

Inpatient (West Springs Hospital – Adult) Daily Schedule A

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 and Week 3	Topic COPING SKILLS	Topic HAPPINESS & POSITIVE THINKING	Topic SELF-CARE & SELF ESTEEM	Topic TACKLING DEPRESSION & SUICIDAL IDEATION	Topic GRIEF & LOSS	Topic ANGER MANAGEMENT & FORGIVENESS	Topic VALUES & MOTIVATION
Week 2 and Week 4	Topic SUPPORTS & COMMUNITY RESOURCES	Topic RESPECT & RESPONSIBILITY	Topic BOUNDARIES & HEALTHY RELATIONSHIPS	Topic HEALING & DEALING WITH TRAUMA	Topic ANXIETY & DISTRESS TOLERANCE	Topic ADDICTIONS & RECOVERY	Topic COMMUNICATION
5:30 – 6:20	Wake Up Vital Signs ADL's Housekeeping Patient Rooms	Wake Up Vital Signs ADL's Housekeeping Patient Rooms	Wake Up Vital Signs ADL's Housekeeping Patient Rooms	Wake Up Vital Signs ADL's Housekeeping Patient Rooms	Wake Up Vital Signs ADL's Housekeeping Patient Rooms	Wake Up Vital Signs ADL's Housekeeping Patient Rooms	Wake Up Vital Signs ADL's Housekeeping Patient Rooms
6:30-7:10	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room
7:20-7:50	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom
8:00– 8:50	Community meeting & Treatment Plan Group (MHW) Dayroom	Community meeting & Treatment Plan Group (MHW) Dayroom	Community meeting & Treatment Plan Group (MHW) Dayroom	Community meeting & Treatment Plan Group (MHW) Dayroom	Community meeting & Treatment Plan Group (MHW) Dayroom	Community meeting & Treatment Plan Group (MHW) Dayroom	Community meeting & Treatment Plan Group (MHW) Dayroom
9:00-9:50	MHW Group Group Room	Dietician Group Group Room	MHW Group Group Room	MHW Group Group Room	MHW Group Group Room	MHW Group Group Room	MHW Group Group Room
10:00-10:40	Peer Group Group Room	Peer Group Group Room	Safety Planning Group (Peer) Group Room	Peer Group Group Room	Discharge Planning Group (Peer) Group Room	Peer Group Group Room	Peer Group Group Room
10:50-11:30	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry
11:40-12:15	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room
12:20-1:10	Activities Activities Room or Gym	Activities Activities Room or Gym	Activities Activities Room or Gym	Activities Activities Room or Gym	Activities Activities Room or Gym	Activities Activities Room or Gym	Activities Activities Room or Gym
1:15-1:55	MHW Group Group Room	Social Services Group Room	Social Services Group Room	Social Services Group Room	Social Services Group Room	Social Services Group Room	MHW Group Group Room
2:00-2:50	Exercise Group or Outside Time (MHW) Courtyard or Dayroom	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Exercise Group or Outside Time (MHW) Courtyard or Dayroom
3:00-3:10	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room
3:20-4:10	Nurses' Group Group Room	Nurses' Group Group Room	Nurses' Group Group Room	Nurses' Group Group Room	Nurses' Group Group Room	Nurses' Group Group Room	Nurses' Group Group Room
4:30-5:25	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room
5:50-6:30	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room
6:40-7:20	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry	Personal Time Dayroom/Patient Rooms/Laundry
6:50-7:15	Visitation Dining Room	Visitation Dining Room	Visitation Dining Room	Visitation Dining Room	Visitation Dining Room	Visitation Dining Room	Visitation Dining Room
8:00-8:10	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room
7:30-9:15	Cinema Therapy Vitals Dayroom	Cinema Therapy Vitals Dayroom	Cinema Therapy Vitals Dayroom	Cinema Therapy Vitals Dayroom	Cinema Therapy Vitals Dayroom	Cinema Therapy Vitals Dayroom	Cinema Therapy Vitals Dayroom
9:15-10:00	Wrap up & Relaxation group Dayroom	Wrap up & Relaxation group Dayroom	Wrap up & Relaxation group Dayroom	Wrap up & Relaxation group Dayroom	Wrap up & Relaxation group Dayroom	Wrap up & Relaxation group Dayroom	Wrap up & Relaxation group Dayroom
10:00-10:30	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms	ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms