

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 – 8:00	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 – 9:15	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity	Activity
9:15 – 10:30	Education Group	Education Group	Education Group	Education Group	Education Group	Education Group	Education Group
10:30 – 11:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:00 – 11:30	Outside	Outside	Outside	Outside	Outside	Outside	Outside
11:30 - 12:15	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling	Phones/Journaling
12:15 – 1:15	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy
1:15 – 2:15	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
2:15 – 3:00	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
3:00 – 4:05	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group
4:05 – 4:35	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
4:35 – 5:00	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)	Outside (S. Patio)
5:00 – 6:00	Phones	Phones	Phones	Phones	Phones	Phones	Phones
6:00 – 6:30	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity
6:30 – 7:30	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass
7:30 – 8:30	Phones/Movie	Phones/Video Visitation/Movie	Phones/Movie	Phones/Video Visitation/Movie	Phones/Movie	Phones/Movie	Phones/Video Visitation/Movie
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	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation	Snacks/Relaxation
9:30 p.m.	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Behavioral Health Technician
 Activity Therapist
 Registered Nurse
 Social Work
 Visitation

Only ice/water permitted in group sessions
All groups are mandatory; times are approximate

PHONES ARE OFF DURING THERAPEUTIC GROUPS

Revised 1/21/22