Inpatient (West Springs Hospital – Adult) Daily Schedule A

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Topic		Topic		Topic	
Week 1	Topic	HAPPINESS &	Topic	TACKLING	Topic	ANGER	Topic
and	COPING SKILLS	Positive	SELF-CARE &	DEPRESSION &	GRIEF & LOSS	MANAGEMENT &	VALUES &
Week 3		THINKING	SELF ESTEEM	SUICIDAL		FORGIVENESS	MOTIVATION
	Tonic		Tonic	IDEATION	Tonio		
Week 2	Topic Supports &	Topic	Topic Boundaries &	Topic H EALING &	Topic Anxiety&	Topic	Topic
and	COMMUNITY	RESPECT &	HEALTHY	DEALING WITH	DISTRESS	ADDICTIONS &	_
Week 4	RESOURCES	RESPONSIBILITY	RELATIONSHIPS	TRAUMA	TOLERANCE	RECOVERY	COMMUNICATION
	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
	Vital Signs	Vital Signs	Vital Signs	Vital Signs	Vital Signs	Vital Signs	Vital Signs
5:30 - 6:20	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
	Housekeeping Patient Rooms	Housekeeping Patient Rooms	Housekeeping Patient Rooms	Housekeeping Patient Rooms	Housekeeping Patient Rooms	Housekeeping Patient Rooms	Housekeeping Patient Rooms
						Breakfast	
6:30-7:10	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Dining Room	Breakfast Dining Room
	Facility	Facility	Facility	Facility	Facility	Facility	Facility
7:20-7:50	Expectations	Expectations	Expectations	Expectations	Expectations	Expectations	Expectations
	Dayroom Community	Dayroom Community	Dayroom Community	Dayroom Community	Dayroom Community	Dayroom Community	Dayroom Community
	meeting &	meeting &	meeting &	meeting &	meeting &	meeting &	meeting &
8:00-8:50	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan
3.55 5.56	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)
	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom
0.00 0.50	MHW Group	Dietician Group	MHW Group	MHW Group	MHW Group	MHW Group	MHW Group
9:00-9:50	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room
10:00-10:40	Peer Group	Peer Group	Safety Planning Group (Peer)	Peer Group	Discharge Planning Group (Peer)	Peer Group	Peer Group
	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room
	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
10:50-11:30	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient
	Rooms/Laundry Lunch	Rooms/Laundry Lunch	Rooms/Laundry Lunch	Rooms/Laundry Lunch	Rooms/Laundry Lunch	Rooms/Laundry Lunch	Rooms/Laundry Lunch
11:40-12:15	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room
	Activities	Activities	Activities	Activities	Activities	Activities	Activities
12:20-1:10	Activities Room or Gym	Activities Room or Gym	Activities Room or Gym	Activities Room or Gym	Activities Room or Gym	Activities Room or Gym	Activities Room or Gym
1.15 1.55	MHW Group	Social Services	Social Services	Social Services	Social Services	Social Services	MHW Group
1:15-1:55	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room
	Exercise Group or	Therewist Crown	There wist Custon	Therewist Crown	Therewist Crown	There wist Custon	Exercise Group or
2:00-2:50	Outside Time (MHW) Courtyard	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Outside Time (MHW) Courtyard
	or Dayroom	Group noom	Group Noom	Group Noom	Group Noom	Croup noom	or Dayroom
3:00-3:10	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room
3:20-4:10	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group
	Group Room	Group Room	Group Room	Group Room	Group Room	Group Room	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	Activities	Activities	Activities	Activities	Activities
J.30-0:3U	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room
6:40-7:20	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
	Dayroom/Patient Rooms/Laundry	Dayroom/Patient Rooms/Laundry	Dayroom/Patient Rooms/Laundry	Dayroom/Patient Rooms/Laundry	Dayroom/Patient Rooms/Laundry	Dayroom/Patient Rooms/Laundry	Dayroom/Patient Rooms/Laundry
6:50-7:15	Visitation	Visitation	Visitation	Visitation	Visitation	Visitation	Visitation
5.55 7.15	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	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
	Cinema Therapy	Cinema Therapy	Cinema Therapy	Cinema Therapy	Cinema Therapy	Cinema Therapy	Cinema Therapy
7:30-9:15	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals
	Dayroom Wrap up &	Dayroom Wrap up &	Dayroom Wrap up &	Dayroom Wrap up &	Dayroom Wrap up &	Dayroom Wrap up &	Dayroom Wrap up &
9:15-10:00	Relaxation group	Relaxation group	Relaxation group	Relaxation group	Relaxation group	Relaxation group	Relaxation group
	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom
	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
10:00-10:30	Prepare for bed Meds, Clean up	Prepare for bed Meds, Clean up	Prepare for bed Meds, Clean up	Prepare for bed Meds, Clean up	Prepare for bed Meds, Clean up	Prepare for bed Meds, Clean up	Prepare for bed Meds, Clean up
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10.00 10.50	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
	Patient Rooms	Patient Rooms	Lights Out Patient Rooms Chedules\Inpatient Adult	Patient Rooms	Patient Rooms	Patient Rooms Rev.: April 2020	Patient Rooms