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For case consultations,
Call the UPOP Help Line

801-584-8220

Helpful Links

Psychotropic Medication Guidelines for Children and Adolescents in Foster Care:

<http://www.medicaidmentalhealth.org>
Click on: Child/Adolescent tab

AAP Trauma Tool Kit

<https://www.aap.org>
Search: Trauma Guide

Recommendations about the Use of Psychotropic Medications for Children and Adolescents Involved in Child- Serving Systems:

<https://www.aacap.org> Search: Psycho-
tropic Medication Recommendations

UPOP

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Salt Lake City, UT 84113-4671

Help Line

801-584-8220

Program Contact

801-584-8268

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utah department of
human services
Child and Family Services



Utah Psychotropic Oversight Program

Ensuring children and
adolescents in foster care
are receiving safe, evidence-
based, trauma-informed
treatment consistent with
their mental health needs.

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UPOP

Children and youth in foster 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 foster care have mental health needs that are effectively treated with medication, there are significant challenges to using psychotropics safely and effectively in the foster population that must be addressed.

In 2016, The Utah State Legislature mandated and created, through statute, the Utah Psychotropic Oversight Program (UPOP). The program consists of child psychiatrists and a nurse practitioner contracted through The University of Utah to the Utah Dept. of Health Fostering Healthy Children Program (FHCP) and the Utah Division of Child and Family Services (DCFS).

Our MISSION

Our mission is to establish and operate a psychotropic medication oversight program to ensure that children and youth in foster care are receiving safe, evidence-based, trauma-informed treatment consistent with their mental health needs.

Our GOAL

Our goal is to collaborate and consult with DCFS Caseworkers, Fostering Healthy Children Health Coordinators, community mental health professionals, and providers throughout the state in order to achieve the safest and most effective treatment for foster children and youths.

UPOP will review all foster children and youth receiving psychotropic medication, through the lens of trauma-informed care as recommended by The American Academy of Pediatrics, in the following three categories:

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

To ensure the best possible care for Utah foster children and youth, UPOP will contact and collaborate with the current healthcare team to provide consultation and guidance.