

Behavioral Health Inpatient Program

Daily Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 AM	Wake up, shower Personal hygiene, Vital Signs	Wake up, shower Personal hygiene, Vital Signs	Wake up, shower Personal hygiene, Vital Signs	Wake up, shower Personal hygiene, Vital Signs	Wake up, shower Personal hygiene, Vital Signs	Wake up, shower Personal hygiene, Vital Signs	Wake up, shower Personal hygiene, Vital Signs
8:00 AM	Breakfast and Review of Daily Schedule						
9:15 AM	Free time	Recreation therapy: Education group	Pharmacy Group: Medication Education	Social Work: Process Group	Recreation therapy: Education group	Social Work: Process Group	Free time
10:15 AM	Recreation Therapy: Fitness	Recreation Therapy: Fitness	Recreation Therapy: Fitness	Social Work: Dialectic Behavioral Therapy	Recreation Therapy: Fitness	Social Work: Dialectic Behavioral Therapy	Social Work: Therapy group
11:00 AM	Recreation therapy: Education group	Dual Recovery Group	Recreation Therapy: Education group	Recreation Therapy: Fitness	Dual Recovery Group	Recreation Therapy: Fitness	Social Work: Therapy group
12:15 PM	Lunch/ group: goals review						
1:15 PM	Recreation Therapy: Creativity group	Social Work: Therapy group	Social Work: Therapy Group	Social Work: Therapy group	Social Work: Therapy Group	Dual Recovery Group	Craft Room Open
2:30 PM	Nursing: group	Recreation Therapy: Creativity group	Recreation Therapy: Creativity group	Recreation Therapy: Creativity group	Pharmacy Group	Recreation Therapy: Creativity group	Nursing: group
3:00 PM	Visiting				Recreation Ther.		
4:00 PM	Visiting						
5:30 PM	Dinner						
6:30 PM	AA meeting	Personal time	NA Meeting	AA meeting	NA Meeting	AA meeting	AA meeting
7:30 PM	Visiting						
8:30 PM	Group: goals discussion						