

#### URMC Resources:

- Our [resources for families website](#) contains the slide presentations and youtube links to our previous community conversations. It contains many national and local resources including a [downloadable guide](#) to agencies that are open for child and teen mental health services.
- [Project Teach](#) offers pediatricians in NY State consultation for youth mental health concerns including information about medications.

#### Resources for Medication for Youth Mental Health:

- American Academy of Child and Adolescent Psychiatry - <https://www.aacap.org/>
- Kids Health- There is a section labeled "Medicine" under the "For Parents" tab- <https://kidshealth.org/>
- If you are interested in finding more about family support services contact - <https://www.mharochester.org>
- National Alliance on Mental Illness: <https://www.nami.org/About-Mental-Illness/Treatments/Mental-Health-Medications>

Below are our answers and links to resources for questions that we were not able to answer live. Please note that all of the questions below are reproduced using the original wording by participants in the webinar.

**1. How does one diagnose an Executive Function Disorder that may manifest as ADHD but would not necessarily respond to medication?**

A developmental-behavioral pediatrician, or pediatric neuropsychologist can help diagnose ADHD versus executive functioning difficulties. A comprehensive psychoeducational evaluation can also help pinpoint the specific executive functioning difficulties. Understood.org is [great website](#) that describes executive functioning concerns and ADHD and ways to help.

**2. Some experts in the field have noted that antidepressants should only be used for severe depression as there is little to no evidence that they help for mild to moderate depression. What is your opinion on this?**

Medication management guidelines (such as the American Academy of Pediatrics) recommend that in cases of mild depression, a period of active symptom monitoring and supportive therapy can be initiated prior to recommending an antidepressant. While there is evidence of benefit for antidepressants in mild and moderate depression, there are always multiple factors to consider, including potential side effects. We therefore recommend therapy for all levels of severity of depression, and typically recommend medications for moderate or severe depression. However, there are circumstances that may warrant starting a medication even in mild cases. Therefore, the best way to figure out what is working in any individual situation is working with your provider/s to monitor symptoms and determine the best course of treatment.

**3. Could Dr. Cardella please comment on the appropriateness of an adult psychiatrist managing a child's medication(s)?**

General psychiatrists may primarily treat adults; however, if they are board certified in psychiatry they are qualified to treat youth as well. Because of the shortage of board-certified Child and Adolescent Psychiatrists, there are Adult Psychiatrists who may volunteer to treat adolescents.

<https://childmind.org/guide/guide-to-mental-health-specialists/list-learning-specialists/>

**4. I was asked recently if it's better to continue medication prescribed from another country instead of updating the medication in the states. I'm a parent advocate, mostly supporting non-speaking English parents of children with special needs. I suggested talking to the Pediatrician doctor and any doctors who's in constant contact with the child.**

That sounds like a very reasonable suggestion. The medication may be something that is available in the US under a different name. It's always important for the primary care physician to know about all prescribed and over the counter medications their patients are taking.

**5. What do you think about Strattera in autistic child?**

The decision to use medication for a child with autism may depend on a number of factors that can be discussed with your medical provider. Although there is no one medication that treats autism, some medications may be helpful for symptoms such as aggression, attention difficulties, and hyperactivity.

Strattera (generic is atomoxetine) has been studied and found to be tolerated in children with autism. Actually, the UR was part of a study published in 2015 about this question!  
<https://www.spectrumnews.org/news/medication-parent-coaching-quell-hyperactivity-in-autism/#:~:text=A%20drug%20called%20atomoxetine%20eases,a%20combination%20of%20the%20two.>

A guide has been developed to help parents decide whether medication may be an option to discuss with their child's medical provider:

<https://www.autismspeaks.org/sites/default/files/2018-08/Medication%20Decision%20Aid.pdf>

**6. How do you as a parent best ensure your child's safety and prevent substance abuse with the prescription medication?**

Supervising your child when taking the medication and locking up the medication afterwards can help ensure safety. In addition, it is a good idea for your child and family to be aware of medication safety. Here are some more guides that may help with the conversation:

<https://kidshealth.org/en/parents/medication-safety.html?WT.ac=ctg#cat-home>  
<https://kidshealth.org/en/teens/prescription-drug-abuse.html?WT.ac=t-ra#cat-home>

### **7. How to find a child/teen mental health provider in other cities or states?**

You can always start with your child's primary care provider and school for referrals that are in your community. In addition, there are resource navigators in NY State that can help link you to what you need such as calling 3-1-1 in New York City (2-1-1 in the rest of the state). NY State also has an [online resource navigator](#), which can show you what is available in your county. Another resource to find a therapist is to use the Psychology Today website: <https://www.psychologytoday.com/us/therapists>.