

### 3 NORTH 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	Wake-up/ Vital Signs	Wake-up/ Vital Signs	Wake-up/ Vital Signs	Wake-up/ Vital Signs	Wake-up/ Vital Signs	Wake-up/Vital Signs
7:00 – 7:30	Hygiene/Coffee	Hygiene/Coffee	Hygiene/Coffee	Hygiene/Coffee	Hygiene/Coffee	Hygiene/Coffee	Hygiene/Coffee
7:30 – 8:00	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)
8:00 – 8:30	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
8:30 – 9:30	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass
9:00 – 9:30	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
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 – 11:15	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy
11:15 – 12:15	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
12:15 – 12:55	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1:10 – 2:10	Life Skills Group OR	Life Skills Group OR	Life Skills Group OR	Life Skills Group OR	Life Skills Group OR	Life Skills Group OR	Life Skills Group
	CD Group	CD Group	CD Group	CD Group	CD Group	Spiritual Services	
2:10 – 2:40	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
2:40 – 3:10	Phones	Phones	Phones	Phones	Phones	Phones	Phones
3:15 – 4:15	Relaxation Therapy	Relaxation Therapy	Relaxation Therapy	Relaxation Therapy	Relaxation Therapy	Relaxation Activity	Relaxation Activity
4:15 – 5:00	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time
5:00 – 5:30	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)
5:30 – 6:10	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
6:30 – 7:30	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity
7:45 – 8-30	Visitation OR Games	Visitation OR Games	Visitation OR Games	Movie	Visitation OR Games	Visitation OR Movie	Movie
				12 Step Meeting			12 Step Meeting
8:30 – 9:00	Med Pass/snacks	Med Pass/snacks	Med Pass/snacks	Med Pass/snacks	Med Pass/snacks	Med Pass/snacks	Med Pass/snacks
8:30 – 9:00	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group
9:00 – 9:30	Hygiene/Phones	Hygiene/Phones	Hygiene/Phones	Hygiene/Phones	Hygiene/Phones	Hygiene/Phones	Hygiene/Phones
9:30 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Behavioral Health Technician  
 Activity Therapist  
 Registered Nurse  
 Social Work  
 Visitation  
 Spiritual Services/12 Step Meeting

*Only ice/water permitted in group sessions*

Revised 10.3.2018

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

**PHONES ARE OFF DURING THERAPEUTIC GROUPS**