

# Adult Inpatient Program Treatment at Lodge/Sunset

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>6:15 - 7:30am</b>	VS/Meds/Labs (Nursing) 75 minutes	VS/Meds/Labs (Nursing) 75 minutes	VS/Meds/Labs (Nursing) 75 minutes	VS/Meds/Labs (Nursing) 75 minutes	VS/Meds/Labs (Nursing) 75 minutes	VS/Meds/Labs (Nursing) 75 minutes	VS/Meds/Labs (Nursing) 75 minutes
<b>7:30 9:30 am</b>	Wake up/ADLs Breakfast/Medication	Wake up/ADLs Breakfast/Medication	Wake up/ADLs Breakfast/Medication	Wake up/ADLs Breakfast/Medication	Wake up/ADLs Breakfast/Medication	8:00-9:00 am Wake up/ ADLs/Breakfast/	8:00-9:00 am Wake up/ ADLs/Breakfast/
<b>8:30 9:30 am</b>	Phone calls (Nursing) 60 minutes	Phone calls (Clinical) 60 minutes	Phone calls (Nursing) 60 minutes	Phone calls (Clinical) 60 minutes	Phone calls (Nursing)60 minutes	9:30-10:00am Weights & Vital Signs/Room Cleaning (Nursing)	9:30-10:00am Weights & Vital Signs/Room Cleaning (Nursing)
<b>9:30 10:00 am</b>	Community Meeting/ Goals Group/Culture and Safety (Nursing/ Clinical)30 minutes	Community Meeting/ Goals Group/Culture and Safety (Nursing/ Clinical) 30 minutes	Community Meeting/ Goals Group/Culture and Safety (Nursing/ Clinical) 30 minutes	Community Meeting/ Goals Group/Culture and Safety (Nursing/ Clinical) 30 minutes	Community Meeting/ Goals Group/Culture and Safety (Nursing/ Clinical) 30 minutes	Goals Group (Nursing) 30 minutes	10:00 -10:45 am Goals Group (Nursing) 45 minutes
<b>10:00 11:00 am</b>	Therapeutic Activity/Gym (Nursing) 60 minutes	Art Therapy/Therapeutic Activity (Creative Arts Therapist) 60 minutes or Gym	Summer Programming or Music Therapy (Nursing/Creative Arts Therapist) 60 minutes	Art Therapy/Therapeutic Activity (Creative Arts Therapist) 60 minutes or Gym	Summer Programming or Music Therapy (Nursing/Creative Arts Therapist) 60 minutes	Recreation Therapy at Gym (Rec Therapist) 60 minutes 11:00 - 11:45 pm	10:45 - 11:45 am Therapeutic Activity (Nursing) 60 minutes
<b>11:00 - 11:45 pm</b>	DBT Skills Group (Clinical) 45 minutes	Medication Education Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	Therapeutic Activity (Nursing) 45 minutes	
<b>11:45-12:15pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:15 -12:30pm</b>	Orientation For New Patients(Nursing)15 min.	Orientation For New Patients(Nursing)15 min.	Orientation For New Patients(Nursing)15 min.	Orientation For New Patients(Nursing)15 min.	Orientation For New Patients(Nursing)15 min.	Orientation For New Patients(Nursing)15 min.	Orientation For New Patients(Nursing)15 min.
<b>12:30 - 1:00pm</b>	Medication/Phone Calls (Nursing) 30 minutes	Medication/Phone Calls (Nursing) 30 minutes	Medication/Phone Calls (Nursing) 30 minutes	Medication/Phone Calls (Nursing) 30 minutes	Nutrition (Dietitian) 30 minutes	Medication/Phone Calls (Nursing) 30 minutes	Medication/Phone Calls (Nursing) 30 minutes
<b>1:00 - 1:20 pm</b>	DBT Homework (Nursing) 20 minutes	DBT Homework (Nursing) 20 minutes	DBT Homework (Nursing) 20 minutes	DBT Homework (Nursing) 20 minutes	DBT Homework (Nursing) 20 minutes	1:00-2:00pm Therapeutic Activity (Nursing) 60 minutes	1:00-2:00pm Art Therapy Creative Arts (Creative Arts Therapist) 60 min
<b>1:20- 3:00 pm</b>	Summer Programming (Nursing/Creative Arts) 100 minutes	Summer Programming (Nursing/Creative Arts) 100 minutes	Summer Programming (Nursing/Creative Arts) 100 minutes	Summer Programming (Nursing/Creative Arts) 100 minutes	Summer Programming (Nursing/Creative Arts) 100 minutes	2:15 - 3:00 Recreation Therapy (Rec therapist) 45 minutes 3:00 - 3:35 Activity(Nursing)	2:00 - 3:00 pm Therapeutic Activity (Nursing) 60 minutes
<b>3:00 - 3:15 pm</b>	Snack (Nursing) 15 minutes	Snack (Nursing) 15 minutes	Snack (Nursing) 15 minutes	Snack (Nursing) 15 minutes	Snack (Nursing) 15 minutes	3:35-3:45 pm Snack 10 minutes	3:00 pm Snack/meds
<b>3:15 - 4:00 pm</b>	Phone calls/Unit activity (Nursing) 45 minutes	Phone calls/Unit activity (Nursing) 45 minutes	Phone calls/Unit activity (Nursing) 45 minutes	Phone calls/Unit activity (Nursing) 45 minutes	Phone calls/Unit activity (Nursing) 45 minutes	3:45 - 4:30 pm Therapeutic Activity (Nursing) 45 minutes	3:15 - 4:00 pm Planned Activity (Nursing) 45 minutes
<b>4:00 - 5:00 pm</b>	Yard/Therapeutic Activity (Nursing) 60 minutes	3:45-4:30pm Substance Use Education Group (CASAC) 45 minutes 4:30-5:00pm Yard	Yard (Nursing) 60 minutes 4:00-5:00pm Creative Arts (Creative Arts Therapist) 60 minutes	3:45-4:30pm Substance Use Education Group (CASAC) 45 minutes 4:30-5:00pm Yard	Yard (Nursing) 60minutes 4:00-5:00pm Creative Arts (Creative Arts Therapist) 60 minutes	4:30-5:15pm Yard (Nursing) 45 minutes	4:00 - 4:45 pm Gym 45 minutes
<b>5:00 - 5:30 pm</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>5:15-5:45pm</b>	Self Expression Group (Nursing) 30 minutes	Self Expression Group (Nursing) 30 minutes	Self Expression Group (Nursing) 30 minutes	Self Expression Group (Nursing) 30 minutes	Self Expression Group (Nursing) 30 minutes	Self Expression Group (Nursing) 30 minutes	Self Expression Group (Nursing) 30 minutes
<b>5:45 - 7:00pm</b>	Yard/Therapeutic Activity (Nursing) 75 minutes	Yard/Therapeutic Activity (Nursing) 75 minutes	Yard/Therapeutic Activity (Nursing) 75 minutes	Yard/Therapeutic Activity (Nursing) 75 minutes	Yard/Therapeutic Activity (Nursing) 75 minutes	Yard/Therapeutic Activity (Nursing) 75 minutes	Yard/Therapeutic Activity (Nursing) 75 minutes
<b>7:00 - 7:30 pm</b>	Meds/DBT/Homework	Meds/DBT/Homework	Meds/DBT/Homework	Meds/DBT/Homework	Meds/DBT/Homework	Meds/DBT/Homework	Meds/DBT/Homework
<b>7:30 - 8:00pm</b>	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)
<b>8:00 - 8:30 pm</b>	Snack/Phone calls/TV ADL's	Snack/Phone calls/TV ADL's	Snack/Phone calls/TV ADL's	Snack/Phone calls/TV ADL's	Snack/Phone calls/TV ADL's	Snack/Phone calls/TV ADL's	Snack/Phone calls/TV ADL's
<b>8:30-10:30pm</b>	Wind down activities Quiet Time	Wind down activities Quiet Time	Wind down activities Quiet Time	Wind down activities Quiet Time	Wind down activities Quiet Time	Wind down activities Quiet Time	Wind down activities Quiet Time

# Lodge/Sunset 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.

**Community Meetings:** This is a group led by clinical and nursing staff for the purpose of identifying community concerns, welcoming new patients and terminating with patients to be discharged

**Culture of Safety:** Patients will meet as a group with clinical staff to review the rules of the unit designed to encourage a culture of safety. This includes a zero tolerance bullying policy. Patients will be encouraged to come to staff if they encounter any problems/concerns on the unit.

**Recreation Therapy:** Patients will engage in a creative thinking activity that reinforces skills learned, including Yoda, Journaling with music.

### DBT Skills Groups:

- **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.

- **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.

- **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.

- **Skills Practice Group:** Patients will discuss DBT skills they have been learning in a small group setting.

- **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.

**DBT Homework Group:** Patients will complete worksheets on the different skills they are learning and discuss in a small group setting

**Goals Group:** Patients set daily goals that are related to their Individualized Target Behavior set at admission. Community issues are raised and discussed and the culture of safety is reviewed.

**Levels/Feedback Group:** Patients present requests for a change in level to their peers. They receive feedback on their progress toward treatment goals from peers and staff.

**Medication Education Group:** Patients will learn about the medications they are taking and be able to ask specific questions from the Nurse Practitioner who is prescribing their medication.

**Music Therapy Group:** This is an expressive art program dealing with patient's feelings and active treatment issues in which patients are able to express their emotions and thoughts through music. Patients record songs they have written about themselves and cd's re made or them.

**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.

**New Patient Orientation Group:** Patients meet with staff to review safety, discuss expectations in the milieu, and ask staff any questions they might have. They will also meet with a therapist who explains DBT packet and treatment and also helps patient set an Individualized Target Behavior. A tour of the facility is also provided.

**Quiet Time:** Designated time on the unit where activity and conversation is minimized to allow patients the ability to transition to the next program. This time will also be used to check in with staff and to clean rooms.

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

**Substance Abuse Education Group:** Patients are given information on various substances of abuse and the negative impact, both psychologically and physically. They also learn to formulate a design for living in recovery through the integration of the cognitive and behavioral strategies required to prevent a return to substance abuse.

**Summer Programming:** Summer programming 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 Activity:** Patients engage in an individualized activity to promote calm and well-being. These may include meditation, reading, music, or writing. May include walks around the grounds, outdoor activities such as volleyball/ basketball, utilizing gym equipment/games to improve health and compliment other treatment interventions.

**Wrap-up Group:** Patients review their daily goal and discuss skills used and/or obstacles to meeting goal.