Unit 400

Weekly Group Topics	RECOVERY STRATEGIES & COMMIMENT TO WELLNESS	PLANNING FOR DISCHARGE	REDUCING RELAPSE	UNDERSTANDING & COPING WITH STRESS	BUILDING SOCIAL SUPPORTS	IDENTIFYING & EXPRESSING EMOTIONS	UNDERSTANDING BEHAVIORS AND TRIGGERS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:30	Wake up/Self-care	Wake up/Self-care/Vital Signs	Wake up/Self-care/Vital Signs	Wake up/Self-care/Vital Signs	Wake up/Self-care/Vital Signs	Wake up/Self-care/Vital Signs	Wake up/Self-care/Vital Signs
7:30-8:15	Medications & Vital Signs	Medications & Vital Signs	Medications & Vital Signs	Medications & Vital Signs	Medications & Vital Signs	Medications & Vital Signs	Medications & Vital Signs
8:15-8:45	Breakfast						
8:45-9:30	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
9:30-10:15	Chemical Dependency	Chemical Dependency	Chemical Dependency	Chemical Dependency	Chemical Dependency	Personal Time	Personal Time/Spirituality Group
10:15-10:40	Snacks & Transition	Snacks & Transition	Snacks & Transition	Snacks & Transition	Snacks & Transition	Snacks & Transition	Snacks & Transition
10:40-11:25	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT
11:30-12:15	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW
12:15-12:45	Lunch						
12:45-1:30	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall
1:30-1:45	Transition	Transition	Transition	Transition	Transition	Visitation 1:30-2:30/ Exercise 1:45-2:30	Visitation 1:30-2:30/ Exercise 1:45-2:30
1:45-2:30	Exercise - AT	Exercise - AT	Exercise - AT	Exercise - AT	Exercise - AT		
2:30-2:45	Transition	Transition	Transition	Transition	Transition	Transition	Transition
2:45-3:30	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW
3:30-4:00	Snacks & Vital Signs	Snacks & Vital Signs	Snacks & Vital Signs	Snacks & Vital Signs	Snacks & Vital Signs	Snacks & Vital Signs	Snacks & Vital Signs
4:00-4:45	Music Discussion	Music Discussion	Music Discussion	Music Discussion	Music Discussion	Music Discussion	Music Discussion
4:45-5:00	Transition	Transition	Transition	Transition	Transition	Transition	Transition
5:00-5:45	Medication Education - RN, LPT OUTSIDE if weather permits	Medication Education - RN, LPT OUTSIDE if weather permits	Medication Education - RN, LPT OUTSIDE if weather permits	Medication Education - RN, LPT OUTSIDE if weather permits	Medication Education - RN, LPT OUTSIDE if weather permits	Medication Education - RN, LPT OUTSIDE if weather permits	Medication Education - RN, LPT OUTSIDE if weather permits
5:45-6:15	Clean Up & Relaxation	Clean Up & Relaxation	Clean Up & Relaxation	Clean Up & Relaxation	Clean Up & Relaxation	Clean Up & Relaxation	Clean Up & Relaxation
6:15-6:45	Dinner						
6:45-7:00	Transition	Transition	Transition	Transition	Transition	Transition	Transition
7:00-8:00	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time
8:00-8:30	Wrap Up Group - MHW	Wrap Up Group - MHW	Wrap Up Group - MHW	Wrap Up Group - MHW	Wrap Up Group - MHW	Wrap Up Group - MHW	Wrap Up Group - MHW
8:30-9:15	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
9:15-9:30	RN guided Imagery/Relaxation	RN guided Imagery/Relaxation	RN guided Imagery/Relaxation	RN guided Imagery/Relaxation	RN guided Imagery/Relaxation	RN guided Imagery/Relaxation	RN guided Imagery/Relaxation
9:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out