

SAMPLE ACUTE PROGRAM SCHEDULE

Below is a sample of how we provide a therapeutic approach to your child/teen during their treatment. We work to balance therapy, life skills, group processing, recreation and down time into a cohesive program that provides your child/teen with structure and 24/7 supervision.

TIME	MON	TUES	WED	THUR	FRI	TIME	SAT	SUN
7:00-8:00am	Wake Up/ Meds/Vitals/ Hygiene/ Chores	Wake Up/ Meds/Vitals/ Hygiene/ Chores	Wake Up/ Meds/Vitals/ Hygiene/ Chores	Wake Up/ Meds/Vitals/ Hygiene/ Chores	Wake Up/ Meds/Vitals/ Hygiene/ Chores	7:00-8:00am	Wake Up/ Meds/Vitals/ Hygiene/ Chores	Wake Up/ Meds/Vitals/ Hygiene/ Chores
8:00-8:20am	Community Meeting/ Point Review (MHT)	Community Meeting/ Point Review (MHT)	Community Meeting/ Point Review (MHT)	Community Meeting/ Point Review (MHT)	Community Meeting/ Point Review (MHT)	8:00-8:20am	Community Meeting/ Point Review (MHT)	Community Meeting/ Point Review (MHT)
8:20-8:40am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	8:20-8:40am	BREAKFAST	BREAKFAST
8:40-9:00am	ROOM CLEAN	ROOM CLEAN	ROOM CLEAN	ROOM CLEAN	ROOM CLEAN	8:40-9:00am	ROOM CLEAN	ROOM CLEAN
9:00-9:30am	Goal Setting/ Progress Portfolio	Goal Setting/ Progress Portfolio	Goal Setting/ Progress Portfolio	Goal Setting/ Progress Portfolio	Goal Setting/ Progress Portfolio	9:00-9:30am	Goal Setting/ Progress Portfolio	Goal Setting/ Progress Portfolio
9:30-10:00am	MHT Group Stress Mgmt/	MHT Group Time Mgmt	MHT Group Problem Solving	MHT Group Boundaries	MHT Group Communication	9:30-10:30am	TELEVISION	TELEVISION
10:00-10:30am	Clinical Group/ SA Group	Clinical Group	Clinical Group	Clinical Group	Clinical Group	10:30-11:00am	Journaling	Journaling
10:30-11:15am	RT	RT	RT	RT	RT	11:00-11:30am	Self Esteem/MHT	Anger Mgmt/MT
11:15-12:00pm	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	11:30-12:00pm	Clinical Group	Clinical Group
***	(11:15-12:00) Journaling/ Reading							
12:00-12:30pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12:00-12:30pm	LUNCH	LUNCH
12:30-4:00pm	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	12:30-1:30pm	Level Activity / Phone time	Level Activity / Phone time
***	(12:30-2:00) Movie (2:00- 3:00) Level Activity (3:00- 4:00) Arts-n- Crafts					1:30-2:00pm	Coloring/ Puzzles	Coloring/ Puzzles
4:00—5:00pm	Personal Growth Assignments/ TV Phone Time/ VISITATION (Females)	RT/ Phone Time VISITATION (Males)	Personal Growth Assignments/ TV Phone Time	RT/ Phone Time VISITATION (Females)	RT/ Phone Time VISITATION (Males)	2:00-2:30pm	Health/Exercise	Health/Exercise
						2:30-3:00pm	Arts n Crafts	Arts n Crafts
						3:00-4:00pm	Reflection	Reflection
						4:00-4:30pm	Social Skills Interactions	Social Skills Interactions
5:00-5:30pm	Health/Exercise/ Nursing Edu	Health/Exercise / Nursing Edu	Health/Exercise / Nursing Edu	Health/Exercise / Nursing Edu	Health/Exercise / Nursing Edu	4:30-5:00pm	Nursing Education/ Progress Portfolio	Nursing Education/ Progress Portfolio
5:30-6:30pm	Level Activity / Phone Time	Level Activity / Phone Time	Level Activity / Phone Time	Level Activity / Phone Time	Level Activity / Phone Time			
						5:00-5:30pm	Reading/ Journaling	Reading/ Journaling
						5:30-6:15pm	RT	RT
						6:15-6:30pm	Hygiene	Hygiene
6:30-7:00pm	DINNER	DINNER	DINNER	DINNER	DINNER			
7:00-7:30pm	Spiritual Awareness/ phone time	Cards/ Board Games Phone time	RT/ Phone Time	Cards/ Board Games Phone time	Cards/ Board Games Phone time	6:30-7:00pm	DINNER	DINNER
7:30-8:00pm	Progress Portfolio	Progress Portfolio	Progress Portfolio	Progress Portfolio	Progress Portfolio	7:00-8:00pm	Phone Time/ Movie VISITATION <u>7pm til 8pm</u> (Females)	Phone Time/ Movie VISITATION <u>7pm til 8pm</u> (Males)
8:00- 8:30pm	Wrap Up/Daily Reflection Meds	Wrap Up/Daily Reflection Meds	Wrap Up/Daily Reflection Meds	Wrap Up/Daily Reflection Meds	Wrap Up/Daily Reflection Meds	8:00- 8:30pm	Wrap Up/ Daily Reflection Meds	Wrap Up/ Daily Reflection Meds
8:30-9:00pm	Quiet Time/ Hygiene/ Bedtime	Quiet Time/ Hygiene/ Bedtime	Quiet Time/ Hygiene/ Bedtime	Quiet Time/ Hygiene/ Bedtime	Quiet Time/ Hygiene/ Bedtime	8:30-9:00pm	Quiet Time/ Hygiene/ Bedtime	Quiet Time/ Hygiene/ Bedtime
9:00-9:30pm	Relaxation Group/ Safe Store	Relaxation Group/ Safe Store	Relaxation Group/ Safe Store	Relaxation Group/ Safe Store	Relaxation Group/ Safe Store	9:00-9:30pm	Relaxation Group/ Safe Store	Relaxation Group/ Safe Store
9:30pm	Lights Out (Base/ Level 1)	Lights Out (Base/ Level 1)	Lights Out (Base/ Level 1)	Lights Out (Base/ Level 1)	Lights Out (Base/ Level 1)	9:30pm	Lights Out (Base/ Level 1)	Lights Out (Base/ Level 1)
9:45pm	Lights Out (2)	Lights Out (2)	Lights Out (2)	Lights Out (2)	Lights Out (2)	9:45pm	Lights Out (2)	Lights Out (2)
10:00pm	Lights Out (3)	Lights Out (3)	Lights Out (3)	Lights Out (3)	Lights Out (3)	10:00pm	Lights Out (3)	Lights Out (3)

See *** for NO SCHOOL Schedule

Revised 1/24/17