

Sample Schedule



Child & Adolescent Unit Sample Summer Schedule

	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
7:00 AM - 7:30 AM	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS
7:30 AM - 7:45 AM	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION
7:45 AM - 8:15 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:15 AM - 8:30 AM	WELLNESS WAKE-UP	WELLNESS WAKE-UP	WELLNESS WAKE-UP	WELLNESS WAKE-UP	WELLNESS WAKE-UP	WELLNESS WAKE-UP	WELLNESS WAKE-UP
8:30 AM - 9:00 AM	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	SOCIAL WORK GROUP	SOCIAL WORK GROUP
9:00 AM - 9:30 AM							
9:30 AM - 10:00 AM	SUMMER THERAPEUTIC PROGRAM/ SNACK	SUMMER THERAPEUTIC PROGRAM/ SNACK	SUMMER THERAPEUTIC PROGRAM/ SNACK	NUTRITION EDUCATION MEETING	SUMMER THERAPEUTIC PROGRAM/ SNACK	JOURNAL ACTIVITY/ SNACK	JOURNAL ACTIVITY/ SNACK
10:00 AM - 10:30 AM				SUMMER THERAPEUTIC PROGRAM/ SNACK		ALLIED THERAPY GROUP	ALLIED THERAPY GROUP
10:30 AM - 11:00 AM	JOURNAL ACTIVITY	JOURNAL ACTIVITY	JOURNAL ACTIVITY	JOURNAL ACTIVITY	JOURNAL ACTIVITY		
11:00 AM - 11:30 AM	NURSING ACTIVITY	NURSING ACTIVITY	NURSING ACTIVITY	NUTRITION EDUCATION MEETING	NURSING ACTIVITY	VISITING	NURSING ACTIVITY
11:30 AM - 12:00 PM	GYM	GYM	GYM	GYM	GYM		GYM
12:00 PM - 12:05 PM	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION		TRANSITION
12:05 PM - 12:35 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		LUNCH
12:35 PM - 1:30 PM	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME
1:30 PM - 2:30 PM	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	SOCIAL WORK GROUP	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING
2:30 PM - 3:00 PM	NURSING ACTIVITY/ SNACK	NURSING ACTIVITY/ SNACK	NURSING ACTIVITY/ SNACK	NURSING ACTIVITY/ SNACK	NURSING ACTIVITY/ SNACK	MOVIE/ SNACK	MOVIE/ SNACK
3:00 PM - 4:00 PM	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP	ALLIED THERAPY GROUP		
4:00 PM - 4:30 PM	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
4:30 PM - 5:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:00 PM - 5:45 PM	GYM	GYM	GYM	GYM	GYM	GYM	GYM
5:45 PM - 6:30 PM	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING	NURSING EDUCATION MEETING
6:30 PM - 6:45 PM			VISITING				
6:45 PM - 7:45 PM	SHOWER	SHOWER		SHOWER	SHOWER	SHOWER	SHOWER
7:45 PM - 8:00 PM	WELLNESS WRAP-UP	WELLNESS WRAP-UP	SHOWER/ SNACK	WELLNESS WRAP-UP	WELLNESS WRAP-UP	WELLNESS WRAP-UP	WELLNESS WRAP-UP
8:00 PM - 8:15 PM	REWARD/ PHONE/ SNACK DISCHARGE MEETING	REWARD/ PHONE/ SNACK DISCHARGE MEETING	WELLNESS WRAP-UP	REWARD/ PHONE/ SNACK DISCHARGE MEETING	REWARD/ PHONE/ SNACK DISCHARGE MEETING	REWARD/ PHONE/ SNACK DISCHARGE MEETING	REWARD/ PHONE/ SNACK DISCHARGE MEETING
8:15 PM - 9:00 PM			REWARD/ PHONE/ SNACK DISCHARGE MEETING				
9:00 PM	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME
9:30 PM					EXTENDED BEDTIME	EXTENDED BEDTIME	