#### **UPOP Staff**

Brooks Keeshin, MD Child & Adolescent Psychiatrist

Mary Steinmann, MD Child & Adolescent Psychiatrist

Kyle Smith, MD Child & Adolescent Psychiatrist

Eric Monson, MD Child & Adolescent Psychiatrist

Stacy Madden, APRN Program Coordinator

# **UPOP Partners**



Division of Child and Family Services

Juvenile Justice and Youth Services

Fostering Healthy Children Program



WEBSITE <a href="https://utahpips.org/upop">https://utahpips.org/upop</a>

Program Contact 801-273-2980 smadden@utah.gov

# UTAH PSYCHOTROPIC OVERSIGHT PROGRAM

PROVIDING OVERSIGHT,
EDUCATION, AND
CONSULTATION TO
PROFESSIONALS CARING FOR
CHILDREN AND YOUTH IN
UTAH STATE CUSTODY

UPOP provides services to the Utah Division of Child and Family Services (DCFS) and Juvenile Justice and Youth Services (JJYS).

## **UPOP**

Children and youth in state care are more likely to have emotional and behavioral needs and are prescribed psychotropic medications at a higher rate than children from comparable backgrounds not in state care.

While some children and youth in state care have mental health needs that are effectively treated with medication, there are significant challenges to using psychotropics safely and effectively in these populations that must be addressed.

## **CHILDHOOD TRAUMA**

Children in child welfare are at particularly high risk for prior and future exposure to traumatic experiences. Multiple traumatic experiences is more likely to result in emotional and behavioral dysregulation as well as greater rates of mental health disorders.

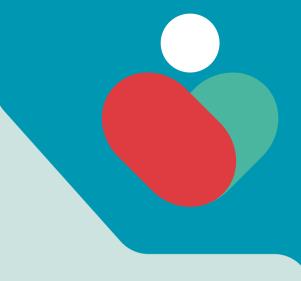
#### **HISTORY**

In 2016, The Utah State
Legislature mandated and
created, through statute, the
Utah Psychotropic Oversight
Program (UPOP). The program
consists of child and adolescent
psychiatrists and a nurse
practitioner contracted through
The University of Utah to the
Utah Dept. of Health and
Human Services via the
Medicaid program.

# **CASE CATEGORIES FOR REVIEW**

- < 6 yrs old prescribed one or more psychotropic medications
- > 7 yrs old prescribed two or more psychotropic medications
- Any case referred to UPOP where there is a concern or request for consultation

UPOP will review all qualifying children and youth in Utah State Custody receiving psychotropic education, through the lens of trauma-informed care.



# **OUR MISSION**

- ·Ensure that youth in state custody receive safe, evidence-based, trauma-informed care consistent with their current mental health needs.
- ·Collaborate with DCFS and JJYS teams to educate and consult on appropriate psychotropic prescribing and informed consent for this population.
- ·Provide consultation and education to community prescribers to support psychiatric management of children and youth in state care.