

3 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	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 – 7:45	Hygiene/ coffee	Hygiene/ coffee	Hygiene/ coffee	Hygiene/ coffee	Hygiene/ coffee	Hygiene/ coffee	Hygiene/ coffee
7:45 – 8:15	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)
8:15 – 8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 – 9:45	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass
9:15 – 9:45	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
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 – 11:00	Break	Break	Break	Break	Break	Break	Break
11:00 – 12:00	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
12:00 – 12:30	Relaxation Therapy	Relaxation Therapy	Relaxation Therapy	Relaxation Therapy	Relaxation Therapy	Relaxation Activity	Relaxation Activity
12:30 – 1:10	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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 – 3:10	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy
3:15 – 3:45	Phones	Phones	Phones	Phones	Phones	Phones	Phones
3:45 – 4:15	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
4:15 – 5:15	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time
5:15 – 5:45	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)
5:45 – 6:25	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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	Wrap-up Group	Wrap-up Group	Wrap-up Group	Wrap-up Group	Wrap-up Group	Wrap-up Group	Wrap-up Group
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
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 10.3.18

All groups are mandatory; times are approximate
PHONES ARE OFF DURING THERAPEUTIC GROUPS