

The Role of Medications in the Treatment of Autism Spectrum Disorder and Related Neurodevelopmental Disorders

Pilar Trelles, MD

Assistant Professor of Psychiatry
Child and Adolescent Psychiatry



**Mount
Sinai**

*Seaver Autism
Center for Research
and Treatment*

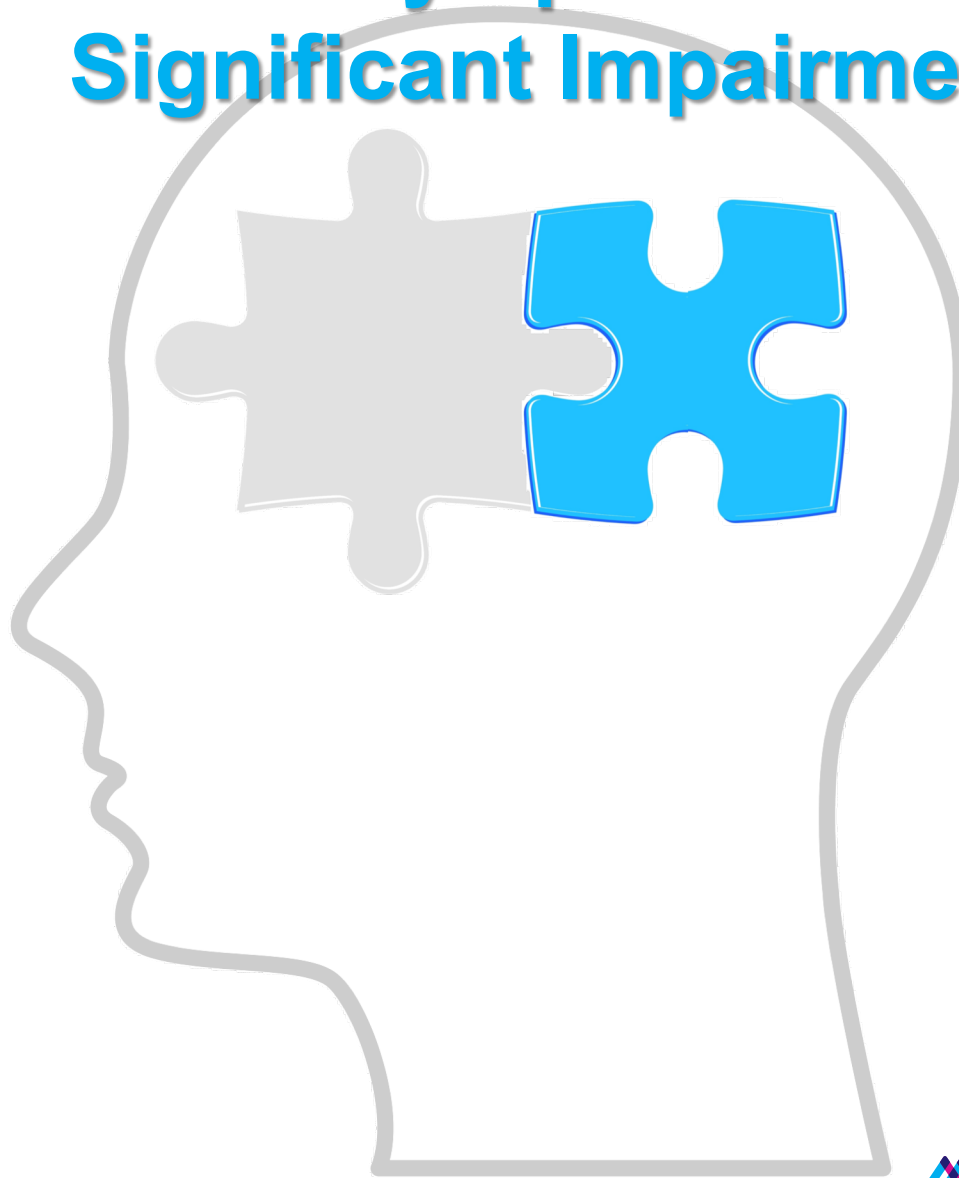
Autism Spectrum Disorder: A Behaviorally Defined Conditions

Deficits in social communication

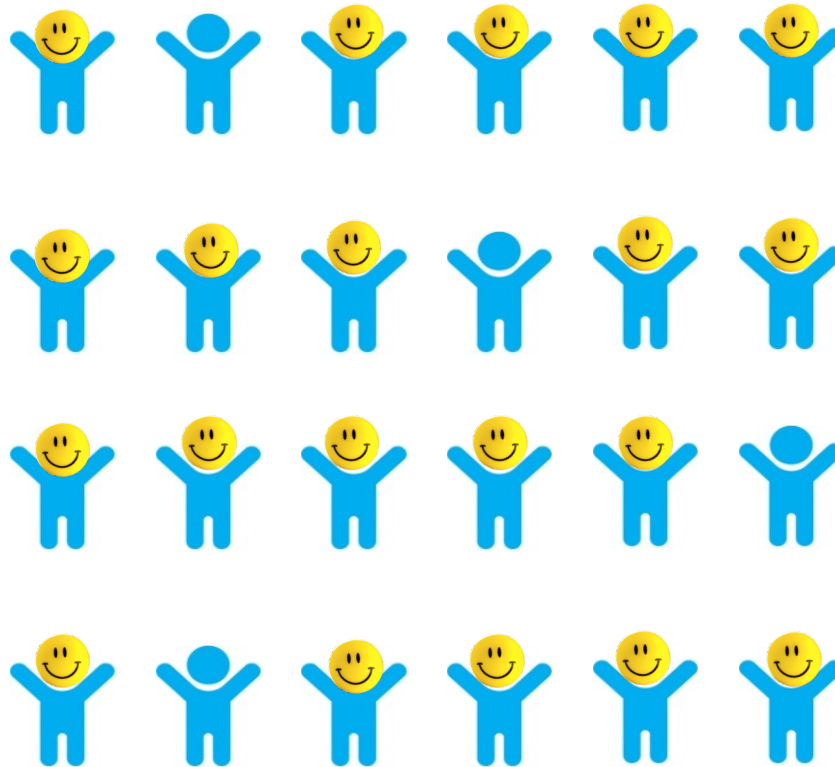
Repetitive and restrictive behaviors

AUTISM SPECTRUM DISORDER

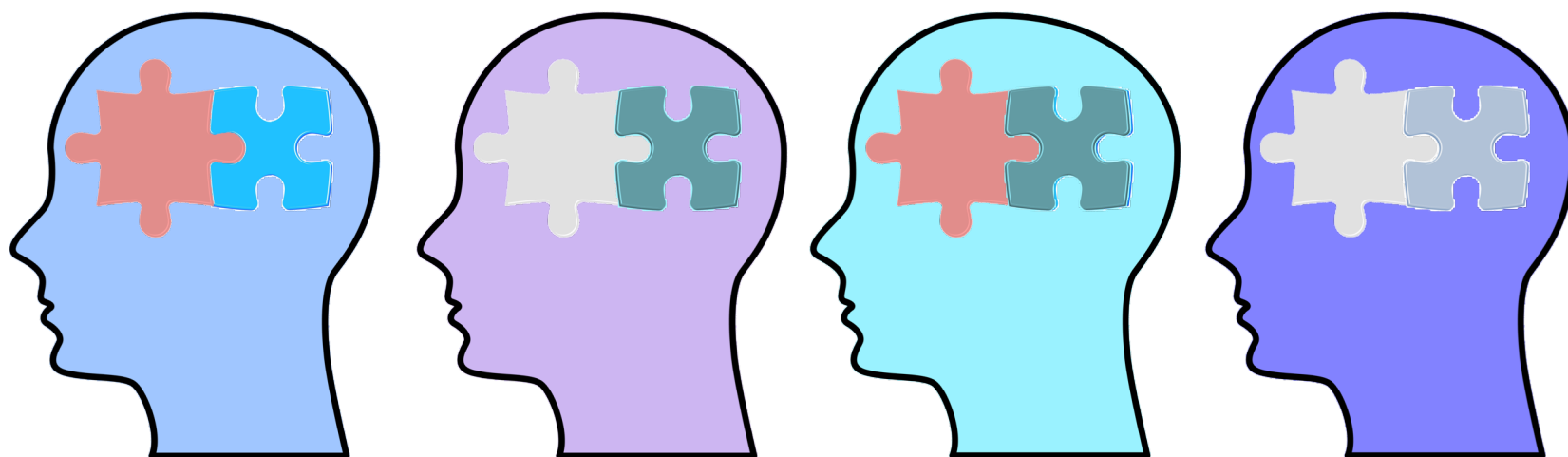
Associated Symptoms can Cause Significant Impairment



Clinical Trials



Autism is a Heterogenous Disorder



Clinical Trials in Autism



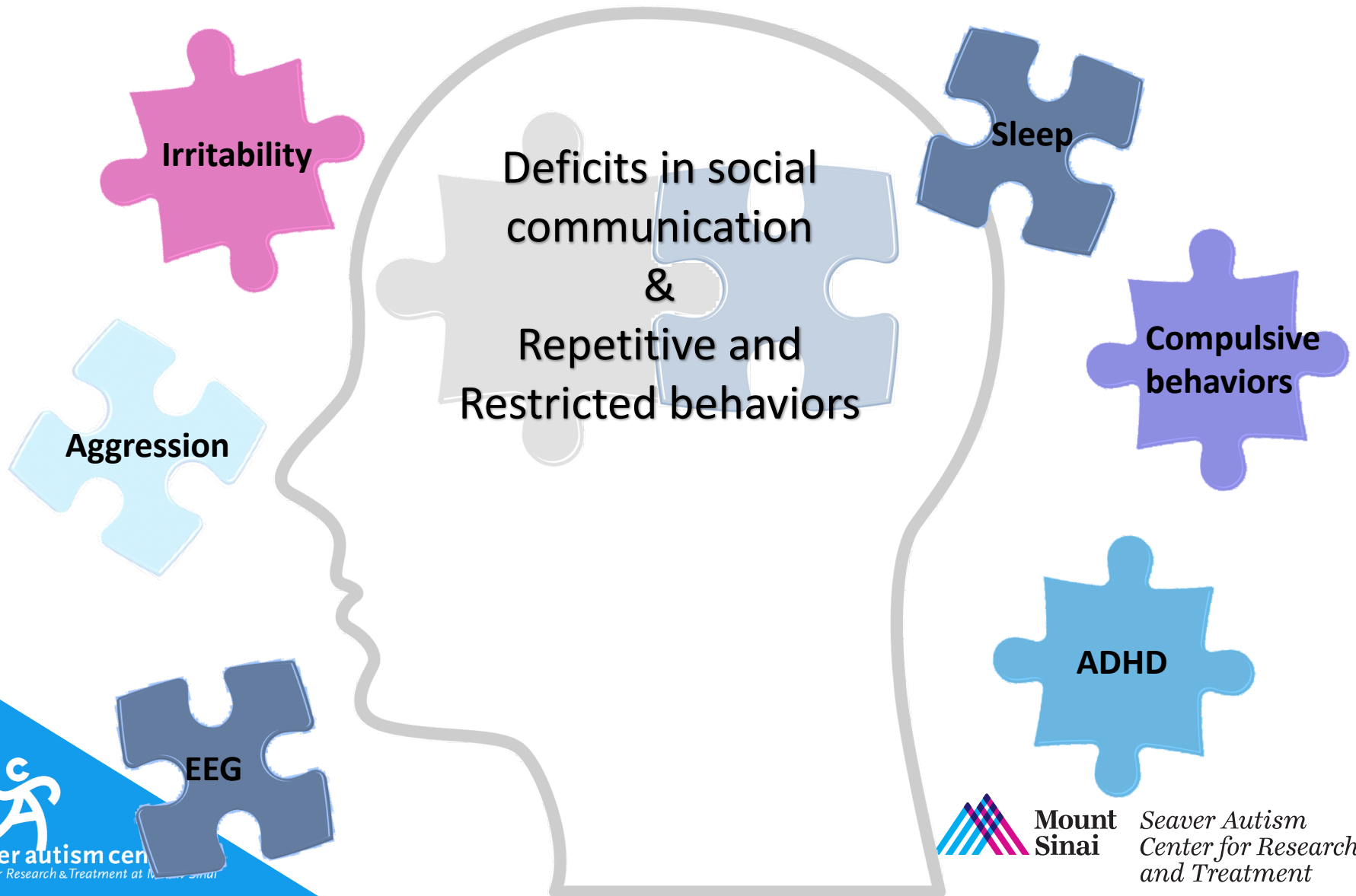
Clinical Trials in Autism



Why is this important?

- Individuals with ASD and other neurodevelopmental disorder that are behaviorally defined are different from each other
- We have more options than just the two “FDA” approved medications
- Monitor closely: consider efficacy and tolerability
- We are working to identify individuals with NDD that are biologically similar → narrow treatment options and improve outcomes.

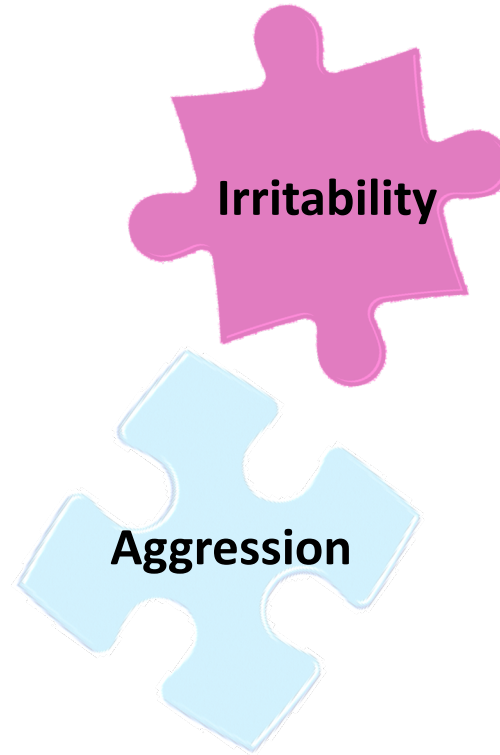
Symptom Domain Approach



Atypical Antipsychotics

- Risperidone*
- Aripiprazole *
- Quetiapine
- Ziprasidone
- Haloperidol
- Olanzapine
- Clozapine

* FDA approval



Medications for ADHD

- Methylphenidate
- Atomoxetine
- Clonidine
- Guanfacine



Antiepileptic Drugs



Irritability

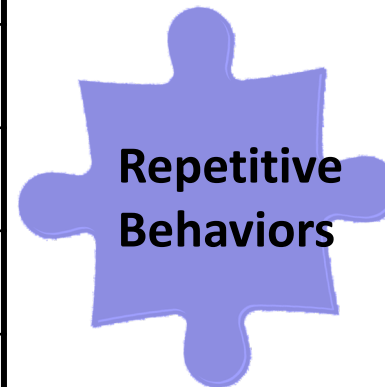
Aggression

EEG

- Depakote
- Lamictal
- Topiramate

Antidepressants

Medication	Open Label	Placebo Controlled
fluoxetine	++++	++--
fluvoxamine	+	++--
sertraline	+++	
citalopram	+	--
escitalopram	+	
venlafaxine	++	
clomipramine		+
buspirone	++	



Points to Take Home

- The foundation of treatment for ASD lies on psychosocial treatments, while pharmacological interventions target associated features
- Although risperdal and aripiprazole are the only medications with an FDA indication in the treatment of ASD, their side effect profile limits its use
- Pharmacological approaches in ASD use a dimensional and symptom specific approach
- Major setback in the development of new treatments lies in the heterogeneity of ASD and availability of objective outcome measures

Resources- Psychiatry Clinics for Neurodiverse Individuals in NYC

- Developmental Disabilities Center, Mount Sinai West
<https://www.mountsinai.org/care/neurology/services/pediatric-neurology/developmental-disabilities-center>
212-523-6230
- Premier Healthcare, Member of YAI network
<https://www.yai.org/services/psychiatry>
212-273-6272
- Adapt Community Network (Adults ages 18+)
<https://www.adaptcommunitynetwork.org/service-options/healthcare/>
877-827-2666

Important COVID-19 Services

Counseling – Medical – NYC services

- NYC Well – 24/7 confidential helpline and psychotherapy referral – nycwell.cityofnewyork.us – English, Spanish & other languages -1800-NYC-WELL/ 888-692-9355
- Thrive NYC – thrivenyc.cityofnewyork.us mental health support via phone or online.
- UFT Free Mental Health Hotline – general mental health support for NYC public school students and their families – 212-709-3222
- American Red Cross Virtual Family Assistance Center – Crisis counselors are available to provide emotional support and guidance when someone has lost a loved one. 585-957-8187 – www.redcross.org
- Free COVID – 19 Medical Infoline for NYC residents: if you have symptoms or questions about COVID 19 call: 1-844-692-4692 – 9am-9pm
- NYC COVID-19 Resources Directory – obtain resources for accessing food(1-866-888-8777), rental assistance, domestic violence (1-800-621-HOPE), etc. –go to: www1.nyc.gov

