

ADOLESCENT UNIT WEEKLY SCHEDULE- Winter 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	FIRST WAKE UP CALL						
7:45	SECOND WAKE UP CALL						
8-8:30	Get ready for the day					FIRST WAKE UP CALL	
8:30-9:00	BREAKFAST					SECOND WAKE UP CALL	
9:00-9:15	Medical Needs Assessed					Breakfast 9:00-10:00	Breakfast 9:00-10:00
						Values 10:00	Values 10:00
9:15-10:30	Values/Clinical peer	YOGA	Clinical peer	Values/Clinical Peer		Clinical Movie	
10:30-11:30	CD Task	Clinical Peer	Mixed Emotions	CD Task	BOXING		Prepare to leave for outing
11:30-12:30	Music Therapy	Psycho Education	Seeking Safety	OUTSIDE AA Mtg	12:00 Bella		
12:40-1:15	Lunch	***	***		Lunch	Lunch	
1:10-1:15	Box Time/BREAK	***	***		Box Time	Family Visit	OUTING
1:30-2:30	Get Active	Harmfuls	Get Active		Step Group	1:30-4:00	
2:30-3:30	Mindfulness	Clinical Recreation	Break 2:15-2:30	Get Active 2:00-3:00	Break **		
2:30-3:30	Break *** 3:30-3:45	Break *** 3-3:30	SCHOOL	Break 3:00-3:30	SCHOOL	Process/get active	Process Group
3:30-4:30	SCHOOL	SCHOOL	2:30-4:30	SCHOOL	2:30-4:30	4:00-5:00	4:00-5:00
4:30-5:30	3:45-5:45	3:30-5:30	Harmfuls	3:30-5:30	Relapse Prevention	Dinner 5:30-6:00	Dinner 5:30-6:00
5:30-6:00	BREAK				Chores	Dear Addiction	Chores
6:00-6:30	DINNER						Boardgames/Wii
6:30-7:00	Creative Expression	Break 6:30-7:00 pm	Outside AA meeting	Harmfuls	Weekly Wrap	Healthy Relationships	Break 6:30-7:00 pm
7:00-7:30		In House AA Meeting	6:30-8:00		Movie		In House AA Meeting
7:30-8:00	Leisure + Meditation	7:00 -8:00 pm		Leisure + Meditation		Leisure + Meditation	7:00-8:00 pm
8:00-8:30	Chores	Chores	Chores	Chores		Chores	Chores
8:30-9:00	Values	****	***	***	***	***	***
9:00-10:00		Must be in rooms	*****	Doors open at lease 6"			
10:00		End of Suite Privileges	*****				
10:00-11:00		Quiet in Rooms	*****				