

Child Inpatient Unit at Cliffside

1-800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 8:00am	ADL'S /Breakfast/Meds 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast/ Goal Group 120 minutes	Wake up/ ADL's/ Breakfast/ Goal Group 120 minutes
8:00 - 8:50am	School group A or Gym or Yard, Grp B/C 50 minutes	School group A or Gym or Yard, Grp B/C 50 minutes	School group A or Gym or Yard, Grp B/C 50 minutes	School group A or Gym or Yard, Grp B/C 50 minutes	School group A or Gym or Yard, Grp B/C 50 minutes	8:00 - 9:00am Gym (Nursing) 60 minutes 9:00 - 10:00am Yard/PG exercise video/ board games/coloring 60 minutes	8:00 - 9:00am Yard/PG Indoor activity: exercisefideo/board games (Nursing) 60 min.
8:50 - 9:40am	Activity or Social Skills in Action Group A/C School Group B 50 minutes	Activity or Social Skills in Action Group A/C School Group B 50 minutes	Activity or Social Skills in Action Group A/C School Group B 50 minutes	Activity or Social Skills in Action Group A/C School Group B 50 minutes	Activity or Social Skills in Action Group A/C School Group B 50 minutes		9:00 - 10:00am Rec Therapy (Rec Therapist) 60 minutes
9:40 - 10:30am	Creative Expression Group A/B School Group C 50 minutes	Creative Expression Group A/B School Group C 50 minutes	Creative Expression Group A/B School Group C 50 minutes	Creative Expression Group A/B School Group C 50 minutes	Art Therapy Group AB (Art Therapist) School group C 50 minutes	10:00 - 10:30 Bingo (Nursing) 60 minutes 10:30 - 11:00am Yard activity or Coloring (Nursing) 30 minutes	10:00 - 11:00am Activities (Nursing) 60 minutes
10:30 - 11:00am	DBT THEME GROUP (Clinical) 30 minutes	DBT THEME GROUP (Clinical) 30 minutes	DBT THEME GROUP (Clinical) 30 minutes	Medication Group (NPP) 30 minutes	Zones/Coping Skills Group 30 minutes (Nursing)		
11:00-11:45am	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds
11:45 - 12:15pm	Community Meeting (Clinical) 30 minutes	Check-in Group (Nursing) 30 minutes	Check-in Group (Nursing) 30 minutes	Check-in Group (Nursing) 30 minutes	Community Meeting (Clinical) 30 minutes	Check-in Group (Nursing) 30 minutes	Check-in Group (Nursing) 30 minutes
12:15-1:05pm	12:00-1:00pm Gym Outdoor Activity, Grp B/C School Group A (Nursing) 60 minutes	Art Therapy, Group B/C (Art Therapist) School Group A 50 minutes	12:00-1:00pm Gym Outdoor Activity, Grp B/C School Group A (Nursing) 60 minutes	Art Therapy, Group B/C (Art Therapist) School Group A 50 minutes	12:00-1:00pm Gym Activity Group B/C School Group A (Nursing) 60 minutes	Creative Expression or Activity	12:00-1:00pm Gym Outdoor Activity (Nursing) 60 minutes
1:05 - 1:15pm	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)
1:15 - 2:05pm	School Group B Music Therapy Grp A/C (Music Therapist) 50 minutes	School Group B Mindful Activity/Store, Grp A/C 50 minutes	School Group B Store, Group A/C 50 minutes	School Group B Mindful Activity/Store Group A/C 50 minutes	School Group B Activity Group A/C (Nursing) 50 minutes	Mindful Activity/Store (Nursing) 50 minutes	Mindful Activity/Store (Nursing) 50 minutes
2:10 - 3:00pm	Art Therapy (Art Therapist) Group A/B School Group C 50 minutes	2:15-2:45pm Creative Expressions (Nursing) Group A/B School Group C 50 minutes	Art Therapy (Art Therapist) Group A/B School Group C 50 minutes	School Group C Activity, Group A/B (Nursing) 50 minutes	Creative Expression Group A/B (Nursing) School Group C 50 minutes	2:00 -3:00pm Physical Activity/Alternate Activity: puzzles, games 60 minutes	Activity (Nursing) 50 minutes
3:00 - 4:00pm	Physical Activity (Nursing) 60 minutes	2:45-4:00pm Physical Activity/Incentive Time (Nursing) 75 min.	Physical Activity (Nursing) 60 minutes	Physical Activity (Nursing) 60 minutes	Physical Activity (Nursing) 60 minutes	Incentive Time/Phone Calls/Physical Activity 60 minutes	Physical Activity 60 minutes
4:00 - 4:45pm	Dinner/Meds 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes
4:45- 6:00pm	FREE TIME/ ADL's Incentive Time	FREE TIME/ADL's Incentive Time	FREE TIME/ADL's Incentive Time	FREE TIME/ADL's Incentive Time	FREE TIME/ADL's Incentive Time	FREE TIMEADL's Incentive Time	FREE TIME/ ADL's Incentive Time
6:00pm	Movie Group/Snack	Movie Group/Snack	Movie Group/Snack	Movie Group/Snack	Movie Group/Snack	Movie Group/Snack	Movie Group/Snack
7:30pm	1st Curfew: Under 10	1st Curfew: Under 10	1st Curfew: Under 10	1st Curfew: Under 10	1st Curfew: Under 10	1st Curfew: Under 10	1st Curfew: Under 10
8:00 - 8:30pm	2nd Curfew: 10+	2nd Curfew: 10+	2nd Curfew: 10+	2nd Curfew: 10+	2nd Curfew: 10+	2nd Curfew: 10+	2nd Curfew: 10+

Cliffside / Gatehouse Program

Description of Activities and Groups

Group Descriptions

Art Therapy Groups - Run by the Art Therapist, Art Therapy takes place in both a group setting as well as an individual. Patients use different art mediums to express and explore feelings and/or experiences. The art projects selected help patients improve fine motor skills, explore alternate ways of self-expression as well as improve ability to tolerate frustration.

Community Meeting - Group held with program director and each unit to go over any patient or staff issues or concerns in the Cliffside or Gatehouse communities.

DBT Theme Group - DBT Skills groups led by therapist focusing on the following topics: Mindfulness, Emotion Regulation, Distress Tolerance, and Social Skills.

Medication Group - Is run by MD or NPP. Individual caseloads will meet with prescriber to review medications and offer questions and answers about medications prescribed.

Mid-day Check in Group - Is run by MHAS and nursing during which children review their progress towards meeting their goals of the day. It is an opportunity to identify problems occurring during the day and adjusting to use of coping skills to meet desired goals.

Movie Group - Run by Nursing. This occurs just prior to curfew and the patients select the movie of choice to watch for this group. Running simultaneously are incentives, phone use and story time during which children can select prizes based on the number of bonus stars earned for the day.

Nutrition Group: Patients will learn information concerning healthy eating patterns and the effect poor eating can have on mood and behavior.

Recreation Therapy Group: Patient will practice DBT informed skills, focused on social skills, interpersonal effectiveness lead by recreational therapist through a variety of both physical activities and cooperative group activities.

School Groups - Patients attend school 2x per day (once in the AM and once in the PM) and are split into up to 3 groups based on educational level. School is run on the unit by our teacher, nursing staff are also in school to provide support if needed. During school patients make their daily goal and are assigned to a daily unit job. In addition, on Tuesdays they participate in a Cooking Activity and on Thursdays they receive nutrition education.

Skills Group - Weekly activity of daily living and social skills based group led by MHAS.

Zones of Regulation/Coping Skills Group - Weekly group led by MHAS and teacher to review zones of regulation and coping skills associated with each zone.

Creative Expression - During this time patients have the opportunity to express themselves by doing karaoke, coloring, painting, using scratch art, foam art, and other various arts and crafts.

Mindfulness Activity - During this time patients practice being mindful either individually or as a community. During this time activities may include meditation, coloring, or contributing to the unit in some way (ie: cleaning common areas, decorating etc.)

Physical Activity Groups - Occurs on a daily basis. Physical activity groups include but are not limited to group games, team sports, nature walks, dance, fitness course,. The various activities promote positive energy release, increased mood, increased fitness level and increased muscular strength and endurance. The activities provide training for the patients in leadership, followership and cooperation with peers.

Social Skills in Action - Patients put their social skills to use during

* On rotating weekly days gym/game room/movie room will take the place of unit or yard activities.

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 - 8:00am	ADL'S /Breakfast/Meds Meds 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast 120 minutes	Wake up/ ADL's/ Breakfast/ Goal Group 120 minutes	Wake up/ ADL's/ Breakfast/ Goal Group 120 minutes	
8:00 - 8:50am	School or Free Time in Yard 50 minutes	School or Free Time in Yard 50 minutes	School or Free Time in Yard 50 minutes	School or Free Time in Yard 50 minutes	School or Free Time in Yard 50 minutes	8:00 - 10:00am Yard/PG exercise video/board games/coloring 120 min	8:00 - 9:30am Yard/PG Indoor activity: exercise video/board games	
9:00 - 10:00am	Gym (Nursing)	Gym (Nursing)	Gym (Nursing)	Gym (Nursing)	Gym (Nursing)			Gym (Nursing)
8:50 - 9:40am	Activity with Rec Therapist or School 50 minutes	Social Skills in Action or School 50 minutes	Social Skills in Action or School 50 minutes	Rec Therapy w/Rec Therapist or Social Skills in Action or School 50 minutes	Activity with Rec Therapist or School 50 minutes	10:00am Fruit snack 10:00 - 10:30 Bingo 10:30 - 11:00am Outdoor Activity or Coloring 30 minutes	9:15 - 9:45am Cliffside - Art therapy	
9:40 - 10:30am	Creative Expression or School 50 minutes	Creative Expression or School 50 minutes	Creative Expression or School 50 minutes	Creative Expression or School 50 minutes	9:30 - 10:00am Creative Expressions or School 30 minutes		10:00am Fruit snack 9:30-10:00am Arts & crafts	9:00-11:00am Yard/Play ground activity
10:30 - 11:00am	DBT THEME GROUP (Clinical) 30 minutes	DBT THEME GROUP (Clinical) 30 minutes	DBT THEME GROUP (Clinical) 30 minutes	Medication Group 30 minutes	Substance Use Group 30 minutes		10:00am Fruit snack 10:00 - 11:00am Playground/fitness course (those going to MDR) Yard (those eating lunch on unit) Alternate activity: trivia/Pictionary/hangman	
11:15am	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	
11:45 - 12:15pm	Check in Group 1st Incentive Time (Clinical) 30 minutes	12:00-12:45pm Recreation Therapy Check-in group 1st Incentive Time (Clinical) 30 minutes	Check-in group 1st Incentive Time (Clinical) 30 minutes	12:00pm Recreation Therapy Check-in group 1st Incentive Time (Clinical) 30 minutes	Check in Group 1st Incentive Time (Clinical) 30 minutes	12:00-12:45pm Recreation Therapy Check-in group 1st Incentive Time (Clinical) 30 minutes	Check-in group 1st Incentive Time (Clinical) 30 minutes	
12:15-1:05pm	Art Therapy Group/ Physical Activity or School 50 minutes	Indoor/Outdoor Activity or School 50 minutes	Art Therapy/ Creative Expressions or School 50 minutes	Outdoor Activity or School 50 minutes	Art Therapy Group/Mindful Activity or School 50 minutes	Creative Expressions or Physical Activity	Playground	
1:05 - 1:15pm	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	Snack (box snack)	
1:15 - 2:05pm	School or Mindful Activity 50 minutes	1:30pm Art Therapy Physical Activity or School 35 minutes	School or Physical Activity 50 minutes	½ Unit School, ½ Unit Mindful Activity/Store 50 minutes	School Music Therapy/Store 50 minutes	Mindful Activity/Store	Mindful Activity/Store	
2:10 - 3:00pm	Creative Expressions or School 50 minutes	2:15-2:45pm Creative Expressions or School 30 minutes	Creative Expressions or School 50 minutes	Physical Activity or School 50 minutes	Creative Expression or School 50 minutes	2:00 -3:00pm Physical Activity 30 minutes	2:15 -2:45pm Nature walk/yard/Alternate activity: puzzles or cooking group 30 min	
3:00 - 4:15pm	3:00-3:30pm Community Meeting (Clinical) Physical Activity 30 minutes	2:45-4:00pm Physical Activity 90 minutes	Nutrition Group/ Physical Activity 90 minutes	3:00-3:30pm Zones/ Coping Skills Group (Nursing) 30 minutes	Community Meeting (Clinical) 3:15pm Music Therapy/ Physical Activity 60 minutes	2nd Incentive Time/ Phone Calls	2nd Incentive Time/ Phone Calls	
4:14 - 4:45pm	Dinner/Meds 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	Dinner/Meds/ADL's 45 minutes	
4:45- 6:00pm	FREE TIME/ 3rd Incentive Time	FREE TIME/ 3rd Incentive Time	FREE TIME/ 3rd Incentive Time	FREE TIME/ 3rd Incentive Time	FREE TIME/ 3rd Incentive Time	FREE TIME/ 3rd Incentive Time	FREE TIME/ 3rd Incentive Time	
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Mid-day Check in Group - Is run by MHAS and nursing during which children review their progress towards meeting their goals of the day. It is an opportunity to identify problems occurring during the day and adjusting to use of coping skills to meet desired goals.

Music Therapy Groups- Run by the Music therapist, Music Therapy Group is a time when patients can express and explore feelings/experiences through music.

Movie Group - Run by Nursing. This occurs just prior to curfew and the patients select the movie of choice to watch for this group. Running simultaneously are incentives, phone use and story time during which children can select prizes based on the number of bonus stars earned for the day.

Nutrition Group: Patients will learn information concerning healthy eating patterns and the effect poor eating can have on mood and behavior.

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Social Skills in Action - Patients put their social skills to use during structured activities such as playing board games, cards, Simon Sez, Red Light Green Light and other various games. Nursing staff help to facilitate these activities and provide support to patients during this time.

Store - Patient can buy items from unit store with money that they have earned through our sticker incentive program daily.

Substance Use Group: Patients receive education regarding substance abuse prevention as related to mental health.