

Inpatient (West Springs Hospital–Adolescents) Daily Schedule A

Time	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
6:00-7:00	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
7:00-7:20	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom	Facility Expectations Dayroom
7:30-8:00	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room	Breakfast Dining Room
8:10-9:00	Community Mtg. & Treatment Plan Group (MHW) Dayroom	Community Mtg. & Treatment Plan Group (MHW) Dayroom	Community Mtg. & Treatment Plan Group (MHW) Dayroom	Community Mtg. & Treatment Plan Group (MHW) Dayroom	Community Mtg. & Treatment Plan Group (MHW) Dayroom	Community Mtg. & Treatment Plan Group (MHW) Dayroom	Community Mtg. & Treatment Plan Group (MHW) Dayroom
9:10-9:50	Peer Group Group Room	Peer Group Group Room	Discharge Planning Group (Peer) Group Room	Safety Planning Group (Peer) Group Room	Peer Group Group Room	Peer Group Group Room	Peer Group Group Room
10:00-10:50	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room	Activities Activities Room
11:00-11:40	Exercise Group or Outside Time (MHW) Gym or Courtyard	Exercise Group or Outside Time (MHW) Gym or Courtyard	Exercise Group or Outside Time (MHW) Gym or Courtyard	Exercise Group or Outside Time (MHW) Gym or Courtyard	Exercise Group or Outside Time (MHW) Gym or Courtyard	Exercise Group or Outside Time (MHW) Gym or Courtyard	Exercise Group or Outside Time (MHW) Gym or Courtyard
11:50-12:30	MHW Group Group Room	Social Services Group Group Room	Social Services Group Group Room	Social Services Group Group Room	Social Services Group Group Room	Dietician Group Group Room	MHW Group Group Room
12:40-1:10	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room
1:15-2:00	Visitation Gym or Conference Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Therapist Group Group Room	Visitation Gym or Conference Room
2:10-2:40	Nurses' Group Dayroom	Nurses' Group Dayroom	Nurses' Group Dayroom	Nurses' Group Dayroom	Nurses' Group Dayroom	Nurses' Group Dayroom	Nurses' Group 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
3:10-4:00	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
4:10-4:50	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
5:00-5:35	School & Therapy Assignments Dayroom/Patient Rooms	School & Therapy Assignments Dayroom/Patient Rooms	School & Therapy Assignments Dayroom/Patient Rooms	School & Therapy Assignments Dayroom/Patient Rooms	School & Therapy Assignments Dayroom/Patient Rooms	School & Therapy Assignments Dayroom/Patient Rooms	School & Therapy Assignments Dayroom/Patient Rooms
5:45-6:30	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room	Dinner Dining Room
6:35-7:00	Cinema Therapy/Laundry/Vitals Dayroom	Visitation Gym or Conference Room	Visitation Gym or Conference Room	Visitation Gym or Conference Room	Visitation Gym or Conference Room	Visitation Gym or Conference Room	Cinema Therapy/Laundry/Vitals Dayroom
6:35-8:15	Cinema Therapy/Laundry/Vitals Dayroom	Exercise (7-7:50 p.m.) Gym	Cinema Therapy/Laundry/Vitals Dayroom	Exercise (7-7:50 p.m.) Gym	Cinema Therapy/Laundry/Vitals Dayroom	Exercise (7-7:50 p.m.) Gym	Cinema Therapy/Laundry/Vitals Dayroom
8:15-8:25	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room	Snack Dining Room
8:30-9:00	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
9:00-9:15 Pediatrics	ADL's Prepare for bed Lights Out Patient Rooms	ADL's Prepare for bed Lights Out Patient Rooms	ADL's Prepare for bed Lights Out Patient Rooms	ADL's Prepare for bed Lights Out Patient Rooms	ADL's Prepare for bed Lights Out Patient Rooms	ADL's Prepare for bed Lights Out Patient Rooms	ADL's Prepare for bed Lights Out Patient Rooms
9:15-10:15 Adolescents	ADL's Prepare for bed Lights Out	ADL's Prepare for bed Lights Out	ADL's Prepare for bed Lights Out	ADL's Prepare for bed Lights Out	ADL's Prepare for bed Lights Out	ADL's Prepare for bed Lights Out	ADL's Prepare for bed Lights Out