



Behavioral Health Medication Reference Guide

SEDATIVES & HYPNOTICS				
PREFERRED	Usual Bedtime Dosage for Insomnia		Comments/Suggestions	
<i>estazolam</i> (generic for ProSom)	1–2 mg		#-Quantity Limit = 31 tablets/31 days	
<i>temazepam</i> (generic for Restoril)	7.5–30 mg			
<i>trazodone</i> (generic for Desyrel)	50–100 mg			
<i>zolpidem</i> [#] (generic for Ambien)	10 mg			
ANTIPSYCHOTICS				
PREFERRED	Initial Dose	Usual Dosage Range	Comments/Suggestions	
Second-Generation (Atypical)				
<i>risperidone</i> (generic for Risperdal)	0.25mg–1mg BID (depending on indication)	0.5mg–6mg daily or divided BID	<i>risperidone</i> also available generically in liquid and orally disintegrating tablets (please reserve for members with swallowing difficulties) <i>olanzapine</i> also available generically in orally disintegrating tablets (please reserve for members with swallowing difficulties)	
<i>quetiapine</i> (generic for Seroquel)	25-50mg BID (depending on indication)	200–400mg BID		
<i>olanzapine</i> (generic for Zyprexa)	5–10mg Daily (depending on indication)	5–20mg Daily		
Second-Generation (Atypical) – Long-acting				
Invega Sustenna	234mg day 1, 156mg day 8	117mg Q 4 weeks (range 39–234mg Q 4 weeks)	<i>Invega Sustenna</i> : Steady state reached after second injection; consider for members with adherence difficulties	
First-Generation (Typical)				
<i>chlorpromazine</i> (generic Thorazine)	10–50 mg BID	200mg BID		
<i>fluphenazine</i> (generic Prolixin)	2.5–5 mg DAILY	10–20 mg DAILY		
<i>haloperidol</i> (generic Haldol)	5 mg DAILY or divided BID or TID	10–15 mg (divided BID to TID)		
<i>loxapine</i> (generic for Loxitane)	10 mg BID	60–100 mg (divided 2 to 4 times/day)		
<i>perphenazine</i> (generic for Trilafon)	4 mg TID	24 mg (divided BID to TID)		
<i>thioridazine</i> (generic for Mellaril)	50–100 mg TID	100–150 mg BID		
<i>thiothixene</i> (generic for Navane)	2 mg TID	30 mg DAILY or divided BID to TID		
<i>trifluoperazine</i> (generic for Stelazine)	2–5 mg BID	20 mg DAILY or divided BID		
First-Generation (Typical) – Long-acting Injections				
<i>fluphenazine decanoate</i> (generic Prolixin Decanoate)	12.5-25 mg IM or SQ every 1–4 weeks	50 mg IM or SQ every 1– 4 weeks		

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<i>haloperidol decanoate</i> (generic Haldol Decanoate)	10–20 times total stable oral dose IM every 4 weeks	10–15 times total stable oral dose IM every 4 weeks	
ANTIDEPRESSANTS			
PREFERRED	Initial Dose	Usual Daily Dosage	Comments/Suggestions
SSRIs (Selective Serotonin Reuptake Inhibitors)			<p>Consider use of rating scales to assess severity of illness. Recommended scales include:</p> <ul style="list-style-type: none"> • Hamilton Rating Scale for Depression (HAM-D) • Beck Depression Inventory (BDI) • Yale-Brown Obsessive Compulsive Scale (Y-BOCS) <p>Generic MAOIs, TCAs and <i>trazodone</i> are also available as preferred agents</p> <p><i>mirtazepine</i> is available generically in an orally disintegrating tablet (please reserve for members with swallowing difficulties)</p>
<i>citalopram</i> (generic for Celexa)	20 mg	20–60 mg	
<i>fluoxetine</i> (generic for Prozac)	10–40mg	20–80 mg	
<i>paroxetine</i> (generic for Paxil)	10 mg	20–60mg	
<i>sertraline</i> (generic for Zoloft)	25–50 mg	50–200mg	
SNRIs (Serotonin-Norepinephrine Reuptake Inhibitors)			
<i>venlafaxine</i> (generic for Effexor)	25mg BID	75–225 mg (divided BID)	
<i>venlafaxine ER</i> (generic for Effexor XR)	37.5mg–75mg Daily	75–225mg Daily	
Other Antidepressants			
<i>bupropion/ bupropion SR</i> (generic for Wellbutrin SR)	150 mg	150–400 mg	
<i>bupropion/ bupropion XL</i> (generic for Wellbutrin XL)	150 mg	150-450 mg	
<i>mirtazepine</i> (generic Remeron)	15 mg	15–45 mg	
CNS-STIMULANTS (Attention-Deficit/Hyperactivity Disorder (ADHD) Medications)			
PREFERRED	Duration of Action (hours)	Usual Dosage Range	Comments/Suggestions
Short-acting			<p>Recommended Screening Tools</p> <ul style="list-style-type: none"> • ADHD Rating Scale-IV • Conner's Rating Scales-Revised (CRS-R). • Child Behavior Checklist (CBCL) <p>*<i>dextroamphetamine ER</i> and Adderall XR require trial and failure or contraindication to Vyvanse</p> <p>*Adderall XR is covered with ST therapy</p>
<i>amphetamine mixed salt</i> (generic for Adderall)	4–6	2.5–40 mg/day	
<i>dextroamphetamine</i> (generic for Dexedrine/Dexrostat)	4–6	2.5–40 mg/day	
<i>methylphenidate</i> (generic for Ritalin)	3–5	10–60 mg/day	
Intermediate-acting			
<i>dextroamphetamine ER*</i> (generic for Dexedrine Spansules)	6–8	5–40 mg/day	
<i>methylphenidate SR</i> (generic for Ritalin SR)	3–8	10–60 mg/day	
Long-acting			
Adderall XR*	8–10	10–30 mg/day	
Vyvanse	10–12	30–70 mg/day	
<i>methylphenidate ER</i> (generic for Concerta)	10–12	18–72 mg/day	

