

Consumer and Family Advisory Council (CFAC) Minutes

Meeting Location and Attendance

- The meeting was held on April 7, 2015 at 6:00pm at the office of the North Texas Behavioral Health Authority located at 1201 Richardson Dr., Suite 270, Richardson, TX 75080.
- There were 15 people in attendance and it was co-chaired by Mary Ann Niles and Jeanine Hayes.

Welcome and Introductions

- Ms. Niles and Ms. Hayes introduced welcomed everyone and introduced the guest speaker.

New Business

- Pharmacist Patricia White of Green Oaks Hospital was the speaker for an “Ask the Pharmacist” presentation. Most of the meeting involved lively Q&A on various topics:
 - Side effects of medicine (e.g., weight gain, hives, daytime sleepiness, dizziness)
 - Seasonal side effects (e.g., Nasal sprays may reduce effectiveness of other medications, but are commonly taken only seasonally.)
 - Exercise releases endorphins which improves moods
 - Off-label use of drugs (e.g., seizure medications for Bipolar Disorder treatment, various psychotropic medications to aid in sleep)
 - Monotherapy – medications that cannot be combined with certain other medications.
 - Atypical medications – fewer side effects than traditional medications, works differently in the body
 - Relaxation techniques versus sleep medications and natural alternatives
 - Alternative medications and supplements (e.g., Sam-e, essential oils)
 - Caution of grapefruit on a stomach enzyme resulting in up to a 400% increased reaction of certain medications in the body.
 - Websites suggested to research medications, interactions with foods or supplements or other medications:
 - www.globalrph.com
 - www.webmd.com

Announcements

- Attendees were encouraged to email topics they would like to see presented at future meetings.
- A handout regarding a senior housing conference was made available.

Adjournment

- The CFAC meeting adjourned at 7:40pm