

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 30 minutes (Nursing)	Wake up Medication/ADLs 30 minutes (Nursing)	Wake up Medication/ADLs 30 minutes (Nursing)	Wake up Medication/ADLs 30 minutes (Nursing)	Wake up Medication/ADLs 30 minutes (Nursing)	Wake up Medication/ADLs 30 minutes (Nursing)	Wake up Medication/ADLs 30 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	Gym 30 minutes (Nursing)	Gym 30 minutes (Nursing)	Gym 30 minutes (Nursing)	Gym 30 minutes (Nursing)	Gym 30 minutes (Nursing)	9:30 am Goal Group/ Planning Mtg 9:45 am Room Check	9:30 am Gaol Group/ Planning Mtg 9:45 am Room Check
10:15 10:30 am	Room Checks 15 minutes	Room Checks 15 minutes	Room Checks 15 minutes	Room Checks 15 minutes	Room Checks 15 minutes	10:00 - am Spiritual Meeting	10:00 - 10:30 am Health Education (Nursing) 30 min.
10:30 11:15 am	Goal Grp/DBT Skill Group (Nursing/Clinical) 45 minutes	Goal Grp/DBT Skill Group (Nursing/Clinical) 45 minutes (Clinical)	Goal Grp/DBT Skill Group (Nursing/Clinical) 45 minutes (Clinical)	Goal Grp/DBT Skill Group (Nursing/Clinical) 45 minutes (Clinical)	Goal Grp/DBT Skill Group (Nursing/Clinical) 45 minutes (Clinical)	11:00 - 11:15am Snack	10:45 - 11:00 am Snack
11:30 12:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	11:15 - 12:00 pm Theater/Creative Arts	11:00 - 11:45 am Art Therapy (Nursing) 45 min.
12:00 pm	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Lunch	Lunch
12:15-12:45pm	Skills Group 30 minutes (Nurse/Clinical)	Skills Group 30 minutes (Nurse/Clinical)	Skills Group 30 minutes (Nurse/Clinical)	Skills Group 30 minutes (Nurse/Clinical)	Skills Group 30 minutes (Nurse/Clinical)	12:45 - 1:15 pm Nutrition	12:45 - 1:15 pm Free Time
12:45-1:10 pm	Free Time 25 minutes	Free Time 25 minutes	Free Time 25 minutes	Free Time 25 minutes	Free Time 25 minutes	1:15 - 1:30 pm Room Time 15 minutes	1:15 - 1:30 pm Room Time 15 minutes
1:15 pm	School sign out	School sign out	School sign out	School sign out	School sign out	1:30 - 3:00 pm Physical Activity 90 min	1:30 - 3:00 pm Movie 30 min
1:20-3:00 pm	School	School	School	School	School		
3:00- 3:30 pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:30 - 4:00 pm	Community Meeting (Nurse/Clinical) 30 min	Community Meeting (Nurse/Clinical) 30 min	Community Meeting (Nurse/Clinical) 30 min	Community Meeting (Nurse/Clinical) 30 min	Community Meeting (Nurse/Clinical) 30 min	3:15 - 3:30 pm Quiet time 3:30 pm Snack	3:15 - 3:00 pm Quiet time 3:30 pm Snack
4:00 -5:00 pm	Gym 60 minutes	Music/Gym 60 minutes	Activities 60 minutes	Gym 60 minutes	Activities 60 minutes	Activities 60 minutes	Gym 60 minutes
5:00 - 5:15 pm	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time: 15 minute
5:15 - 5:45 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 min.	Activities (Nursing)60 min.	Activities (Nursing)60 min.	Activities (Nursing)60 min.	Activities (Nursing)60 min.	Activities (Nursing)60 min.	Activities (Nursing) 60 minutes
7:00 - 7:30 pm	Wrapup	Wrapup	Wrapup	Wrapup	Wrapup	Wrapup	Wrapup
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

revised for 1/10/2018

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.

Creative/Theater Arts Group: Patients use theater games and song writing/recording to develop insight and solutions to individual problems as well as express emotions/concerns in a medium less dependent on verbal skills.

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.

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

Good Choices: Patients will learn about healthy boundaries and learn strategies for good decision-making..

Free Time: This is for patient's 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.

Skills In Action: Patients will engage in a creative thinking activity that reinforces DBT skills learned.

Music Group - Patients will have an opportunity to meet with creative arts staff and use music room.

Nutrition Group: Patients will learn information concerning healthy eating patterns and the effect poor eating can have on mood and behavior.

Reward Earning Group: Patients will receive feedback and positive reinforcement regarding progress in improving target behavior goals.

Room Time: This is for patient's 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.

Spirituality Group: Non-denominational voluntary spiritual meeting that focuses on positive life choices, encouragement and reassurance.

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