

Daily Therapeutic Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15	Awake Prepare for Day	Awake Prepare for Day	Awake Prepare for Day	Awake Prepare for Day	Awake Prepare for Day	Awake Prepare for Day	Awake Prepare for Day
8:15-8:30	Rise and Stretch	Rise and Stretch	Rise and Stretch	Rise and Stretch	Rise and Stretch	Rise and Stretch	Rise and Stretch
8:30-9	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9-10	News and Thought for the Day/Goals	News and Thought for the Day/Goals	News and Thought for the Day/Goals	News and Thought for the Day/Goals	News and Thought for the Day/Goals	News and Thought for the Day/Goals	News and Thought for the Day/Goals
10-10:30	Therapeutic Exercises (Rehab Therapy)	Therapeutic Exercises (Rehab Therapy)	Therapeutic Exercises (Rehab Therapy)	Therapeutic Exercises (Rehab Therapy)	Therapeutic Exercises (Rehab Therapy)	Therapeutic Exercises (Rehab Therapy)	Therapeutic Exercises (Rehab Therapy)
11-12	Spirituality & Illness (RN)	Skills Group (Rehab Therapy)	Medication Education (Pharmacist)	Skills Group (Rehab Therapy)	Illness Education (RN)	Weekly Review of News	Spiritual Readings
12p-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Expressions (Rehab Therapist)	Illness Education (RN)	Expressions (Rehab Therapist)	Discharge and Safety Plan Social Worker	Expressions (Rehab Therapist)	Expressions (Rehab Therapist)	Expressions (Rehab Therapist)
2:00-3:00	Group Therapy (Social Work or Rehab Therapy)	Group Therapy (Social Work or Rehab Therapy)	Group Therapy (Social Work or Rehab Therapy)	Group Therapy (Social Work or Rehab Therapy)	Group Therapy (Social Work or Rehab Therapy)		
3:00-4:00	Quiet Time Shift Report at Bedside	Quiet Time Shift Report at Bedside	Quiet Time Shift Report at Bedside	Quiet Time Shift Report at Bedside	Quiet Time Shift Report at Bedside	Quiet Time Shift Report at Bedside	Quiet Time Shift Report at Bedside
4-5	Individual Goal Review (Assigned RN)	Individual Goal Review (Assigned RN)	Individual Goal Review (Assigned RN)	Individual Goal Review (Assigned RN)	Individual Goal Review (Assigned RN)	Individual Goal Review (Assigned RN)	Individual Goal Review (Assigned RN)
5-6	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-8	Activity (Rehab Therapy/Nursing)	Recreational Activity Rehab Therapy	Activity (Rehab Therapist/Nursing)	Recreational Activity Rehab Therapy	Movie and Popcorn (Nursing)	Ice Cream Social (Nursing)	Activity (Nursing)
8-9	Meditation/Reflection (Nursing)	Meditation/Reflection (Nursing)	Meditation/Reflection (Nursing)	Meditation/Reflection (Nursing)	Meditation/Reflection (Nursing)	Meditation/Reflection (Nursing)	Meditation/Reflection (Nursing)

Spiritual Readings: non-denominational readings from Recovery Readings

Expressions: visual arts, music, Montessori programming

Group Therapy: Cognitive-Behavioral, components of Dialectical Behavioral, Integrated Dual Diagnosis Treatment

Skills Group: Anger management, Mindfulness, Social Skills, Discharge Planning