

# DEPRESCRIBING INFORMATION FOR DCBS WORKERS

## WHAT IS DEPRESCRIBING?

An opportunity to evaluate each medicine a youth takes to help everyone understand why it is prescribed along with the risks and benefits from taking it. The goal is to take the right amount of medication necessary to keep the youth as healthy as possible.

## WHY DEPRESCRIBE?

- Many children involved with DCBS (foster children) have difficult, traumatic backgrounds which can lead to behavioral problems and the use of medicines. When foster children are in stable settings and receive therapy, their symptoms may improve and they may not need as many medicines.
- Some youth take more medicines than necessary
- The younger the child, the less we know about how medicines affect their body
- The youth may have side effects from medicines

## WHAT CAN YOU DO?

### Talk to the youth

Ask how they feel about taking medicines and about any good or bad effects they are having

### Talk with the caregiver

- Share as much history as possible on past mental health diagnoses and treatment
- Encourage the youth and caregiver to talk to their healthcare provider
- Click here for a [shared decision guide](#)

### Share medication safety tips

- Never start, stop, or change medicines without talking to a healthcare provider. This could cause a condition to worsen. It may be necessary to take medicines to stay healthy.
- Medicines should never be shared with others

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## KENTUCKY SAFEMED

## WHAT ARE PSYCHOTROPIC MEDS?

- These medicines are used to treat mental health problems such as depression, ADHD, and anxiety
- They are used to help manage mood, anger, attention or sleep problems
- It is important to check these medicines to see if they can be decreased or stopped
- **Remember:** starting or changing these medicines requires your approval and informed consent

## EXAMPLES

**Antipsychotics:** Risperdal (risperidone); Abilify (aripiprazole); Seroquel (quetiapine)

**Antidepressants:** Prozac (fluoxetine), Zoloft (sertraline), Celexa (citalopram)

**Stimulants:** Concerta, Ritalin (methylphenidate), Adderall Vyvanse (amphetamines)

**Mood stabilizers:** Depakote (valproate); lithium

**Alpha-agonists:** clonidine; Tenex; Intuniv (guanfacine)

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