

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 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 Groups B, C, Free Time in Yard 50 minutes	School Group A Groups B, C Free Time in Yard 50 minutes	School Group A Groups B, C Free Time in Yard 50 minutes	School Group A Groups B, C Free Time in Yard 50 minutes	School Group A Groups B, C Free Time in Yard 50 minutes	8:00 - 10:00am Yard/PG exercise video/ board games/coloring	8:00 - 9:30am Yard/PG Indoor activity:exercise video/board games 9:15 - 9:45am Cliffside - Art therapy 9:00-11:00amYard/Play ground activity
8:50 - 9:40am	Groups A,C Social Skills in Action Group B School 50 minutes	Groups A,C Social Skills in Action Group B School 50 minutes	Groups A,C Social Skills in Action Group B School 50 minutes	Groups A,C Social Skills in Action 1 Group B School 50 minutes	Groups A,C Social Skills in Action Group B School 50 minutes		
9:40 - 10:30am	Groups A,B Creative Expression Group C School 50 minutes	Groups A,B Creative Expression Group C School 50 minutes	Groups A,B Creative Expression Group C School 50 minutes	Groups A,B Creative Expression Group C School 50 minutes	Art Therapy Group 1 Group C School 50 minutes	10:00am Fruit snack	10:00am Fruit snack
10:30 - 11:00am	DBT THEME GROUP (Clinical) 30 minutes	DBT THEME GROUP (Clinical) 30 minutes	DBT THEME GROUP (Clinical)	Medication Group 30 minutes	Zones/Coping Skills Group 30 minutes	10:00 - 10:30 Bingo 10:30 - 11:00am Nature Walk (those going to MDR)	9:30-10:00am Arts & crafts 10:00 - 11:00am Playground/fitness course (those going to MDR) Yard (those eating lunch on unit) Alternate activity: trivia/Pictionary/hangman
11:00am	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds	Lunch/meds
11:45 - 12:15pm	CS: Community Meeting w/Program Director GH: Check in Group 30 minutes	Check-in group/ 30 minutes	Check-in group/ 30 minutes	Check-in group/ 30 minutes	CS: Community Meeting w/Program Director GH: Check in Group 30 minutes	Check-in group/ Store 30 minutes	Check-in group/ Store 30 min
12:15-1:05pm	Art Therapy Group 1 Group C School 50 minutes	½ Unit School, ½ Unit Playground 50 minutes	Group A,B Art Therapy Group 1 Group C School 50 minutes	½ Unit School, ½ Unit Playground 50 minutes	Art Therapy Group 2 Group C School 50 minutes	Playground	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 Group A Group B,C Music Therapy/Store 50 minutes	½ Unit School, ½ Unit Mindful Activity/Store 50 minutes	School Group A, Group B,C Music Therapy/Store 50 minutes	½ Unit School, ½ Unit Mindful Activity/Store 50 minutes	School Group A Group B,C Music Therapy/Store 50 minutes	Mindful Activity/Store	Mindful Activity/Store
2:10 - 3:00pm	Group A,C Art Therapy Group 2 School Group B 50 minutes	2:15-2:45pm Skills Group (Nursing) 50 minutes	Group A,C Art Therapy Group 2 School Group B 50 minutes	Physical Activity 50 minutes	Group A,C Creative Expression School Group B 50 minutes	2:00 -3:00pm Nature walk/yard/Alternate activity: puzzles or cooking group 30 min	2:15 -2:45pm Nature walk/yard/Alternate activity: puzzles or cooking group 30 min
3:00 - 3:30pm	GH: Community Meeting w/ Program Director CS: Physical Activity 30 minutes	2:45-3:15pm Physical Activity	Physical Activity 30 minutes	DBT THEME GROUP (Clinical) 30 minutes	GH: Community Meeting w/ Program Director CS: Physical Activity 30 minutes	Physical Activity	Physical Activity
3:30 - 4:00pm	Playground/Nature Walk 30 minutes	3:15-4:00pm Playground/ Nature Walk 45 minutes	Playground/Nature Walk 30 minutes	Playground/Nature Walk 30 minutes	Playground/Nature Walk 30 minutes	3:30pm Playground/ Nature Walk 30 minutes	3:30pm Playground/ Nature Walk 30 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	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
6:00 pm	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.

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

Goal Group - During the week this group is run by unit teacher during morning school group. On weekends it is run by nursing staff following breakfast. Patients choose a goal to work on for the day and a job to do to help around the unit.

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 - 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.

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

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 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.

Zumba®Kids: Run by licensed ZUMBA ® & Zumba ® Kids instructor. These classes feature kid-friendly routines based on original ZUMBA ® choreography by breaking down the steps, add games, activities, and cultural exploration elements into the class structure.