

**Ferndell Program Schedule (01/29/24)**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>
8:40am							
9:15am	Phone Visiting/ Walk/Activities	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk
9:30-10:00am							
10:00 - 11:00am	<b>Medication Education</b> (Nursing)	<b>Nutrition/Healthy Lifestyle</b> (Rebecca) (F)	<b>Self-Esteem</b> (Nursing) (F)	<b>Interpersonal Effectiveness</b> (Nursing) (F)	<b>Safety Planning</b> (Nursing) (F)	<b>Life Transitions</b> (Shelby) (F)	<b>Emotion Regulation</b> (Nursing)
11:00-11:30am							
11:50-12:20 pm	Lunch (12-12:30)	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch (12-12:30)
1:00-1:45pm	Visiting/Unit Activities (12:30-1:30)	<b>Experiential Mindfulness</b> (Hannah R) (F)	<b>Managing Avoidance</b> (Abby) (F)	<b>Cognitive Restructuring</b> (Jaclyn) (F)	<b>Self Compassion</b> (Hannah R) (F)	<b>Expressive Arts</b> (Sarah) (F)	Visiting/Unit Activities (12:30-1:30)
2:00-2:50pm	<b>CRAFTS</b> (1:45-2:45)	Visiting/ Activities	Visiting/ Activities	Visiting/ Activities	Visiting/ Activities	Visiting/ Activities	<b>CRAFTS</b> (Sarah) (1:45-2:45)
3:00-3:45pm	<b>Skills Group</b> (F)	<b>Motivation for Change</b> (Jaclyn) (F)	<b>Radical Acceptance</b> (Shelby) (F)	<b>Boundaries</b> (Carol) (F)	<b>Understanding Your Illness</b> (Hannah D) (F)	<b>Barriers to Wellness</b> (Hannah D) (F)	<b>Skills Group</b> (F)
4--5:00pm	Visiting/Activities	Phone Visiting/ Activities	<b>CRAFTS</b>	Phone Visiting/ Activities	Phone Visiting/ Activities	Phone Visiting/ Activities	Visiting/Activities
5:15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15pm-6:30	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>
6:15-7:00 pm							
7:30-8:30pm			<b>CD Self-Help (F)</b>			<b>CD Self-Help (F)</b>	
8:30-9:00pm	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation
9:00-9:30pm	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities

*Patients are expected to attend all assigned groups. Please note the group schedule is subject to change. See a staff member if you have questions.*