

ADOLESCENT UNIT SOUTH PROGRAM SCHEDULE

(Program Schedule subject to change to meet unit needs)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00	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
7:00 – 7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30 – 8:30	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass
8:00 – 8:30	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
8:30 – 9:30	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Exercise Room	Exercise Room
9:30 – 10:30	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group
10:30 – 11:00	Outside	Outside	Outside	Outside	Outside	Outside	Outside
11:00 – 11:40	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:40 – 12:10	Phones	Phones	Phones	Phones	Phones	Phones	Phones
12:15 – 1:15	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy
1:15 – 2:15	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
2:15 – 2:45	Journaling	Journaling	Journaling	Journaling	Journaling	Spiritual Services OR Journaling	Journaling
2:45 – 3:15	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
3:15 – 4:15	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group
4:15 – 4:55	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:00 – 5:30	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)
5:30 – 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	Movie/Phones	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 pPM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

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

Only ice/water permitted in group sessions

All groups are mandatory; times are

approximate

PHONES ARE OFF DURING THERAPEUTIC GROUPS

Revised 10.3.18