

ADHD, Anxiety, and Depression Medication Policy



Brookline Pediatrics
Boston Children's
Primary Care Alliance

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Brookline Pediatrics Medication Policy for Pediatric Patients Taking Medication for ADHD, Anxiety and Depression

Your child's health and safety are our top priorities. When children take medications for ADHD or anxiety and depression, regular follow-up appointments are not optional—they are a critical part of safe and effective treatment. Our policy is based on guidelines from the American Academy of Pediatrics and guidance from our psychiatry colleagues at Boston Children's Hospital.

Why Regular Visits Are Required

These medications affect your child's developing brain and body in important ways. Regular appointments give us the opportunity to make sure the medication is working, watch for side effects, and monitor your child's growth, sleep, appetite, and vital signs which can all be impacted by new medications. For these reasons, and to ensure your child continues to receive medication refills in a timely manner, follow-up visits need to take place as follows:

Anxiety/Depression

- A follow-up call with our behavioral health clinician within 7 days of starting medication
- Appointment no later than 30 days after any dose is changed
- Appointments every 3-6 months for patients who haven't changed doses

ADHD

- Appointment no later than 30 days of first starting the medication
- Appointment no later than 30 days after any dose is changed
- Appointments every 3-6 months for patients who haven't changed doses

Virtual MyChart appointments can be requested at provider discretion for some visits

Refills

We make every effort to provide refills in a timely manner. However, to provide the best care for our patients, refill prescriptions will only be written by your child's primary doctor, who knows them best, unless that doctor is away from the office for more than one week. For these reasons, we ask that you call when you start the last week of your child's medicine as refills can take up to 2 business days to be completed. Business days do not include weekends or holidays.

If you have any concerns between visits, please call us. We are here to help your child get the best possible care. If you have questions about this policy or your child's treatment plan, please ask at your next appointment or call our office.