

Adolescent Inpatient Unit at Deerfield



1-800-528-6624

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 am	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)
8:30 -9:15 am	Breakfast 45 minutes	Breakfast 45 minutes	Breakfast 45 minutes	Breakfast 45 minutes	Breakfast 45 minutes	Breakfast 45 minutes	Breakfast 45 minutes
9:30-10:00 am	Goal Groups 30 minutes (Nursing)	Goal Groups 30 minutes (Nursing)	Goal Groups 30 minutes (Nursing)	Goal Groups 30 minutes (Nursing)	Goal Groups 30 minutes (Nursing)	9:30 am Goal Group/ Planning Meeting	9:30 am Goal Groups/ Planning Meeting
10:15-10:30 am	Room Checks/Brush Teeth 15 minutes	Room Checks/Brush Teeth 15 minutes	Room Checks/Brush Teeth 15 minutes	Room Checks/Brush Teeth 15 minutes	Room Checks/Brush Teeth 15 minutes	10:00 - 10:30 am Health Education (Nursing) 30 minutes	10:00 - 10:30am Health Education (Nursing) 30 minutes
10:30-11:15 am	DBT Skills Group (Clinical) 45 minutes	*10:30-11:00am DBT Skills Group (Clinical) 30 minutes	DBT Clinical Group (Clinical) 45 minutes	*10:30-11:00am DBT Skills Group (Clinical) 30 minutes	DBT Skills Group (Clinical) 45 minutes	11:00 - 11:15am Snack	11:00 - 11:15am Snack
11:30am 12:00 pm	11:30-12:15pm Recreation Therapy (Clinical) 45 min.	11:00-11:45am Art : Grp A 11:45-12:15pm Art: Grp B (Art Group Activities)(Nursing)	Medication Group (Nursing/Clinical) 30 minutes	11:00-11:45am Art : Grp A 11:45-12:15pm Art: Grp B (Art Group Activities)(Nursing)	11:30-12:15pm Music Therapy (Clinical) 45 minutes	11:15 - 11:45am Community Meeting (Nursing)30 minutes	11:15 - 11:45am Community Meeting (Nursing) 30 minutes
12:00-12:15pm	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	11:45 - 12:30pm Activities (Nursing)45 min	12:30 - 1:00pm Activities (Nursing)30 min
12:30-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15pm	School sign out	School sign out	1:00-1:30pm Nutrition Group (Nursing) 30 minutes	School sign out	School sign out	1:15 - 1:30pm Room Time 15 minutes	1:15 - 1:30pm Room Time 15 minutes
1:30-3:00 pm	School 90 minutes	School 90 minutes	School 90 minutes	School 90 minutes	School 90 minutes	1:30 - 3:00pm Activities (Nursing) 90 minutes	1:30 - 3:00pm Activities (Nursing) 90 minutes
3:00-3:30 pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:30-4:15 pm	Therapeutic Activities (Rec Therapist/Nursing) 75 minutes	Therapeutic Activities (Rec Therapist/Nursing) 75 minutes	Therapeutic Activities (Rec Therapist/Nursing) 75 minutes	Community Meeting (Nurse/Clinical) 75 min	Therapeutic Activities (Rec Therapist/Nursing) 75 minutes	3:30 - 4:30pm Activity (Nursing) 60 minutes	3:30 - 4:30pm Activity (Nursing) 60 minutes
4:30 -5:30 pm	TV/Free Time	TV/Free Time	TV/Free Time	TV/Free Time	TV/Free Time	TV/Free Time	TV/Free Time
5:30 - 6:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:45 - 6:00 pm	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time
6:00 - 7:00 pm	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes
7:00 -7:30 pm	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes
7:30-8:30 pm	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
8:30-9:30 pm	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack
9:30 pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew
10:00 pm	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew

KL 6/13/2023

Deerfield Program

Description of Activities and Groups

Physical 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.

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.

Activities: Patients will be exposed to many enriching opportunities, to experience positive social interactions; learn social skills and increase self-esteem.

DBT Skills Groups:

- **Mindfulness:** Patients will learn about the three states of mind, as well as the WHAT and HOW skills of mindfulness.
- **Distress Tolerance:** Patients will learn specific Distress Tolerance skills to use to in Wise Mind. These skills will be: Wise Mind ACCEPTS, 3-2-1, Self -Soothing and IMPROVE the moment.
- **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.
- **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.
- **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.
- **Skills Practice Group:** Patients will discuss DBT skills they have been learning in a small group setting.

Community Meeting: Program Director and Nurse Manager meet with patient community to model, teach and provide structure for problem solving.

DBT Clinical Group Therapy - With the guidance of a Clinician, patients explore their common problems and work out solutions.

Goal Group: Patients set daily goals that are related to their Individualized Target Behavior set at admission.

Free Time: This is for patients to practice organizing and using their own time. They can interact with other patient's or have alone time.

Health Education Group: Patients will discuss different topics related to living a healthy life, both physically and emotionally.

Music Therapy: Group run by Music Therapist, with 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. This group is facilitated by a Registered Dietetic Technician.

Recreation Therapy Group: Patient will practice DBT informed skills, focused on social skills, interpersonal effectiveness lead by recreational therapist through a variety of both physical activities and cooperative group activities.

Reward Group: Patients are given incentive rewards and participate in both solitary and interactive pursuits.

Room Time: This is for patients to be in their room for up to 15 minutes in between program, so that they can gather themselves, or destimulate before the next activity/group. They can also clean and organize their room during this time.

Social Skills Group: Group leaders engage patients in a directive activity that helps the patients develop insight and improved social understanding and skills.

Therapeutic Activities: Patients will be exposed to many enriching opportunities to experience positive social interactions; learn social skills and increase self-esteem.

Wrap-up Group: Patients will re-visit their chosen short-term goal and report feelings experienced during that day according to a scale.