicaid
- Although children in foster care represent 3% of all enrollees, they account for 25-41% of mental health expenditures

PERCENT OF MEDICAID-ENROLLED YOUTH  
USING PSYCHOTROPICS BY ELIGIBILITY  
GROUP, 2008

Psychotropic Class	All Medicaid-Enrolled	Foster Care	SSI Disability
Stimulant	8.3	22.8	24.2
Antipsychotic	3.3	14.5	15.5
Antidepressant	3.7	12.7	10.9
Mood stabilizer	1.6	6.2	8.2
Alpha agonist	1.8	6.1	7.6

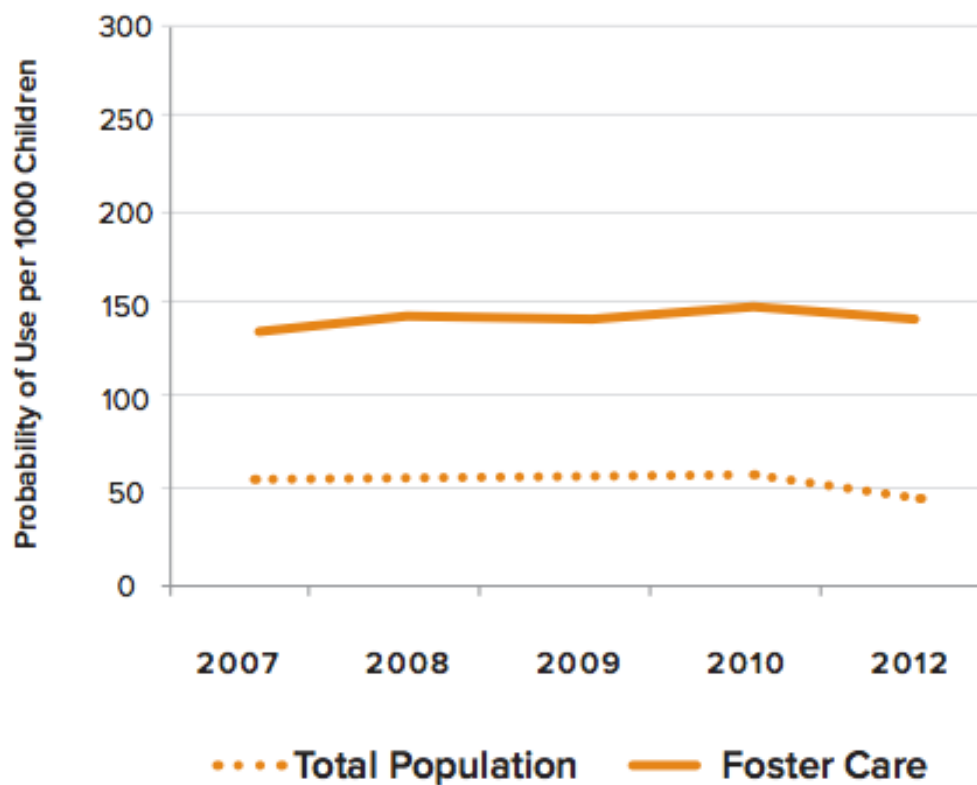
- Focus of attention nationally and within PA:
  - Rates of prescribing increased faster than any other class
  - Frequently part of polypharmacy regimens (85% of youth using 2+ psychotropics are on an antipsychotic)
  - Frequently prescribed off-label
  - Evidence of serious metabolic adverse events
    - Weight gain, insulin resistance
    - 51% increased risk of Type 2 diabetes mellitus within 20 months

### Antipsychotic Medication Use among PA Medicaid-enrolled Youth Ages 6-18 Years





### 2-Class Polypharmacy Use among PA Medicaid-enrolled Youth Ages 6-18 Years



# AGE DISTRIBUTION OF ANTIPSYCHOTIC USERS

Figure 7

## Antipsychotic Use by Age Category and Foster Care Status, 2007 and 2012

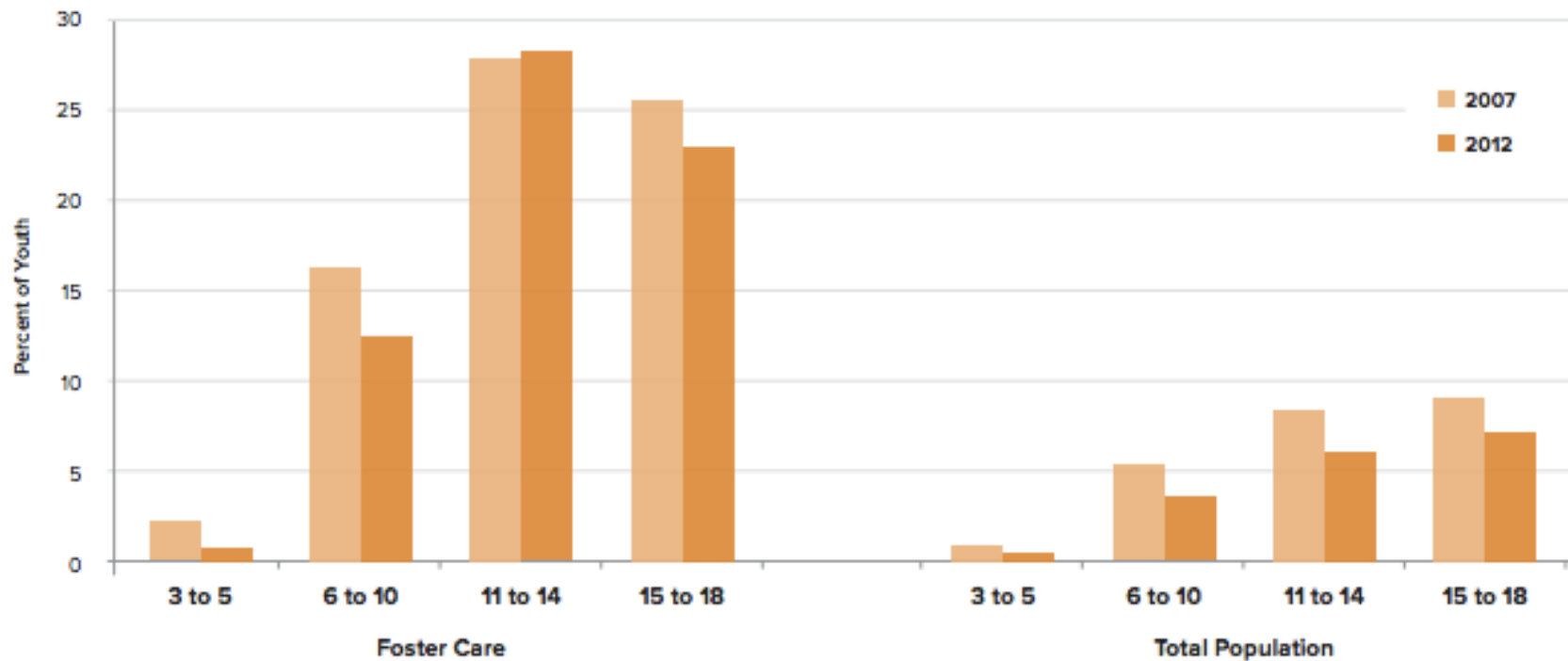


Table 1

### Percent of Antipsychotic Users with Specified Behavioral Health Diagnoses, 2007 and 2012

All Children Ages 6-18			Foster Care Ages 6-18		
	2007 (n=34,559)	2012 (n=28,570)		2007 (n=6,046)	2012 (n=3,396)
<b>Any Approved Indication+</b>	37.3%	43.8%	<b>Any Approved Indication+</b>	36.3%	38.8%
Autism	14.6%	25.2%	Autism	6.0%	10.2%
Bipolar	22.4%	18.6%	Bipolar	27.8%	27.2%
Intellectual disability	2.5%	7.4%	Intellectual disability	2.6%	6.4%
Schizophrenia	3.1%	1.6%	Schizophrenia	4.9%	2.2%
<b>No Approved Indication</b>	62.7%	56.3%	<b>No Approved Indication</b>	63.7%	61.3%
ADHD*	36.9%	36.0%	ADHD*	31.0%	32.7%
Conduct disorder*	23.6%	24.2%	Conduct disorder*	34.4%	38.2%
Miscellaneous*	17.6%	18.2%	Miscellaneous*	23.9%	28.3%
Depression*	11.3%	10.9%	Depression*	15.5%	16.4%
Anxiety*	3.3%	4.5%	Anxiety*	2.8%	4.3%
Developmental delay*	1.0%	1.9%	Developmental delay*	0.6%	1.3%
<b>No Diagnosis</b>	7.4%	5.3%	<b>No Diagnosis</b>	6.6%	4.8%

+ FDA approved clinical indication for use of second-generation antipsychotic

\* Diagnosis in the absence of FDA approved comorbid diagnosis

Table 1

### Percent of Antipsychotic Users with Specified Behavioral Health Diagnoses, 2007 and 2012

All Children Ages 6-18			Foster Care Ages 6-18		
	2007 (n=34,559)	2012 (n=28,570)		2007 (n=6,046)	2012 (n=3,396)
<b>Any Approved Indication+</b>	37.3%	43.8%	<b>Any Approved Indication+</b>	36.3%	38.8%
Autism	14.6%	25.2%	Autism	6.0%	10.2%
Bipolar	22.4%	18.6%	Bipolar	27.8%	27.2%
Intellectual disability	2.5%	7.4%	Intellectual disability	2.6%	6.4%
Schizophrenia	3.1%	1.6%	Schizophrenia	4.9%	2.2%
<b>No Approved Indication</b>	62.7%	56.3%	<b>No Approved Indication</b>	63.7%	61.3%
ADHD*	36.9%	36.0%	ADHD*	31.0%	32.7%
Conduct disorder*	23.6%	24.2%	Conduct disorder*	34.4%	38.2%
Miscellaneous*	17.6%	18.2%	Miscellaneous*	23.9%	28.3%
Depression*	11.3%	10.9%	Depression*	15.5%	16.4%
Anxiety*	3.3%	4.5%	Anxiety*	2.8%	4.3%
Developmental delay*	1.0%	1.9%	Developmental delay*	0.6%	1.3%
<b>No Diagnosis</b>	7.4%	5.3%	<b>No Diagnosis</b>	6.6%	4.8%

+ FDA approved clinical indication for use of second-generation antipsychotic

\* Diagnosis in the absence of FDA approved comorbid diagnosis

# PA RECOMMENDATIONS FOR APPROPRIATE USE AND MONITORING OF PSYCHOTROPIC MEDICATIONS



- DHS Healthcare Steering Committee, Psychotropic Medication Subcommittee
- Recommendations respond to requirements identified by the federal Children's Bureau for states' Health Care Services Plan to include the following components on psychotropic medication oversight:
  1. Screening and evaluation
  2. Consent and assent to treatment and ongoing communication
  3. Medication monitoring
  4. Availability of mental health expertise
  5. Mechanisms for sharing current information and education materials

- Prior authorization processes within MCOs—Live Feb 2016
- Statewide telephonic psychiatric consultative process—Live
- Best practice guidelines endorsed by state professional societies—Completed
- Pilot of information dashboard on psychotropic medication prescribing indicators for state and county child welfare officials—August 2016
- Training module on appropriate use of psychotropics for caseworkers, and birth, foster and kinship parents—Underway

# PolicyLab

 Children's Hospital  
of Philadelphia  
RESEARCH INSTITUTE



## QUESTIONS AND COMMENTS?

### **POLICYLAB**

Children's Hospital of Philadelphia  
3535 Market Street, 15<sup>th</sup> Floor  
Philadelphia, PA 19104

**[www.policylab.chop.edu](http://www.policylab.chop.edu)**

267.426.5300

MatoneM@email.chop.edu

TWITTER: @PolicyLabCHOP