

Frequently Asked Questions and Sample Schedule - Adult Inpatient Services -

Will I be included in the development of my treatment plan?

Yes. You will meet with a coordinator who is a member of your multiple-disciplinary team in order to develop an individualized plan to specifically address your acute inpatient goals.

How often will I meet with someone about my medications?

You will meet with a psychiatrist/NPP three times per week to adjust and evaluate the effectiveness of your medications.

How often will I meet with a therapist?

You will meet with your individual therapist three times per week. You will also be meeting with a treatment coordinator for a social assessment as well as treatment planning which will occur throughout your stay.

Will my family participate in treatment?

We highly value family participation in treatment. It is recommended that we include a member of your family or support group in your treatment to educate them on your diagnosis and treatment recommendations. Family sessions are also a great time to educate your loved one on your support plan so that they can assist you with using this plan when outside the hospital.

Will I be able to have visitors?

Visitors are permitted during the unit's scheduled visiting hours. In order to ensure patient safety and confidentiality all visitors must follow the hospital's "visitor guidelines" and must first check in at the Woodlawn Administration Building to obtain a visitor's pass.

What does an average day look like?

Adult Service accentuates the importance of our therapeutic community and therefore promotes many community activities. Our group therapy program is extensive and clinically rich. Therapy and skills training groups are throughout the day 7 days a week. Please see the example of a group schedule below.

Will my outpatient providers be informed about my treatment?

Upon admission you will be asked to sign a release of information for your outpatient treatment providers. Your therapist and medication prescriber will reach out to your team to exchange information. They will be included in discharge plan and will be provided with a clinical summary outlining your treatment and recommendations.

Will I be involved in the development of my discharge plan?

Developing a discharge plan is highly individualized and collaborative between the treatment team and patient. Discussing a longer range plan to continue to address your clinical issues will begin early in your treatment.

Sample Program Schedule – Adult Services

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:30 a.m.(H) 8:15-8:45 a.m. (F)	Community Meeting Goal Setting Skills	Community Meeting Goal Setting Skills	Community Meeting Goal Setting Skills	Community Meeting Goal Setting Skills	Community Meeting Goal Setting Skills
9:00	Walk	Walk	Walk		Walk
10:00-10:45 a.m.	Program Overview Nursing (FLR) <hr/> Program Overview	Support Planning Nursing (HLR) <hr/> CD Relapse Prevention	Distress Tolerance Nursing (HLR) <hr/> Emotion Regulation	Distress Tolerance Nursing (FLR) <hr/> Emotion Regulation	Self Esteem Nursing (FLR) Combine <hr/> CD Stages of Change
11:45 Hathorn 11:40 Ferndell	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:15-1:00	Ed. Psychotherapy Algonquin	Steps for ED Recovery Algonquin	Body Image Self Esteem Algonquin	Symptom Interruption Algonquin	ED Readiness for Change Algonquin
1:00-1:45 p.m.	CD and Recovery Harriet (FLR) <hr/> Radical Acceptance	Ferndell Unit Group Chuck (FLR) <hr/> Art Therapy	Boundaries Carol (HLR) <hr/> Stages of Change	Hathorn Unit Group Maria (HLR) <hr/> Creative Arts	Family Issues Sharon (HLR) <hr/> Grounding Skills
2:00-3:00 p.m.	Visiting	Visiting	Visiting	Visiting	Visiting
3:00-3:45 p.m.	Interpersonal Effectiveness Service Wide <hr/>	Wellness <hr/> Mindfulness	D/C Planning Changing Destructive Thoughts & Behaviors <hr/>	Mood Disorder/Anxiety <hr/> CD & Your Illness	Understanding Your Illness Service Wide <hr/>
4:15-5:00 p.m.	Crafts/Activities	Crafts/Activities	Crafts/Activities	Crafts/Activities	Crafts/Activities
5:00-5:30 p.m. (F)	Diary Card Review	Diary Card Review	Diary Card Review	Diary Care Review	Diary Card Review
5:15 Hathorn 5:30 Ferndell	Dinner	Dinner	Dinner	Dinner	Dinner
6:15-7:00 p.m. (H)		CD Self Help	CD Self Help		
7:30-9:00 p.m.	Visiting/Unit Based Activities	Visiting/Unit Based Activities	Visiting/Unit Based Activities	Visiting/Unit Based Activities	
6:30-8:00 p.m.					Visiting/Unit Based Activities
9:00- 9:30 p.m.	Unit Based Meditation Relaxation Program Room	Unit Based Meditation Relaxation Program Room	Unit Based Meditation Relaxation Program Room	United Based Meditation Relaxation Program Room	Unit Based Meditation Relaxation Program Room

WEEKEND SCHEDULE

TIME	SATURDAY	SUNDAY
7:30 a.m.	Breakfast	Breakfast
8:15 a.m.	Community Meeting Goal Setting MHW (HLR)	Community Meeting Goal Setting MHW (FLR)
9:30-10:00 a.m.	Walk	Walk/Church
10:00-11:00 a.m.	Skills/Meditation MHW (HLR) Interpersonal Effectiveness Skills Nursing Staff (FLR)	Journaling Skills MHW (FLR) Crisis Planning Skills Nursing Staff (HLR)
11:45 a.m.	Lunch	Lunch
12:30 p.m.	Med Teaching – Unit Based	Healthy Lifestyles – Unit Based
1:00-2:00 p.m.	Crafts	Crafts
2:00-4:00 p.m.	Visiting Hours Unit Based Activities/Assignments	Visiting Hours Unit Based Activities/Assignments
4:00-5:00 p.m.	Skills Practice Nursing Staff (FLR) Chemical Dependency Recovery Skills Nursing Staff (HLR)	Skills Practice Nursing Staff (FLR) Chemical Dependency Recovery Skills Nursing Staff (HLR)
5:30 p.m.	Dinner	Dinner
6:00-6:30 p.m.	Diary Card	Diary Card
6:30-8:00 p.m.	Visiting/Unit Based Activities	Visiting/Unit Based Activities
8:00-9:30 p.m.	Unit Based Activities	Unit Based Activities/ Meditation Relaxation Group

- Please note that the door will be locked and the phones will be turned off during ALL groups weekdays and weekends. Also, please be aware that staff may need to make changes to the schedule periodically throughout the day but do not hesitate to ask staff what is planned for the weekend.
- There will be worship service @ 2:00 p.m. on Sundays. Please see the worship schedule.
- It is expected that patients will attend all assigned groups on weekdays and weekends.