

Medication	Starting & Target Daily Dose	Metabolic Risk	Other Side Effects & Clinical Pearls
aripiprazole (Abilify)	5mg daily (qam) (2.5mg for the first week, break 5mg pill in half) Target: 5-15 mg	low-to-moderate	moderate risk of akathisia can cause insomnia
lurasidone (Latuda)	20mg bedtime with 350 cal to increase absorption Target: 20-60 mg	low	moderate risk of EPS (dystonia, akathisia, parkinsonism) sedating and can help with sleep
olanzapine (Zyprexa)	5mg bedtime Target: 5-15mg	high and therefore not recommended as first line treatment in young people	very effective antipsychotic & generally well-tolerated in the short term. sedating and can help with sleep