

# ADOLESCENT UNIT 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/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	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
7:30 – 8:15	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 – 9:15	Phones	Phones	Phones	Phones	Phones	Phones	Phones
9:15 – 10:00	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity	Activity
10:00 – 11:00	Education Group	Education Group	Education Group	Education Group	Education Group	Education Group	Education Group
11:00 – 11:30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
11:30 – 12:00	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)	Outside (S Patio)
12:00 – 1:00	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling
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	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
3:00 – 3:30	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
3:30 – 4:35	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy
4:35 – 5:05	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
5:05 – 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 – 6:00	Evening Activity	Activity	Evening Activity	Activity	Evening Activity	Activity	Activity
6:00 – 6:45	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
6:45 – 7:30	Wrap-up Group/Med Pass	Wrap-up Group/Med Pass	Wrap-up Group/Med Pass	Wrap-up Group/Med Pass	Wrap-up Group/Med Pass	Wrap-up Group/Med Pass	Wrap-up Group/Med Pass
7:30 – 8:30	Phones/Video Visitation/Movie	Phones/Movie	Phones/Video Visitation/Movie	Phones/Movie	Phones/Video Visitation/Movie	Phones/Movie	Phones/Movie
8:30 – 9:30	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation
9:30 pm	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Behavioral Health Technician  
 Activity Therapist  
 Registered Nurse  
 Social Work

*Only ice/water permitted in group sessions*  
**All groups are mandatory; times are approximate**  
**PHONES ARE OFF DURING THERAPEUTIC GROUPS**

Revised 1.21.22