

Child Inpatient Unit at Gatehouse

1-800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am -8:00am	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	Wake up/ADL's/ Breakfast/Morning Meeting 120 minutes
8:00am- 8:50am	School group A Group B Unit activity 50 minutes	School group A Group B Unit activity 50 minutes	School group A Group B Unit activity 50 minutes	School group A Group B Unit activity 50 minutes	School group A Group B Unit activity 50 minutes	830am-10:00am Gym / Playground by CS 90 minutes	830am-10:00am Gym/Playground by CS 90 minutes 9:30am-10:00am Art Therapy 30 minutes
8:30am-9:30am	Group C Gym 9:30am on unit Snack 60 minutes	Group C Gym 9:30am on unit Snack 60 minutes	Group C Gym 9:30am on unit Snack 60 minutes	Group C Gym 9:30am on unit Snack 60 minutes	Group C Gym 9:30am on unit Snack 60 minutes		
8:50am- 9:40am	Group A Unit activity School Group B 50 min	Group A Unit activity School Group B 50 min	Group A Unit activity School Group B 50 min	Group A Unit activity School Group B 50 min	Group A Unit activity School Group B 50 min		
9:40am- 10:30am	School Group C Physical activity 50 min	School Group C Physical activity 50 min	School Group C Physical activity 50 min	School Group C Physical activity 50 min	School Group C Physical activity 50 min	10:00am-10:30am Health Education 10:30am-11:00am Physical activity 30 min	10:00am-10:30am DBC video 10:30am-11:00am Physical activity 30 min
10:30am-11:00am	Therapy in Action (Clinical) 30 min	Skill Building Group (Clinical) 30 min	Therapy in Action (Clinical) 30 min	Medication Group (Clinical) 30 min	Community Meeting (Clinical) 30 min		
11:00am-11:20am	Yard 20 min	Yard 20 min	Yard 20 min	10:30am Art Therapy	Yard 20 min		
11:20am-11:50am	Lunch then Meds	Lunch then Meds	Lunch then Meds	Lunch then Meds	Lunch then Meds	Lunch then Meds	Lunch then Meds
11:50am- 12:15pm	Check in Group 25 min	Check in Group 25 min	Check in Group 25 min	Check in Group 25 min	Check in Group 25 min	Check in Group 25 min	Check in Group 25 min
12:15pm-1:05pm	School Group C 50 min	School Group C 50 min	School Group C 50 min	School Group C 50 min	School Group C 50 min	12:15pm-1:00pm 45 min Music therapy/GS GH	12:10pm-12:30pm Room checks 20 min
12:15pm-12:30pm	Room checks 15 min	Room checks 15 min	Room checks 15 min	Room checks 15 min	Room checks 15 min		
12:30pm-1:15pm	Physical Activity Group A /B Gym 45 min	Physical Activity/Gp A Group B Art Therapy 45 min	Physical Activity Group A /B Gym 45 min	Physical Activity Group A &B Pet Therapy 45 min	Physical Activity Group A /B Gym 45 min	Physical Activity Yard 45 min	Physical Activity Gym 45 min
1:15pm-2:05pm	School Group A Relaxation/ Skills Video Group B + C 50 min	School Group A Relaxation/ Skills Video Group B + C 50 min	School Group A Relaxation/ Skills Video Group B + C 50 min	School Group A Relaxation/ Skills Video Group B + C 50 min	School Group A 5 Relaxation/ Skills Video Group B + C 50 min		
2:10pm-3:00pm	School Group B Physical Activity Group A + C 50 min	School Group B Physical Activity Group A + C 50 min	School Group B Physical Activity Group A + C 50 min	School Group B Physical Activity Group A + C 50 min	School Group B Physical Activity Group A + C 50 min	1:15pm-2:15pm Snack/Relaxation Grp Skills Video 60 min 2:15pm-3:00pm Arts and Crafts 45 min 3:00pm-3:10pm Star Meeting 10 min	1:15pm-2:15pm Snack Movie Group 60 min 2:15pm-3:00pm Cooking Group 45 min 3:00pm-3:10pm Star Meeting 10 min
3:00pm- 3:10pm	Star Meeting/ Snack 10 min	Star Meeting/ Snack 10 min	Star Meeting/ Snack 10 min	Star Meeting/ Snack 10 min	Star Meeting/ Snack 10 min		
3:10pm-4:00pm	Incentive Time/Phones Activity/Store 50 min	Incentive Time/Phones Activity/Store 50 min	Incentive Time/Phones Activity/Store 50 min	Incentive Time/Phones Activity/Store 50 min	Incentive Time/Phones Activity/Store 50 min	Incentive Time/Phones Activity/Store 50 min	Incentive Time/Phones Activity/Store 50 min
4:00pm-4:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
4:45pm-5:45pm	Meds/ ADL's 60 min	Meds/ ADL's 60 min	Meds/ ADL's 60 min	Meds/ ADL's 60 min	Meds/ ADL's 60 min	Meds/ ADL's 60 min	Meds/ ADL's 60 min
5:45pm-6:00pm	Star Meeting 15 min	Star Meeting 15 min	Star Meeting 15 min	Star Meeting 15 min	Star Meeting 15 min	Star Meeting 15 min	Star Meeting 15 min
6:00pm- 7:15pm	Movie Group/Incentive Time/Snack/Phone 75 min	Movie Group/Incentive Time/Snack/Phone 75 min	Movie Group/Incentive Time/Snack/Phone 75 min	Movie Group/Incentive Time/Snack/Phone 75 min	Movie Group/Incentive Time/Snack/Phone 75 min	Movie Group/Incentive Time/Snack/Phone 75 min	Movie Group/Incentive Time/Snack/Phone 75 min
7:15pm-7:30pm	1st bedtime: Under 10	1st bedtime: Under 10	1st bedtime: Under 10	1st bedtime: Under 10	1st bedtime: Under 10	1st bedtime: Under 10	1st bedtime: Under 10
8:00pm-8:30pm	2nd bedtime: 10 yo	2nd bedtime: 10 yo	2nd bedtime: 10 yo	2nd bedtime: 10 yo	2nd bedtime: 10 yo	2nd bedtime: 10 yo	2nd bedtime: 10 yo

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 for all patients to discuss living together in the milieu.

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. Also discussed will be community issues/goodbyes with routine handwashing and fire safety issues reviewed.

Morning Meeting / Goal Group - Meets each morning to set up the day. Run by nursing staff. During this group the patients set a goal for the day (something they are working on or need to address that day). The patients set up the calendar for the day, state the Pledge of Allegiance (as they would in school) and pick a job for the 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.

Pet Therapy - Occurs one time per week. The dogs and their handlers have been trained to help patients calm down, stay in control, talk, take responsibility, lessen depression and anxiety and be patient. The pet therapists can work with individual patients as well as with small groups.

Relaxation Group - Run by Nursing. This group provides the patients with an opportunity to listen to soft music in a dimly lit room and use this method as a coping skill.

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 Building Group - Run by MHAS/ABA Therapist. A wide variety of coping skills will be reviewed and children will be given the opportunity to engage in role playing skits.

Skills Group - Run by Nursing. During this group the patients review safety issues such as fire drill procedures, hand washing, and coping skills.

Star Meetings / Incentives - Run by Nursing. During these two 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.

Therapy in Action - Run by Therapist and co-led with nursing. Patients are given scenarios to discuss coping skills and possible outcomes to the different scenarios.

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.

Bonus Curfew: This is awarded to children who earn 20 or more bonus stars. These children can stay up an additional 45 minutes during which time they can play Wii, Playstation, DS or other desired activity.

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.

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.