



Medication Resources

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Many medications used to address mental health challenges affect the ability of children and youth to develop and maintain healthy living habits. These medications may alter appetite, impact sleep, or reduce energy levels. For instance, second generation antipsychotics (SGAs) may cause strong increases in hunger and potential cravings for carbohydrates, which in turn may cause significant weight gain in a very short period of time. *NOTE: SGAs may also be known as or referred to as atypical antipsychotics (AAPs) by some health professionals and families.*

Each of the modules in this toolkit include medication information specific to the healthy living topic addressed. Below, you will find some general medication resources for both health professionals and families. As medication information changes frequently, key resources in this section can be found online so that you will be able to access the most up to date information.

FOR PROFESSIONALS

Organization	Details	Web Address
Kelty Mental Health Resource Centre	Information for parents and caregivers on the use of specific psychiatric medications in children and adolescents	http://keltymentalhealth.ca/treatment/medications
	<ul style="list-style-type: none">• Atypical antipsychotics and metabolic monitoring tools and resources• Information for health-care professionals caring for children or adolescents who will be starting or who are already using atypical antipsychotic medications• Information on the Provincial Mental Health Metabolic Program, which provides specialized management for children and youth with both mental health and endocrinology/metabolism complications	http://keltymentalhealth.ca/partner/metabolic-syndrome-and-mental-health

FOR PROFESSIONALS (CONTINUED)

Organization	Details	Web Address
Canadian ADHD Resource Alliance (CADDRA)	<ul style="list-style-type: none">ADHD practice guidelines, as well as children's medical treatment options	www.caddra.ca/cms4

FOR FAMILIES

Organization	Details	Web Address
Kelty Mental Health Resource Centre	<ul style="list-style-type: none">Information and resources to help parents and caregivers make informed decisions about medication for their childrenHandouts for families on common psychiatric medications given to children and youthMedication monitoring forms for patients, caregivers and physicians to monitor medications and side effects	keltymentalhealth.ca/treatment/medications
	<ul style="list-style-type: none">Atypical antipsychotics and metabolic monitoring brochure for families	keltymentalhealth.ca (look under Metabolic Syndrome and Mental Health)
Psychosis Sucks	<ul style="list-style-type: none">Includes information on the treatment of psychosis, including medication options	www.psychosissucks.ca/epi/treatment.cfm#medication

FOR FAMILIES (CONTINUED)

Organization	Details	Web Address
<p>American Psychiatric Association</p>	<ul style="list-style-type: none"> ▪ Parent medication guides for ADHD and depression ▪ Designed to help families and physicians make informed decisions about obtaining and administering the most appropriate care for a child with ADHD or depression <p><i>NOTE: This is an American resource. Some American drug names are different than in Canada, and many medications either available or approved in the U.S. for children are not available or approved in Canada</i></p>	<p>www.parentsmedguide.org</p>
<p>American Academy of Child & Adolescent Psychiatry</p>	<ul style="list-style-type: none"> ▪ Fact sheets on psychiatric medications for children and adolescents, including information on how they are used, types of medications, and questions to ask <p><i>NOTE: This is an American resource. Some American drug names are different than in Canada, and many medications either available or approved in the U.S. for children are not available or approved in Canada</i></p>	<p>www.aacap.org/cs/new_psychiatric_medications/psychiatric_medications</p>
<p>National Institute of Mental Health</p>	<ul style="list-style-type: none"> ▪ Guide describes the types of medications used to treat mental disorders and side effects of medications ▪ Includes answers to frequently asked questions about the treatment of mental disorders in children <p><i>NOTE: This is an American resource. Some American drug names are different than in Canada, and many medications either available or approved in the U.S. for children are not available or approved in Canada</i></p>	<p>www.nimh.nih.gov/health/publications/medications-listing.shtml</p>