

SAMPLE SCHEDULE



Adult Unit Sample Schedule Group 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Effective Communication	Understanding your Illness/ Health and Wellness	Choices/ Goal Setting	Relationships	Aftercare and Relapse Prevention	Self Esteem	Anger/ Feelings
6:30 AM - 7:30 AM	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS
7:30 AM - 7:45 AM	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE
7:45 AM - 8:15 AM	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE
8:15 AM - 8:20 AM	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL
8:20 AM - 8:50 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:50 AM - 9:05 AM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
9:05 AM - 9:30 AM	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY
9:30 AM - 9:45 AM	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION
9:45 AM - 10:15 AM	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	SOCIAL WORK GROUP	SOCIAL WORK GROUP
10:15 AM - 10:45 AM				NUTRITION MEETING			
10:45 AM - 11:00 AM	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK
11:00 AM - 11:30 AM	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	AFTERNOON ROUTINE	AFTERNOON ROUTINE
11:30 AM - 12:00 PM						ALLIED THERAPY GROUP	ALLIED THERAPY GROUP
12:00 PM - 12:30 PM	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE
12:30 PM - 12:40 PM	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL
12:40 PM - 1:10 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:10 PM - 1:25 PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
1:25 PM - 1:45 PM	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING
1:45 PM - 2:00 PM	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP		
2:00 PM - 2:45 PM						MOVIE/SNACK	VISITING/SNACK
2:45 PM - 3:00 PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE		
3:00 PM - 4:00 PM	JOURNAL	JOURNAL	JOURNAL	JOURNAL	JOURNAL		
4:00 PM - 4:15 PM	CRAFT	NURSING EDUCATION MEETING	CRAFT	CRAFT	CRAFT	TRANSITION	TRANSITION
4:15 PM - 4:30 PM						SMOKE	SMOKE
4:30 PM - 5:00 PM						JOURNAL	JOURNAL
5:00 PM - 5:05 PM	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL
5:05 PM - 5:35 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:35 PM - 5:50 PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
5:50 PM - 6:00 PM	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
6:00 PM - 6:30 PM	GYM	GYM	GYM	GYM	GYM	GYM	GYM
6:30 PM - 7:30 PM	MEETING	VISITING	MEETING	MEETING	MEETING	MEETING	MEETING
7:30 PM - 7:45 PM	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
7:45 PM - 8:15 PM	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY
8:15 PM - 8:30 PM	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING
8:30PM - 9:15PM	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER
9:15 PM - 9:45PM	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD
9:45 PM - 10:00PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
10:00PM	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME
10:30PM							

SAMPLE SCHEDULE

GROUP 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Effective Communication	Understanding your Illness/ Health and Wellness	Choices/ Goal Setting	Relationships	Aftercare and Relapse Prevention	Self Esteem	Anger/ Feelings
6:30 AM - 7:30 AM	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS
7:30 AM - 7:45 AM	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE
7:45 AM - 8:15 AM	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE	MORNING EXERCISE
8:15 AM - 8:20 AM	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL
8:20 AM - 8:50 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:50 AM - 9:05 AM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
9:05 AM - 9:30 AM	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY
9:30 AM - 9:45 AM	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION
9:45 AM - 10:15 AM	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	SOCIAL WORK GROUP	SOCIAL WORK GROUP
10:15 AM - 10:45 AM				NUTRITION MEETING			
10:45 AM - 11:00 AM	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK	SMOKE/SNACK
11:00 AM - 11:30 AM	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	AFTERNOON ROUTINE	AFTERNOON ROUTINE
11:30 AM - 12:00 PM						ALLIED THERAPY GROUP	ALLIED THERAPY GROUP
12:00 PM - 12:30 PM	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE	AFTERNOON ROUTINE		
12:30 PM - 12:40 PM	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL
12:40 PM - 1:10 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:10 PM - 1:25 PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
1:25 PM - 1:45 PM	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING
1:45 PM - 2:00 PM	JOURNAL	JOURNAL	JOURNAL	JOURNAL	JOURNAL		
2:00 PM - 2:45 PM						MOVIE/SNACK	VISITING/SNACK
2:45 PM - 3:00 PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE		
3:00 PM - 4:00 PM	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP		
4:00 PM - 4:15 PM						TRANSITION	TRANSITION
4:15 PM - 4:30 PM	CRAFT	NURSING EDUCATION MEETING	CRAFT	CRAFT	CRAFT	SMOKE	SMOKE
4:30 PM - 5:00 PM						JOURNAL	JOURNAL
5:00 PM - 5:05 PM	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL	ROLL CALL
5:05 PM - 5:35 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:35 PM - 5:50 PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
5:50 PM - 6:00 PM	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
6:00 PM - 6:30 PM	GYM	GYM	GYM	GYM	GYM	GYM	GYM
6:30 PM - 7:30 PM	MEETING	VISITING	MEETING	MEETING	MEETING	MEETING	MEETING
7:30 PM - 7:45 PM	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
7:45 PM - 8:15 PM	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY	WELLNESS AND RECOVERY
8:15 PM - 8:30 PM	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING	SMOKE/VENDING
8:30PM - 9:15PM	EVENING ROUTINE/SHOWER	ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER	EVENING ROUTINE/SHOWER
9:15 PM - 9:45PM	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD	EVENING REWARD
9:45 PM - 10:00PM	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE	SMOKE
10:00PM	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME
10:30PM							