

Adult Inpatient Program Treatment at Lodge

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:30 am	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min
7:30-8:30 am	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene/Weekly Weights 60 min
8:30 am	Breakfast on the unit	Breakfast on the unit	Breakfast on the unit	Breakfast on the unit	Breakfast on the unit	Breakfast on the unit	Breakfast on the unit
9:30 - 10:30am	Goals Group (Nursing) 60 min	Goals Group (Nursing) 60 min	Goals Group (Nursing) 60 min	Goals Group (Nursing) 60 min	Goals Group (Nursing) 60 min	Goals Group (Nursing) 60 min	Goals Group (Nursing) 60 min
10:30-11:15 am	DBT Clinical Group (Clinical) 45 min	DBT Clinical Group (Clinical) 45 min	DBT Clinical Group (Clinical) 45 min	DBT Clinical Group (Clinical) 45 min	DBT Clinical Group (Nursing) 45 min	Mindfulness Walk (Nursing) 45 min	Community Meeting (Nursing) 45 min
11:30 am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15 pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
12:30-1:15pm	12:30-1:00pm Nutrition Group (Nursing) 30 min	DBT Skills Activity (Nursing) 45 min	DBT Skills Activity (Nursing) 45 min	DBT Skills Activity (Nursing) 45 min	DBT Skills Activity (Nursing) 45 min	* DBT Skills Group (Nursing) 45 min	* DBT Skills Group 1pm (Nursing) 45 min 1pm Art Therapy (Clinical) 60 min
1:30 - 2:15 pm	Therapeutic Activity (Nursing) 45 min	Therapeutic Activity (Nursing) 45 min	Recreational Therapy w/ Umar (Nursing) 45 min	Therapeutic Activity (Nursing) 45 min	Therapeutic Activity/ (Nursing) 45 min	Therapeutic Activity (Nursing) 45 min	DBT Skills Group 2pm (Nursing) 45 min Art Therapy 2pm (Clinical) 60 min
2:30 - 3:15pm	Therapeutic Activity (Nursing) 45 min	Therapeutic Activity (Nursing) 45 min	Recreational Therapy w/ Lani (Nursing) 45 min	Recreational Therapy w/ Amanda (Nursing) 45 min	Therapeutic Activity (Nursing) 45 min	DBT Skills Activity (Nursing) 45 min	DBT Skills Activity 3pm (Nursing) 45 min
3:30- 4:15pm	Recreational Therapy (Nursing) 45 min	* DBT Skills Activity (Nursing) 45 min	* DBT Skills Activity (Nursing) 45 min	Music Therapy/Art Therapy (Clinical) 45 min	* DBT Skills Activity (Nursing) 45 min	* DBT Skills Activity (Nursing) 45 min	Recreational Therapy w/ Amanda (Nursing) 45 min
4:30 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:15 pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
5:30-6:00 pm	Wrap-up Group (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Wrap-up Group (Nursing) 30 min
6:15 - 7:00 pm	* DBT Skills Group (Nursing) 45 min Art Therapy 6pm (Clinical) 60 min	* DBT Skills Group (Nursing) 45 min Art Therapy 6pm (Clinical) 60 min	* DBT Skills Group (Nursing) 45 min	* DBT Skills Group (Nursing) 45 min Art Therapy 6pm (Clinical) 60 min	* DBT Skills Group (Nursing) 45 min	* DBT Skills Group (Nursing) 45 min	* DBT Skills Group (Nursing) 45 min
7:15 - 8:00 pm	Self-Expression Group (Nursing) 45 min	Self-Expression Group (Nursing) 45 min	Self-Expression Group (Nursing) 45 min	Self-Expression Group (Nursing) 45 min	Self-Expression Group (Nursing) 45 min	Self-Expression Group (Nursing) 45 min	Self-Expression Group (Nursing) 45 min.
8:00-pm	Medication Time/ VS	Medication Time/ VS	Medication Time/ VS	Medication Time/ VS	Medication Time/ VS	Medication Time/ VS	Medication Time/ VS
8:30-10:30pm	Wind down Activities Daily Reflection Quiet Time/ Lights Out/ DBT Homework	Wind down Activities Daily Reflection Quiet Time/ Lights Out DBT Homework	Wind down Activities Daily Reflection Quiet Time/ Lights Out DBT Homework	Wind down Activities Daily Reflection Quiet Time/ Lights Out DBT Homework	Wind down Activities Daily Reflection Quiet Time/ Lights Out DBT Homework	Wind down Activities Daily Reflection Quiet Time/ Lights Out DBT Homework	Wind down Activities Daily Reflection Quiet Time/ Lights Out DBT Homework

* On a rotating weekly schedule: The gym, game room, and movie room groups will take the place of scheduled groups at 12:30, 3:30 and or 6:15pm.

Group Descriptions

Adult Inpatient Program

DBT Groups

Multiple DBT groups are spread out throughout the weeks so all patients can have access to the skills regardless of the day of admission. Consideration is given to those patients who are here more than one week and they will be given assignments to tailor to their DBT journey.

What is DBT? – An introduction to the treatment model of DBT.

ACCEPTS – Uses an acronym that stands for activities, contribution, comparisons, emotions, push away, thoughts, and sensations.

Check the Facts - Discover whether emotions are fitting to the reality.

Coping Ahead - Learn to anticipate obstacles and how the accompanying emotions can be managed.

Distress Tolerance - Includes but is not limited to: ACCEPTS, SELF-SOOTHE, IMPROVE, RADICAL ACCEPTANCE, WILLINGNESS AND WILLFULNESS, TURNING THE MIND, PROGRESSIVE RELAXATION, TIP, PROS AND CONS AND STOP.

Emotion Regulation - Covers Check the Facts, changing emotional responses, problem solving, reducing vulnerabilities using a variety of skills throughout your stay that would include the PLEASE skills.

Interpersonal Effectiveness - Includes DEARMAN getting your goals and needs met, keeping a relationship, keeping your self-respect while finding and building relationships, and balancing acceptance and change and the GIVE skill which focuses on learning methods of working with others in relationships that are important to maintain

Mindfulness - Explores various levels of observation and awareness. Including understanding the States of Mind, Emotion Mind, Rational Mind and Wise Mind.

PLEASE Skills - Will include nutrition and medication and health tips.

Radical Acceptance - Patients learn to utilize Radical Acceptance skills.

Self-Expression - Patients learn various forms of positive communication.

Walking the Middle Path - Patients learn about dialectics, validation, acceptance, and change.

Wrap Up Group - Explores how following the goal for the day went and what obstacles were observe.

Therapy Groups:

Therapeutic Activities/Leisure - May include walks around the hospital grounds, quiet time in the garden, out- door activities such as volleyball, exercise, stretching. Patients may go to the indoor basketball gym.

Art Therapy - Go to art workshop and focus on skills and principles using different mediums.

DBT Coping Skills - Explore the differences of positive and negative coping skills.

Community Meeting and Goal Group - The milieu will identify any related concerns. Each person will make a goal for behavior change daily.

Recreation Therapy Group: Patient will participate in DBT focused activities run by the Recreational Therapist, such as hands on mindfulness activities, role play and yoga.

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

Mindfulness Walk – The group will take a walk while mindfully attending to senses of vision, hearing, smell, touch.

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.

DBT Skills Activity Group – Interactive activities pertaining to using learned DBT coping skills.