Inpatient (West Springs Hospital–Adolescents) Daily Schedule A

Time Week 1	Sunday						• • •
	,	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
and	Topic	Topic Happiness &	Торіс	Topic	Tonic	Topic	Торіс
and	Topic		Self-Care & Self	TACKLING	Topic Grief & Loss	ANGER	VALUES &
Week 3	COPING SKILLS	Positive	Esteem	DEPRESSION &	GRIEF & LUSS	MANAGEMENT &	MOTIVATION
	Tania	THINKING		SUICIDAL IDEATION	Tania	FORGIVENESS	
Week 2	Topic	Topic	Topic	Topic	Topic	Торіс	Tania
and	SUPPORTS &	RESPECT &	BOUNDARIES &	HEALING &	ANXIETY&	Addictions &	Торіс
Week 4	COMMUNITY	RESPONSIBILITY	HEALTHY	DEALING WITH	Distress –	RECOVERY	COMMUNICATION
	RESOURCES		RELATIONSHIPS	TRAUMA	TOLERANCE		
	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
6:00-7:00	Vital Signs ADL's	Vital Signs ADL's	Vital Signs ADL's	Vital Signs ADL's	Vital Signs ADL's	Vital Signs ADL's	Vital Signs ADL's
0.00-7.00	Housekeeping	Housekeeping	Housekeeping	Housekeeping	Housekeeping	Housekeeping	Housekeeping
	Patient Rooms	Patient Rooms	Patient Rooms	Patient Rooms	Patient Rooms	Patient Rooms	Patient Rooms
	Facility	Facility	Facility	Facility	Facility	Facility	Facility
7:00-7:20	Expectations	Expectations	Expectations	Expectations	Expectations	Expectations	Expectations
	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom
7:30-8:00	Breakfast Dining Room	Breakfast	Breakfast	Breakfast	Breakfast Dining Room	Breakfast	Breakfast
	Community Mtg.	Dining Room Community Mtg. &	Dining Room Community Mtg. &	Dining Room Community Mtg. &	Community Mtg. &	Dining Room Community Mtg. &	Dining Room Community Mtg. &
	& Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan	Treatment Plan
8:10-9:00	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)	Group (MHW)
	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom
		De en Greun	Discharge	Safety Planning	De en Greure	Da an Graun	Deen Crean
9:10-9:50	Peer Group Group Room	Peer Group Group Room	Planning Group (Peer)	Group (Peer)	Peer Group Group Room	Peer Group Group Room	Peer Group Group Room
			Group Room	Group Room			
10:00 10:50	Activities	Activities	Activities	Activities	Activities	Activities	Activities
10:00-10:50	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room
1	Exercise Group or	Exercise Group or	Exercise Group or	Exercise Group or	Exercise Group or	Exercise Group or	Exercise Group or
11:00-11:40	Outside Time (MHW) Gym or	Outside Time (MHW) Gym or	Outside Time (MHW) Gym or	Outside Time (MHW) Gym or	Outside Time (MHW) Gym or	Outside Time (MHW) Gym or	Outside Time (MHW) Gym or
	Courtyard	Courtyard	Courtyard	Courtyard	Courtyard	Courtyard	Courtyard
11:50-12:30	·	Social Services	Social Services	Social Services	Social Services	•	
	MHW Group Group Room	Group	Group	Group	Group	Dietician Group Group Room	MHW Group Group Room
		Group Room	Group Room	Group Room	Group Room	•	
12:40-1:10	Lunch Dining Room	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Visitation	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room Visitation
1:15-2:00	Gym or	Therapist Group	Therapist Group	Therapist Group	Therapist Group	Therapist Group	Gym or
	Conference Room	Group Room	Group Room	Group Room	Group Room	Group Room	Conference Room
2:10-2:40	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group	Nurses' Group
	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom	Dayroom
2:50-3:00	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room
	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
3:10-4:00	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient
	Rooms/Laundry	Rooms/Laundry	Rooms/Laundry	Rooms/Laundry	Rooms/Laundry	Rooms/Laundry	Rooms/Laundry
	Activities	Activities	Activities	Activities	Activities	Activities	Activities
4:10-4:50	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room	Activities Room
	or Gym	or Gym	or Gym	or Gym	Or Gym	or Gym	or Gym
5	School & Therapy	School & Therapy	School & Therapy	School & Therapy	School & Therapy	School & Therapy	School & Therapy
5:00-5:35	Assignments	Assignments	Assignments	Assignments	Assignments	Assignments	Assignments
	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient	Dayroom/Patient Rooms
	Rooms Dinner	Rooms Dinner	Rooms Dinner	Rooms Dinner	Rooms Dinner	Rooms Dinner	Dinner
5:45-6:30	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room
	Cinema	Visitation	Visitation	Visitation	Visitation	Visitation	Cinema
6:35-7:00	Therapy/Laundry/	Gym or	Gym or	Gym or	Gym or	Gym or	Therapy/Laundry/
	Vitals	Conference Room	Conference Room	Conference Room	Conference Room	Conference Room	Vitals
	Dayroom Cinema		Cinema		Cinema		Dayroom Cinema
,	Therapy/Laundry/	Exercise	Therapy/Laundry/	Exercise	Therapy/Laundry/	Exercise	Therapy/Laundry/
6:35-8:15	Vitals	(7-7:50 p.m.)	Vitals	(7-7:50 p.m.)	Vitals	(7-7:50 p.m.)	Vitals
	Dayroom	Gym	Dayroom	Gym	Dayroom	Gym	Dayroom
8:15-8:25	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room
8:30-9:00	Wrap up & Relayation group	Wrap up & Relayation group	Wrap up & Relayation group	Wrap up & Relayation group	Wrap up & Relayation group	Wrap up & Relayation group	Wrap up & Relayation group
0.30-3.00	Relaxation group Dayroom	Relaxation group Dayroom	Relaxation group Dayroom	Relaxation group Dayroom	Relaxation group Dayroom	Relaxation group Dayroom	Relaxation group Dayroom
1	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
		Prepare for bed	Prepare for bed	Prepare for bed	ADL S Prepare for bed	Prepare for bed	Prepare for bed
9:00-9:15	Prepare for bed	FIEDALE IOL DEU					
9:00-9:15 Pediatrics	Prepare for bed Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
		•	•	Lights Out Patient Rooms	Lights Out Patient Rooms	Lights Out Patient Rooms	Lights Out Patient Rooms
Pediatrics	Lights Out Patient Rooms ADL's	Lights Out Patient Rooms ADL's	Lights Out Patient Rooms ADL's	Patient Rooms ADL's	Patient Rooms ADL's	Patient Rooms ADL's	Patient Rooms ADL's
	Lights Out Patient Rooms	Lights Out Patient Rooms	Lights Out Patient Rooms	Patient Rooms	Patient Rooms	Patient Rooms	Patient Rooms