

Adolescent Inpatient Unit at Deerfield



1-800-528-6624

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30am	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 -9:30am	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes
9:30-10:00am	Goals Group 30 minutes (Nursing)	Goals Group 30 minutes (Nursing)	Goals Group 30 minutes (Nursing)	Goals Group 30 minutes (Nursing)	Goals Groups/Room Checks 30 minutes (Nursing)	9:30 am Goals Group/ Planning Meeting 30 minute (Nursing)	9:30 am Goals Group/ Planning Meeting 30 minute (Nursing)
10:00-10:30am	DBT Skill Group 30 minutes (Clinical)	Room Checks 30 minutes (Nursing)	DBT Group 30 minutes (Clinical)	DBT Group 30 minutes (Clinical)	DBT Group 30 minutes (Clinical)	Community Meeting (Nursing) 30 minutes	Gym/ Recreation Therapy (Rec Therapist) 30 min.
10:30-11:15am	10:45-11:15am Art Therapy 30 minutes (Art Therapist) 11:30-11:45am Yard 15 min	DBT Skills Group 45 minutes (Clinical)	10:30-11:00am Medication Grp 30 minutes (MD/NPP) 11:00-11:15am Room Checks 15 minutes (Nursing)	10:45-11:30am Therapeutic Activity 45 minutes (Nursing)	10:45-11:30am Art Therapy 45 minutes (Art Therapist) 11:30-11:45am Yard 15 min	10:45 - 11:15am Therapeutic Activity 30 minutes (Nursing)	10:45-11:30am Art in Art Room 45 minutes (Therapist/Nursing) 11:30-11:45am Yard 15 min
11:15-11:45am	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)
11:45am 12:15 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15-12:30pm	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes
12:30-1:15pm	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes	12:30-1:00pm Nutrition Group 30 minutes (Dietitian/Nursing)	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes
1:15-3:00pm	School, Sept-June or **Summer Programming 105 minutes	School, Sept-June or **Summer Programming 105 minutes	1:00-1:15pm Quiet Time School, Sept-June or **Summer Programming 105 minutes	School, Sept-June or **Summer Programming 105 minutes	School, Sept-June or **Summer Programming 105 minutes	1:15-3:00pm Therapeutic Activity 105 min.(Nursing) 3:00pm Snack	1:15-3:00pm Therapeutic Activity 105 min.(Nursing) 3:00pm Snack.
3:00 - 3:45pm	Gym 45 minutes (Nursing)	Gym 45 minutes (Nursing)	Gym 45 minutes (Nursing)	Gym 45 minutes (Nursing)	Gym 45 minutes (Nursing)	3:15-4:00pm Gym 45 minutes (Nursing)	3:15-4:00pm Gym 45 minutes (Nursing)
3:45 - 4:00pm	Snack 15 minutes	Snack 15 minutes	Snack 15 minutes	Snack 15 minutes	Snack 15 minutes		
4:00 - 5:00pm	Therapeutic Activity 60 minutes (Nursing)	Therapeutic Activity 60 minutes (Nursing)	Therapeutic Activity 60 minutes (Nursing)	Therapeutic Activity 60 minutes (Nursing)	Therapeutic Activity 60 minutes (Nursing)	Yard/TV 60 minutes (Nursing)	Yard/TV 60 minutes (Nursing)
5:00 - 5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 - 6:00pm	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time	Room Time
6:00 - 7:00pm	Therapeutic Activities (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes
7:00 - 7:30pm	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
7:30-8:30pm	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
8:30-9:30pm	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack
9:30pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew
10:00pm	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

**SUMMER PROGRAMMING: June thru August: Nursing/Rec therapy/Creative Art Therapy

KL 9/26/2024

Deerfield Program

Description of Activities and Groups

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 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 Activity Group: Patients are given the opportunity to practice DBT skills a action thru varying peer activities.

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

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

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

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

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.

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 In Action: Patients get to practice their social skills during structured activities such as board games; leisure activities; Nursing Staff help to facilitate and model social skills and provide support to the patients.

Summer Programming: Summer programing occurs between June and September, in order to take full advantage of our facility's outdoor space during the good weather months. Patients can experience outdoor opportunities for movement, recreation, mindfulness and craft activities. Summer programming activities focus specifically on building social skills lead by the Creative Arts Therapists, Nursing staff and Recreation Therapists.

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.