

Adult Inpatient Program Co-occurring Disorder 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	Meds/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
8:30am	Breakfast in MDR	Breakfast in MDR	Breakfast in MDR	Breakfast in MDR	Breakfast in MDR	Breakfast on the unit	Breakfast on the unit
9:30-10:30 am	Group Therapy (Clinical) 60 min	Group Therapy (Clinical) 60 min	Group Therapy (Clinical) 60 min	Group Therapy (Clinical) 60 min	Group Therapy (Clinical) 60 min	PLEASE Skills (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min
10:30-11:30 am	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Coping Ahead/ 10 am NAMI 3rd Sunday (Nursing) 60 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
12:30-1:30pm	Compulsive Behaviors (CASAC) 60 min	Topics in Recovery (CASAC) 60 min	Stages of Change (CASAC) 60 min	Phases and Warning Signs of Relapse (CASAC) 60 min	Relapse Prevention (CASAC) 60 min	ACCEPTS Skills (Nursing) 60 min	Pros and Cons/Coping Ahead every 3rd Sunday (Nursing) 60 min
1:30 - 2:30 pm	Group Therapy with Dr. Klagsbrun (Clinical) 60 min	Diary Card (Nursing) 60 min	Group Therapy with Dr. Klagsbrun (Clinical) 60 min	Crisis Management Plan (Nursing) 90 min	Group Therapy with Dr. Klagsbrun (Clinical) 60 min	Willingness and Willfulness Skills (Nursing) 90 min	Interpersonal Effectiveness (Nursing) 60 min
2:30 - 3:30 pm	Understanding the disease of addiction (CASAC) 60 min	The 12 Steps and DBT (CASAC) 60 min	Developing Your Spirituality (CASAC) 60 min	Distress Tolerance Skills (CASAC) 60 min	Positive Emotions (CASAC) 60 mins	Relaxation and TIPS Skills (Nursing) 60 min	Walking The Middle Path/ Mindfulness (Nursing) 2:00pm Art Workshop (Clinical) 60 min
3:30- 4:30 pm	STOP Skills (Nursing) 60 min	Focusing the Mind (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 min	Target Behaviors (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 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	Activity (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Activity (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Activity (Nursing) 30 min	Activity (Nursing) 30 min	Activity (Nursing) 30 min
6:00 - 7:00 pm	Wrap-up Group (Nursing) 60 min	Art Workshop (Nursing) 60 min	Wrap-up Group (Nursing) 60 min	Art Workshop (Clinical) 60 min	Wrap-up Group (Nursing) 60 min	Wrap-up Group (Nursing) 60 min	Wrap-up Group (Nursing) 60 min
7:00 - 8:00 pm	Nightly Meeting/AA (Nursing) 60 min	Nightly Meeting/AA (Nursing) 60 min	Nightly Meeting/AA (Nursing) 60 min	Nightly Meeting/AA (Nursing) 60 min	Nightly Meeting/AA (Nursing) 60 min	Nightly Meeting/AA (Nursing) 60 min	Nightly Meeting/AA (Nursing) 60 min
8:00-9:15 pm	Medication Time/VS	Medication Time/VS	Medication Time/VS	Medication Time/VS	Medication Time/VS	Medication Time/VS	Medication Time/VS
9:00 pm	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min
9:30 pm	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
10:00 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Group Descriptions

Adult Inpatient Program

Core/Co-Occurring Psychiatric Treatment

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.

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

Behavioral Chain Analysis - Analyze problem behaviors learning links and vulnerabilities.

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.

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.

Coping Skills Group - Patients identify their personal strengths and supports necessary to build a set of skills they can use to maintain treatment gains. Including coping IN ADVANCE.

Crisis Planning Identify what causes a crisis and what help do we need to manage a crisis.

Diary Card Group - In a group setting patients learn how to apply solutions to daily urges and obstacles.

Distress Tolerance - Includes but is not limited to: ACCEPTS, SELF-SOOTHE, IMPROVE, RADICAL ACCEPTANCE, WILLINGNESS AND WILLFULNESS, TURNING THE MIND, PAIRED MUSCLE 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.

Focusing the Mind - Discover various forms of Mindfulness, Breathing and Meditation, Walking the Middle Path, Burning Bridges and Building new Bridges as some examples.

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.

Mindfulness - Explores various levels of observation and awareness.

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.

Target Behaviors - Patients explore their target behaviors to gain insight into the solutions.

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 observed.

Therapy Groups:

The 12 Steps and DBT- The group will learn to identify different DBT skills as they relate to the 12 steps.

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

Alcoholics Anonymous (AA) - Alcoholics Anonymous groups give the patients 12 step supports.

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

Community Meeting - Group for all patients to discuss living together in the milieu.

Compulsive Behaviors and their Consequences- The group will discuss the recent changes in the definition of Addiction. The idea that addiction is no longer defined as just having a physical dependence, but also includes the experience of having a compulsion (as gambling, shopping, eating, sex and many others). As far as the brain is concerned a reward is a reward. We will identify common addictions and talk about the positive and negative consequences.

Crisis Planning - Patients will learn how to identify relapse triggers and warning signs and acquire practical tools.

Developing Spirituality - In group we will discuss the four dimensions of spirituality and do some reflective writing. We will discuss the topics from the book "The Four Agreements" by Don Miguel Ruiz, as well as other spiritual and mindful texts.

Distress Tolerance Skills the group will learn distress tolerance skills to manage relapse triggers.

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

Leisure Time - Includes staff coaching, making phone calls, visits, socializing and laundry.

NAMI (National Alliance on Mental Illness) To empower and educate patients to address their issues.

Phases and Warning Signs of Relapse - The group will identify triggers of relapse.

Distress Tolerance Skills- The group will learn distress tolerance skills to manage relapse triggers.

Positive Emotion - Patients learn to accumulate positive emotions.

Relapse Prevention - The group will create a relapse prevention plan to help them manage their recovery. They will learn and implement a plan based on Terry Gorski's work.

Stages of Change - The group will learn the Stage of Change Model, developed by Prochaska and DiClementi. The group will explore where they are in the cycle, through discussion and a series of reflective questions.

The 12 Steps and DBT - The group will learn to identify different DBT skills as they relate to the 12 steps.

Topics in Recovery - a discussion on related topics in recovery..

Understanding the Disease of Addiction - A discussion about the brain on drugs as well as how the brain gets activated by drugs and other compulsions.