



# MAKING HEALTHY CHOICES

## A GUIDE ON PSYCHOTROPIC MEDICATIONS FOR YOUTH IN FOSTER CARE

The use of psychotropic medications can be a confusing topic, particularly for a young person in foster care. A new guide—written specifically for youth—provides valuable information and worksheets to help youth:

- Recognize when they need help and who can help
- Consider their options—including helpful approaches other than medication
- Ask questions and decide what’s best for them
- Take medication safely
- Know what to do about medication when leaving foster care

*Making Healthy Choices* can be read directly by youth or serve as a discussion tool for child welfare workers, health care providers, mentors, and others working with youth in foster care.

**ACCESS MAKING HEALTHY CHOICES ON THE NATIONAL RESOURCE CENTER FOR YOUTH DEVELOPMENT WEBSITE:  
[HTTP://WWW.NRCYD.OU.EDU/PSYCH-MED-YOUTH-GUIDE](http://www.nrcyd.ou.edu/psych-med-youth-guide)**

A collaborative effort of young people and professionals from Children’s Bureau, U.S. Department of Health and Human Services • Administration for Children and Families, U.S. Department of Health and Human Services • American Academy of Child and Adolescent Psychiatry • American Academy of Pediatrics • Food and Drug Administration, U.S. Department of Health and Human Services • Jim Casey Youth Opportunities Initiative • Maine Department of Health and Human Services • Maine Youth Leadership Advisory Team • National Resource Center for Youth Development • Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services • Tufts Medical Center • Youth MOVE Maine

