“Psychotropic medications” for children: what you need to know

“Psychotropic medications” are medicines used to treat behavioral health diagnoses. Making the decision to use these medicines for children and youth can be a hard decision to make.

Be part of the decision
Parents and other caregivers have a key role to play in the treatment of a child or youth living with a behavioral health diagnosis. You have a say in decisions about your child’s treatment. You and your child’s doctor should discuss the outcomes you want. You should make decisions together.

You may be unsure about the need for these medicines. They can be a part of someone’s successful treatment. But medications can have serious side effects. The side effects can be physical and emotional. Take your time to decide. Do not feel pressure to act quickly.

Talk to your child’s doctor. You are a key member of the team. Learn all you can about:
• Your child’s treatment plan.
• All treatment options.
• The outcomes you both want.

Asking questions is a good thing to do. This will help with your child’s treatment planning.

Here are some good questions to ask:
• Are these medications needed?
• What are the risks?
• What are the benefits?
• What are the side effects?
• Will my child benefit from therapy?

Call us at Member Services. We are here to help you.

THE CHALLENGE*

17 – 22%
Percentage of children with mental health disorders

31%
FDA-approved psychotropic medications are being used to treat children

1 in 5
Number of children receiving services from appropriately trained doctors

>75%
Percentage of “off-label” (unapproved) use of prescriptions for children’s mental health treatment

Upcoming MY LIFE meetings by county
Call to confirm meeting dates and locations. Or visit www.MagellanofPA.com and click on MY LIFE.

Bucks
Jan. 11, Feb. 8, Mar. 8, 5:30 – 7:30 p.m., Abington Health Center, Warminster. Contact Marissa Gates: 215-504-3966

Delaware

Lehigh/Northampton

Montgomery

Coming Soon
MY LIFE in Cambria County.
Call Janna Burkett at 814-961-0687 to learn more.

How to report fraud, waste and abuse of the system:

Special Investigations Unit Hotline: 1-800-755-0850
Corporate Compliance Hotline: 1-800-915-2108

Coming your way soon: Our new website!

We will soon launch a new website to replace the one that we have now. The website address will stay the same and the site will include the type of information that it always has. But it will be easier to find the information you need. It will also feature an attractive new look.

We will launch this new site in the first few months of 2018. When it goes live, please share your thoughts about it with us. You may email us at MBHofPA@MagellanHealth.com. We want to continue to improve the experience you have when you visit the site.

You can find our website at www.MagellanofPA.com.

ATTENTION
Cambria County members

Community HealthChoices will start on January 1, 2018.
To learn more about this new program, visit www.dhs.pa.gov/citizens/communityhealthchoices or call Magellan’s Member Services in Cambria County at 800-424-0485
Upcoming events & resource information by county

The resource phone lines are staffed 24 hours a day, seven days a week, or go to www.MagellanofPA.com.

Bucks

Community Support Programs—monthly meetings

**Lower Bucks:** Second Thursday, Penndel Mental Health Center, Penndel, 3 – 5 p.m. Contact Nancy Scheible, NScheible@PenndelMHC.org, 267-269-7882.

**Central Bucks:** First Wednesday, Lenape Valley Foundation, Doylestown, 11 a.m. – 12:30 p.m. Contact Phil Braun, Philip.Braun@LenapeVF.org, 215-893-5282.

**Upper Bucks:** Second Friday, Penn Foundation, Sellersville, 10:30 a.m. – noon. Contact A.J.Derro, DerroAJ444@gmail.com, 215-869-4722.

**Resources**

Member: 1-877-769-9784, TTY: PA Relay 7-1-1

**Emergency & Crisis Information:**

- Lenape Valley Foundation, Bristol: 215-785-9765
- Lenape Valley Foundation, Doylestown: 215-345-2273
- Lenape Valley Adult Mobile Crisis: 215-785-9765
- Penn Foundation, Sellersville: 215-257-6551 (crisis services 7 a.m. – 11 p.m. daily)
- Access Child/Adolescent Mobile Crisis Services: 1-877-435-7709

Cambria

Jan. 19: Mt. Aloysius College starts a Healing Arts program initiative as a community-based arts studio site open each Friday at the PEN Drop-In Center, 515 Somerset Street, Johnstown, 814-539-2724.

**Resources**

Member: 1-800-424-0485, TTY: PA Relay 7-1-1

**Emergency & Crisis Information:**

- Cambria County Reach Line: 877-268-9463
- Meadow's Psychiatric Center: 877-268-9463

Lehigh & Northampton

**Lehigh Valley Community Support:** Second Monday, NAMI, Bethlehem, 9:30 – 11 a.m. Contact Donna, NAMI PA Lehigh Valley, 610-882-2102.

Jan. 17: Member Advisory Workgroup at Change on Third Street, 117 3rd St., Easton, 1 – 3 p.m. Contact John Lees at 610-814-8025.

**Lehigh Resources**

Member: 1-866-238-2311, TTY: PA Relay 7-1-1

**Emergency & Crisis Information:** 610-782-3127

**Northampton Resources**

Member: 1-866-238-2312, TTY: PA Relay 7-1-1

**Emergency & Crisis Information:** 610-252-9060

Montgomery

Jan. 15: Martin Luther King, Jr. Day of Service for Youth (ages 10 – 14), spreading NAMI goodness through mission driven activities, 9 a.m. to noon, 100 West Main St., Ste. 204, Lansdale. Space is limited. Call 215-261-7784 to register.

**Resources**

Member: 1-877-769-9782, TTY: PA Relay 7-1-1

**Emergency & Crisis Information:**

- Access Crisis Services: 1-855-634-HOPE (4673)
- Peer Support Talk Line: 1-855-715-8255
- Teen Talk Line: 1-866-825-5856 (talk) or 1-215-703-8411 (text)
- Montgomery County Emergency Services: 610-279-6100 or 1-800-452-4189
<table>
<thead>
<tr>
<th>Bucks, Delaware &amp; Montgomery Counties</th>
<th>Member Lines</th>
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<th>Special Needs Unit</th>
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<tbody>
<tr>
<td>Aetna Better Health</td>
<td>1-866-638-1232</td>
<td>PA Relay 7-1-1</td>
<td>1-855-346-9828</td>
<td><a href="http://www.aetnabetterhealth.com">www.aetnabetterhealth.com</a></td>
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<td>Health Partners</td>
<td>1-800-553-0784</td>
<td>PA Relay 7-1-1</td>
<td>215-967-4690</td>
<td><a href="http://www.healthpartners.com">www.healthpartners.com</a></td>
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<td>Keystone First</td>
<td>1-800-521-6860</td>
<td>1-800-684-5505</td>
<td>1-800-573-4100</td>
<td><a href="http://www.keystonefirstpa.com">www.keystonefirstpa.com</a></td>
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<td>UnitedHealthcare Community Plan</td>
<td>1-800-414-9025</td>
<td>PA Relay 7-1-1</td>
<td>1-877-844-8844</td>
<td><a href="http://www.uhccommunityplan.com">www.uhccommunityplan.com</a></td>
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<td>1-866-903-0748</td>
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<td>Gateway</td>
<td>1-800-392-1147</td>
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<td>1-800-642-3550</td>
<td><a href="http://www.gatewayhealthplan.com">www.gatewayhealthplan.com</a></td>
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<td>UPMC for You</td>
<td>1-800-286-4242</td>
<td>1-800-361-2629</td>
<td>1-866-463-1462</td>
<td><a href="http://www.upmchealthplan.com">www.upmchealthplan.com</a></td>
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<td>Gateway</td>
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<td>1-800-392-1146</td>
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*HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net; Medicare primary information: www.benefitscheckup.org*