

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 Meds 120 minutes	Wake up/ ADL's/ Breakfast/ Morning Meeting 120 minutes	Wake up/ ADL's/ Breakfast/ Morning Meeting 120 minutes	Wake up/ ADL's/ Breakfast/ Morning Meeting 120 minutes	Wake up/ ADL's/ Breakfast/ Morning Meeting 120 minutes	Wake up/ ADL's/ Breakfast/ Morning Meeting 120 minutes	Wake up/ ADL's/ Breakfast/ Morning Meeting 120 minutes
8:00 - 8:50am	School Group A Groups B, C Gym 50 minutes	School Group A Groups B, C Gym 50 minutes	School Group A Groups B, C Gym 50 minutes	School Group A Groups B, C Gym 50 minutes	School Group A Groups B, C Gym 50 minutes	8:00am Goal Group	8:00am Goal Group
8:50 - 9:40am	Groups A,C Activity Group B School 50 minutes	Groups A,C Activity Group B School 50 minutes	Groups A,C Activity Group B School 50 minutes	Groups A,C Activity Group B School 50 minutes	Groups A,C Activity Group B School 50 minutes	8:30 - 10:00am Gym/ Yard/Pg (alternate to gym)/exercise video/ board games/coloring	8:30 - 9:30am Gym/ Yard/Pg(alternate to gym) Indoor activity: exercise video/board games
9:40 - 10:30am	Groups A,B Activity Group C School 50 minutes	Groups A,B Activity Group C School 50 minutes	Groups A,B Activity Group C School 50 minutes	Groups A,B Activity Group C School 50 minutes	Groups A,B Activity Group C School 50 minutes	10:00am Fruit snack 10:15 - 11:00am Nature Walk (those going to MDR) Yard (those eating lunch on unit) Alternate activity: Bingo 45 min	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
10:30 - 11:00am	Group Therapy (3 grps with Therapists) 30 minutes	Skills Group 30 minutes	Caseload Group Therapy 30 minutes	Medication Group 30 minutes	Zones/Coping Skills Group 30 minutes		
11:00am	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds
11:45am	Check-in group/Star meeting & 1st Incentive 30 minutes	Check-in group/Star meeting & 1st Incentive 30 minutes	Check-in group/Star meeting & 1st Incentive 30 minutes	Check-in group/Star meeting & 1st Incentive 30 minutes	Community Meeting w/ Alyssa 30 minutes	11:35 -12:15pm Check-in group/Star meeting/1st Incentive time 40 min	11:35 -12:15pm Check-in group/Star meeting/1st Incentive time 40 min
12:15-1:05pm	Group A,B Gym Activity Group C School 50 minutes	Group A,B Gym Activity Group C School 50 minutes	Group A,B Gym Activity Group C School 50 minutes	Group A,B Gym Activity Group C School 50 minutes	Group A,B Gym Activity Group C School 50 minutes	12:15 -1:15pm Gym/ Yard/Pg (alternate to gym) Alternate activity: puzzles or board games	12:15 -1:15pm Gym/ Yard/Pg (alternate to gym) Alternate activity: puzzles or board games
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 A Group B,C Activity 50 minutes	School Group A Group B,C Activity 50 minutes	School Group A Group B,C Activity 50 minutes	School Group A Group B,C Activity 50 minutes	School Group A Group B,C Activity 50 minutes	1:30pm Wind down yoga/arts & crafts/ Cooking Group	1:30pm Wind down yoga/arts & crafts/ Cooking Group
2:10 - 3:00pm	Group A,C Activity School Group 50 minutes	Group A,C Activity School Group 50 minutes	Group A,C Activity School Group 50 minutes	Group A,C Activity School Group 50 minutes	Group A,C Activity School Group 50 minutes	2:15 -2:45pm Campus walk/yard/Alternate activity: puzzles 30 min	2:15 -2:45pm Campus walk/yard/Alternate activity: puzzles 30 min
3:00 - 3:15pm	Transition Group 15 minutes	Star meeting & 2nd Incentive/Store group B 15 minutes	Star meeting & 2nd Incentive/Store group B 15 minutes	Star meeting & 2nd Incentive/Store group B 15 minutes	Star meeting & 2nd Incentive/Store group B 15 minutes	2:45pm Store/Toy time, puzzles, games 30 min 3:15pm Star Meeting/ 2nd Incentive/Phone calls	2:45pm Store/Toy time, puzzles, games 30 min 3:15pm Star Meeting/ 2nd Incentive/Phone calls
3:15 - 4:00pm	Playground/Yard 45 minutes	Playground/Yard 45 minutes	Playground/Yard 45 minutes	Playground/Yard 45 minutes	Playground/Yard 45 minutes	3:30pm Playground/Yard Alternate: coloring30 min	3:30pm Playground/Yard Alternate: coloring30 mi
4:00 - 4:45pm	Dinner/Meds 45 minutes	Dinner/Meds 45 minutes	Dinner/Meds 45 minutes	Dinner/Meds 45 minutes	Dinner/Meds 45 minutes	Dinner/Meds/Yard45 min	Dinner/Meds/Yard45 min
4:45 - 5:30pm	ADLS/Yard/Living room 45 minutes	ADLS/Yard/Living room 45 minutes	ADLS/Yard/Living room 45 minutes	ADLS/Yard/Living room 45 minutes	ADLS/Yard/Living room 45 minutes	ADLS/Yard/Living room 45 minutes	ADLS/Yard/Living room 45 minutes
5:30 - 5:40pm	Star Meeting 10 minutes	Star Meeting 10 minutes	Star Meeting 10 minutes	Star Meeting 10 minutes	Star Meeting 10 minutes	Star Meeting 10 minutes	Star Meeting 10 minutes
5:40 pm	Movie Group/Snack 3rd Incentive	Movie Group/Snack 3rd Incentive	Movie Group/Snack 3rd Incentive	Movie Group/Snack 3rd Incentive	Movie Group/Snack 3rd Incentive	Movie Group/Snack 3rd Incentive	Movie Group/Snack 3rd Incentive
7:15 - 7:30pm	1st Curfew: Under 10 (lowest stars first)	1st Curfew: Under 10 (lowest stars first)	1st Curfew: Under 10 (lowest stars first)	1st Curfew: Under 10 (lowest stars first)	1st Curfew: Under 10 (lowest stars first)	1st Curfew: Under 10 (lowest stars first)	1st Curfew: Under 10 (lowest stars first)
8:00 - 8:30pm	2nd Curfew: 10+ 20 + stars earned	2nd Curfew: 10+ 20 + stars earned	2nd Curfew: 10+ 20 + stars earned	2nd Curfew: 10+ 20 + stars earned	2nd Curfew: 10+ 20 + stars earned	2nd Curfew: 10+ 20 + stars earned	2nd Curfew: 10+ 20 + stars earned

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

Group Therapy/Caseload Groups: Therapist led DBT theme based skills groups for patients to learn new coping skills and ways to manage their emotions.

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.

Morning Meeting / Goal Group - Meets each morning to set up the day. Run by nursing staff and during the week by the teachers. This group the patients pick their job and goal first thing in morning during school with the teachers while doing the calendar and weather (something they are working on or need to address that day).

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.

School Groups - There are 3 to 4 separate school groups (depending on educational / ability level). Our Teacher runs this with assistance of a Mental Health Worker.

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

Star Meetings / Incentives - Run by Nursing. During these three meetings the patients review the number of stars they have earned. This is an opportunity for peers to cheer each other on and staff to give praise and encouragement. This is also an opportunity for staff to help the children identify areas of improvement. The patients earn time on various unit games based on the number of stars earned.

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.

Activity Descriptions

Arts & Crafts Groups - Occurs on a daily basis as an integral part of activity program. Set up by recreational therapist designed to assist children in expression and exploration of feelings using selected arts and crafts projects. Collaborated together with the teacher and the MHAS's to do projects that coincide with school themes/units

Cooking Group - Occurs weekly. Patients participate in a on unit cooking group with staff to promote cooperative interactions with peers and staff. Children bake or cook different treats that expose patients to cooking safety.

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, yard time and playground. 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.

Transitions Group: Weekly group held with discharge planner and selected patients on each unit to discuss discharge concerns and plans.

Unit Art Projects - Occurs weekly. Patients participate in on unit Art Project with staff to promote cooperative and expressive interactions with peers and staff. Children create art work that is displayed on the unit or sent home to families. This provides patients with an opportunity to use a creative coping skills to express themselves.