

ADULT 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 – 7:35 | Hygiene/Coffee | Hygiene/Coffee | Hygiene/Coffee | Hygiene/Coffee | Hygiene/Coffee | Hygiene/Coffee | Hygiene/Coffee |
| 7:35 – 8:05 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:05 – 8:30 | Outside | Outside | Outside | Outside | Outside | Outside | Outside |
| 8:30 – 9:30 | Med Pass | Med Pass | Med Pass | Med Pass | Med Pass | Med Pass | Med Pass |
| 9:30 – 10:00 | Goals Group | Goals Group | Goals Group | Goals Group | Goals Group | Goals Group | Goals Group |
| 10:00 – 10:45 | Journaling | Journaling | Journaling | Journaling | Journaling | Journaling | Journaling |
| 10:45 – 11:30 | Activity Therapy | Activity Therapy | Activity Therapy | Activity Therapy | Activity Therapy | Activity Therapy | Activity Therapy |
| 11:30 – 12:30 | Process Group | Process Group | Process Group | Process Group | Process Group | Process Group | Process Group |
| 12:40 – 1:10 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:10 – 2:15 | Life Skills Group | Life Skills Group | Life Skills Group | Life Skills Group | Life Skills Group | Life Skills Group | Life Skills Group |
| 2:15 – 3:15 | Music/Movie | Music/Movie | Music/Movie | Music/Moive | Music/Movie | Music/Movie | Music/Movie |
| 3:15 – 4:15 | Activity Therapy | Activity | Activity Therapy | Activity | Activity Therapy | Activity Time/Game/Movie | Activity Time/Game/Movie |
| 4:15 – 4:50 | Nursing Group | Nursing Group | Nursing Group | Nursing Group | Nursing Group | Nursing Group | Nursing Group |
| 4:50 – 5:30 | Phones | Phones | Phones | Phones | Phones | Phones | Phones |
| 5:30 – 6:00 | Room Time | Activity Therapy | Room Time | Activity Therapy | Room Time | Activity | Room Time |
| 6:00 – 6:20 | Mindfulness | Mindfulness | Mindfulness | Mindfulness | Mindfulness | Mindfulness | Mindfulness |
| 6:20 – 6:50 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 6:50 – 7:30 | Outside/Patio | Outside/Patio | Outside/Patio | Outside/Patio | Outside/Patio | Outside/Patio | Outside/Patio |
| 7:30 – 8:30 | Hygiene/Med Pass/Phones | 12Step /Med Pass/Phones | Hygiene/Med Pass/Phones | Hygiene/Med Pass/Phones | Hygiene/Med Pass/Phones | Hygiene/Med Pass/Phones | Hygiene/Med Pass/Phones |
| 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/Phones | Snacks/Phones | Snacks/Phones | Snacks/Phones | Snacks/Phones | Snacks/Phones | Snacks/Phones |
| 9:30 | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime |

Behavioral Health Technician
 Activity Therapist
 Registered Nurse
 Social Work
 12-Step Meeting

Only ice/water permitted in group sessions

Revised 1.21.22

All groups are mandatory; times are approximate

PHONES ARE OFF DURING THERAPEUTIC GROUPS