

# Adolescent Inpatient Unit at Northgate

1-800-528-6624



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 am	Meds & Breakfast	Meds & Breakfast	Meds & Breakfast	Meds & Breakfast	Meds & Breakfast	Meds & Breakfast, Vitals  <b>9:00am</b> Therapeutic Activity <b>10:00am</b> Goal Group Orientation Group (Nursing)	Meds & Breakfast
8:30-10:15am	School 105 minutes	School 105 minutes	School 105 minutes	School 105 minutes	School 105 minutes		<b>9:00am</b> Therapeutic Activity <b>10:00am</b> Goal Group Orientation Group (Nursing)
10:30-11:00 am	Goal Grp/Orientation Grp 30 minutes (Nursing)	Goal Grp/Orientation Grp 30 minutes (Nursing)	Goal Grp/Orientation Grp 30 minutes (Nursing)	Goal Grp/Orientation Grp 30 minutes (Nursing)	Goal Grp/Orientation Grp 30 minutes (Nursing)	<b>11:00-12:00pm</b> Art Room <b>60 minutes</b> (Art Therapist)	
11:00-11:45am	Creative Arts 45 minutes (Creative Arts Therapist)	Creative Arts 45 minutes (Nursing) (Creative Arts Therapist)	Yard or Quiet Time 45 minutes (Nursing)	<b>11:45-12:15pm</b> Levels Group 30 minutes (Nursing)	Creative Arts 45 minutes (Nursing) (Creative Arts Therapist)		Phone calls /Medication Checks <b>15 minutes</b>
12:00-12:15pm	<b>11:45-12:15pm</b> Levels 30 minutes (Nursing)	Phone calls /Medications <b>15 minutes</b>	Phone calls /Medications <b>15 minutes</b>	<b>11:45-12:15pm</b> Levels 30 minutes (Nursing)	Phone calls /Medications <b>15 minutes</b>	Activity <b>45 minutes</b> (Nursing)	
12:15-1:00pm	DBT Group 45 minutes (Clinical)	DBT Group 45 minutes (Clinical)	DBT Group 45 minutes (Clinical)	DBT Group 45 minutes (Clinical)	DBT Group 45 minutes (Clinical)		Lunch
1:00-1:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Healthy Relationships <b>45 minutes(Nursing)</b>	
1:45-2:30pm	DBT Skills Group 45 minutes (Clinical)	Substance Use Group 45 minutes (CASAC)	Medication Group 45 minutes (Clinical)	DBT Skills Group 45 minutes (Clinical)	DBT Skills Group 45 minutes (Clinical)		Phone Calls Clean Room <b>30 minutes</b>
2:30-3:00pm	Phone Calls Clean Room <b>30 minutes</b>	Phone Calls Clean Room <b>30 minutes</b>	Phone Calls Clean Room <b>30 minutes</b>	Phone Calls Clean Room <b>30 minutes</b>	Substance Use group (Clinical) <b>30 minutes</b>	Gym <b>60 minutes (Nursing)</b>	
3:00-4:00pm	Gym 60 minutes (Nursing)	Gym 60 minutes (Nursing)	Gym 60 minutes (Nursing)	Gym 60 minutes (Nursing)	Gym 60 minutes (Nursing)		Art Therapy/Art Room <b>60 minutes (Art Therapist)</b>
4:00-5:00pm	Therapeutic Activity 60 minutes (Nursing)	Music Room 60 minutes (Nursing)	Creative Arts 60 minutes (Creative Arts Therapist)	Activity 60 minutes (Nursing)	Activity 60 minutes (Nursing)	Phone calls/Meds	
5:00-6:00pm	Phone calls/Meds	Phone calls/Meds	Phone calls/Meds	Phone calls/Meds	Phone calls/Meds		Dinner @MDRr
6:00-6:30pm	Dinner @MDR	Dinner @MDR	Dinner @MDR	Dinner @MDR	Dinner @MDR	Activity <b>30 minutes (Nursing)</b>	
6:30-7:00pm	DBT Homework 30 minutes (Nursing)	DBT Homework 30 minutes (Nursing)	DBT Homework 30 minutes (Nursing)	DBT Homework 30 minutes (Nursing)	DBT Homework 30 minutes (Nursing)		Wrap-Up Group
7:30pm	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	Reflection Group	
8:00pm	Reflection Group	Reflection Group	Reflection Group	Reflection Group	Reflection Group		Curfew Level 1
9:00pm	Curfew Level 1	Curfew Level 1	Curfew Level 1	Curfew Level 1	Curfew Level 1		

9:30 pm Curfew Level 2 -----  
 10:00 pm Curfew Level 3 -----  
 10:30 pm Curfew Level 4 -----

# Northgate Programs

## Description of Activities and Groups

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**New Patient Orientation Group:** Patients meet with Charge Nurse to review safety, discuss expectations in the milieu, and ask staff any questions they might have. Charge Nurse explains DBT packet and treatment and also helps patient set an Individualized Target Behavior.

**Issues and Goals:** Patients set daily goals that are related to their Individualized Target Behavior set at admission.

**Wrap-Up Group:** Patients review their daily goal and discuss skills used and/or obstacles to meeting goal.

### DBT Skills Groups:

- **Distress Tolerance:** Patients will learn specific Distress Tolerance skills to use in Wise Mind. These skills will be: Wise Mind ACCEPTS, 3-2-1, Self-Soothing and IMPROVE the moment.
- **Emotional Regulation:** Patients will learn skills to increase positive emotions and reduce emotional vulnerability. These skills will be: ABC PLEASE, Opposite Action, the WAVE skill.
- **Interpersonal Skills:** Patients will learn skills to build and maintain positive relationships. These skills will be: the five things that keep you from achieving relationship goals, GIVE, DEAR MAN and FAST.
- **Mindfulness:** Patients will learn about the three states of mind, as well as the WHAT and HOW skills of mindfulness.
- **Skills Practice Group:** Patients will discuss DBT skills they have been learning in a small group setting.
- **Sleep Hygiene:** Patients are given information in a psychoeducational group on the importance of sleep hygiene as it corresponds to DBT skill, i.e. PLEASE.
- **Walking the Middle Path:** Patients will learn skills to manage adolescent-family problems. These skills will be: Thinking Dialectically, Validation and Ways to Increase/Decrease Behaviors.

**Levels Feedback Group:** Patients present requests for a change in level to their peers. They receive feedback on their progress toward treatment goals from peers and staff.

**Therapeutic Activity Group:** May include walks around the grounds, outdoor activities such as volleyball, basketball, utilizing gym equipment/games to improve health and compliment other treatment interventions. Patients will be challenged to work collaboratively to improve social skill functioning and self-esteem.

**Art Therapy Group:** Provides an opportunity for each patient to share, discuss and interpret the meaning of their artwork with guidance and support from the art therapist.

**Recreation Therapy Group:** Patient will participate in DBT focused activities run by the Recreational Therapist, such as hands on mindfulness activities, role play and yoga.

**Developing Healthy Relationships:** Patients will learn about and discuss ways of making healthy interpersonal decisions. They will also explore the risks and consequences of engaging in dangerous behaviors.

**DBT Activity Group:** Patients will engage in a creative thinking activity that reinforces DBT skills learned.

**DBT Homework Group:** Patients will complete worksheets on the different skills they are learning and discuss in a small group setting.

**Medication Education Group:** Patients will learn about the medications they are taking and be able to ask specific questions from the Psychiatrist or Nurse Practitioner who is prescribing their medication.

**Music Therapy Group:** Group run by music therapist. Opportunity to express selves through sound/music.

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

**Reflection Group:** Group in which patients reflect upon what DBT skills they used or could have used instead of engaging in a problem behavior.