Unit 500							
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
	Wake up/Self-care/Vital	Wake up/Self-care/Vital	Wake up/Self-care/Vital	Wake up/Self-care/Vital	Wake up/Self-care/Vital	Wake up/Self-care/Vital	Wake up/Self-care/Vital
7:00-8:30	Signs	Signs	Signs	Signs	Signs	Signs	Signs
8:30-9:00				Breakfast	1		
9:00-9:30	Medications/ Clean-up	Medications/ Clean-up	Medications/ Clean-up	Medications/ Clean-up	Medications/ Clean-up	Medications/ Clean-up	Medications/ Clean-up
9:30-10:00	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
10:00-10:30	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
10:30-11:15	Chemical Dependency	Chemical Dependency	Chemical Dependency	Chemical Dependency	Chemical Dependency	Journaling/Free Time	Spirituality Group/Journaling/Free
11:15-11:40	Outside/Free Time	Outside/Free Time	Outside/Free Time	Outside/Free Time	Outside/Free Time		Time
11:40-12:25	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW
12:30-1:00				Lunch			
1:00-1:45	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT	Creative Expressions- AT
1:45-2:30	Study Hall (MHW)- Reading	Study Hall (MHW)- Science	Study Hall (MHW)- Math	Study Hall (MHW)- History	Study Hall (MHW)- Reading	Visitation [1:30-2:30]	Visitation [1:30-2:30]
2:30-3:15	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW	Psych Education- SW
3:15-3:30	Transition	Transition	Transition	Transition	Transition	Transition	Transition
3:30-4:15	Exercise (AT)	Exercise (AT)	Exercise (AT)	Exercise (AT)	Exercise (AT)	Exercise (AT)	Exercise (AT)
4:15-4:45	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
4:45-5:15	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
	Medication Education	Medication Education	Medication Education	Medication Education	Medication Education	Medication Education	Medication Education (RN,
5:15-6:00	(RN, LPT)	(RN, LPT)	(RN, LPT)	(RN, LPT)	(RN, LPT)	(RN, LPT)	LPT)
	Clean-up & Stretching	Clean-up & Stretching	Clean-up & Stretching	Clean-up & Stretching	Clean-up & Stretching	Clean-up & Stretching	Clean-up & Stretching
6:00-6:20	(MHW)	(MHW)	(MHW)	(MHW)	(MHW)	(MHW)	(MHW)
6:20-6:30	Transition	Transition	Transition	Transition	Transition	Transition	Transition
6:30-7:00				Dinner			
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
8:00-8:45	Wrap Up Group/Snacks/ Medication	Wrap Up Group/Snacks/ Medication	Wrap Up Group/Snacks/ Medication	Wrap Up Group/Snacks/ Medication	Wrap Up Group/Snacks/ Medication	Wrap Up Group/Snacks/ Medication	Wrap Up Group/Snacks/ Medication
8:45-9:00	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
	RN Guided Imagery/	RN Guided Imagery/	RN Guided Imagery/	RN Guided Imagery/	RN Guided Imagery/	RN Guided Imagery/	RN Guided Imagery/
9:00-9:30	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
9:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out