

ADULT 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 – 8:10	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)	Outside (N. Patio)
8:10 – 8:40	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:40 – 9:45	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass
9:15 – 9:40	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
9:45 – 10:45	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity	Activity
10:45 – 11:05	Phones	Phones	Phones	Phones	Phones	Phones	Phones
11:05 – 12:05	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
12:05 – 12:35	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:35 – 1:15	Outside	Outside	Outside	Outside	Outside	Outside	Outside
1:15 - 2:15	Life Skills	Life Skills	Life Skills	Life Skills	Life Skills	Life Skills	Life Skills
2:15 – 3:15	Journaling	Journaling	Journaling	Journaling	Journaling	Activity Therapy	Activity Therapy
3:15 – 3:45	Music/Movie	Music/Movie	Music/Movie	Music/Movie	Music/Movie	Music/Movie	Music/Movie
3:45 – 4:15	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
4:15 – 5:00	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
5:00 – 5:45	Room Time	Activity Therapy	Room Time	Activity Therapy	Room Time	Activity Time/Game/Movie	Room Time
5:45 – 6:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15 – 7:30	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)	Outside (N Patio)
7:30 – 8:30	Hygiene/Med Pass/Phones	12Step/Phones/Games OR	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