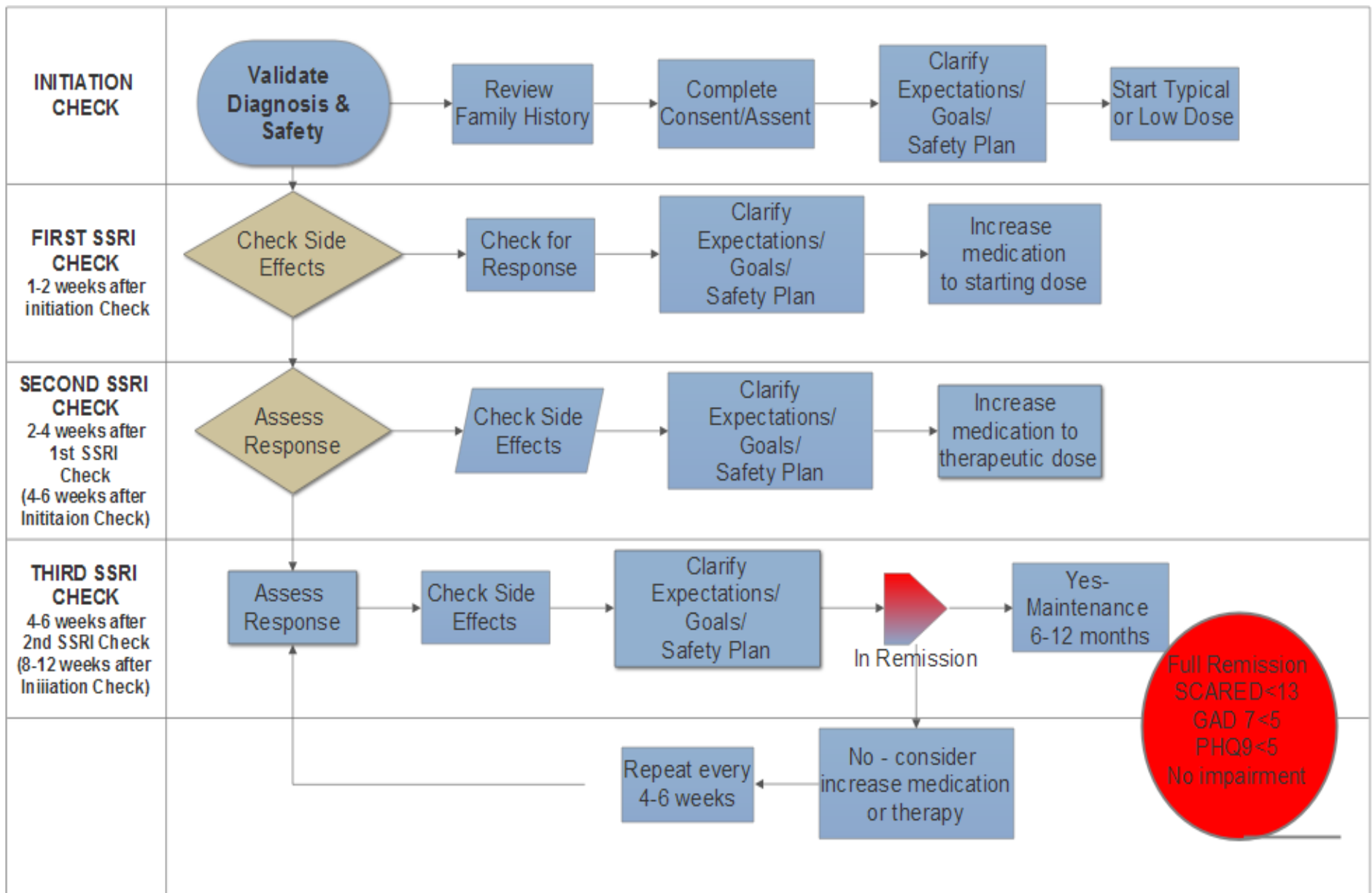


Selective Serotonin Reuptake Inhibitor(SSRI) Protocol



Selective Serotonin Reuptake Inhibitor(SSRI) Protocol

Medication	Low Starting Dose	Typical Starting Dose	Typical Effective Dose	Typical Dose Range	Typical Escalation amount	Half-life	Half-life of Active Metabolites
Fluoxetine	5mg	10mg	20mg	60mg	10mg	2-3 days	2 weeks
Sertraline	25mg	50mg	100-150mg	200mg	25mg	Males - 22.4 hrs females 32-36 hrs	NA
Citalopram	5mg	10mg	20mg	40mg	10mg	20-35 hours	NA
Escitalopram	2.5mg	5mg	10mg	20mg	5mg	20-35 hours	NA

1st SSRI CHECK SCRIPT

- ▶Check side effects
 - ▶"Are you concerned about side effects? Has anything changed that you are worried might be related to medication"
 - ▶"Have you had any thoughts about hurting yourself or anyone else?"
- ▶Check for response
 - ▶"How are you doing?"
 - ▶"On a scale of 1-10, 10 being as good as you could feel, how are you doing?"
- ▶Review goals
 - ▶"Are you still hoping to work on ____"
- ▶Review safety plan
 - ▶"Have you had to use your safety plan? Or How close have you come to using your safety plan. Do you still feel like you could use your safety plan"
 - ▶"Could you repeat your safety plan?"
- ▶Review expectations
 - ▶"It's early to see an impact of medication but you should see some positive response in 2-4 weeks."
 - ▶"We look forward to your next check-in in 1-2 weeks"
- ▶Increase medication (if you started low)

MANIA SCREEN

- ▶"Was there ever a period of time, for more than a few days, that you(or your child) didn't need sleep, was on top of the world, and significantly different than usual"