

# ADOLESCENT UNIT NORTH PROGRAM SCHEDULE

(Program Schedule subject to change to meet unit needs)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:15	Wake-up/ Vital Signs/Hygiene	Wake-up/ Vital Signs/Hygiene	Wake-up/ Vital Signs/Hygiene	Wake-up/ Vital Signs/Hygiene	Wake-up/ Vital Signs/Hygiene	Wake-up/ Vital Signs/Hygiene	Wake-up/ Vital Signs/Hygiene
7:15 – 7:45	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
7:45 – 8:45	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass
8:15 – 8:45	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
8:45 – 9:45	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity	Activity
9:45 – 10:45	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group
10:45 – 11:15	Phones	Phones	Phones	Phones	Phones	Phones	Phones
11:15 – 11:55	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
12:00 – 12:30	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)
12:30 – 1:00	CD Group	CD Group	CD Group	CD Group	CD Group	Exercise Room	Exercise Room
1:00 – 2:00	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skill Group	Life Skills Group
2:00 – 3:00	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
3:00 – 3:30	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
3:30 – 4:30	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy
4:30 – 5:10	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
5:10 – 5:40	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)
5:45 – 6:15	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity
6:15 – 6:45	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
6:45 – 7:30	Visitation OR Phones	Visitation OR Phones	6:30 – 7:30/Phones Pet Therapy (alt week) OR Movie (alt week)	Visitation OR Phones	Visitation OR Phones	Visitation OR Phones	Visitation OR Phones
7:30 – 8:30	Homework/ Med Pass	Homework/ Med Pass	Homework/ Med Pass	Homework/ Med Pass	Homework/ Med Pass	Homework/ Med Pass	Homework/ Med Pass
8:30 – 9:00	Wrap-up Group/ Snacks	Wrap-up Group/ Snacks	Wrap-up Group/ Snacks	Wrap-up Group/ Snacks	Wrap-up Group/ Snacks	Wrap-up Group/ Snacks	Wrap-up Group/ Snacks
9:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Behavioral Health Technician  
 Activity Therapist  
 Registered Nurse  
 Social Work  
 Spiritual Services  
 Visitation

*Only ice/water permitted in group sessions*

**All groups are mandatory; times are approximate**

**PHONES ARE OFF DURING THERAPEUTIC GROUPS**

Revised 10.3.2018