

Adolescent Inpatient Unit at Northgate

1-800-528-6624



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|--|--|--|--|---|---|
| 7:30 - 8:45 am | Wake up/ADL's Meds & Breakfast | Wake up/ADL's Meds & Breakfast | Wake up/ADL's Meds & Breakfast | Wake up/ADL's Meds & Breakfast | Wake up/ADL's Meds & Breakfast | Wake up/ADL's Meds & Breakfast | Wake up/ADL's Meds & Breakfast |
| 8:30 - 10:30 am | School 120 minutes | School 120 minutes | School 120 minutes | School 120 minutes | School 120 minutes | 10:00 Spirituality Group | 11:15-12:00 1 Boys Nutrition Group (RN/MHW) Girls Health Education - 45 minutes |
| 10:45 - 11:15 am | Issues and Goals/New Patient Orientation Grp 30 minutes (Nursing) | Issues and Goals/New Patient Orientation Grp 30 minutes (Nursing) | Issues and Goals/New Patient Orientation Grp 30 minutes (Nursing) | Issues and Goals/New Patient Orientation Grp 30 minutes (Nursing) | Issues and Goals/New Patient Orientation Grp 30 minutes (Nursing) | 11:15-12:00 Boys Health Education Group (RN/MHW) Girls Nutrition Group - 45 minutes | |
| 11:15 - 12:00 am | Therapeutic Activity 45 minutes (Nursing) | Therapeutic Activity 45 minutes (Nursing) | Therapeutic Activity 45 minutes (Nursing) | Therapeutic Activity 45 minutes (Nursing) | Therapeutic Activity 45 minutes (Nursing) | Boys/Girls Issues & Goals New Patient Orientation Group - 30 minutes (Nursing) | Boys/Girls Issues & Goals New Patient Orientation Group - 30 minutes (Nursing) |
| 12:00 - 12:30 pm | Boys Meds/Room Check Phone calls | Girls Activity Grp -30 min | Girls Activity Grp-30 min | Girls Levels Feedback Grp (Clinical / Nursing) 30 min | Girls Activity Grp-30 min | Girls Activity Grp-30 min | Girls Activity Grp-30 min |
| | Girls Levels Feedback Grp-30 min (Clinical/Nursing) | Boys Meds / Room Check Phone calls | Boys Meds / Room Check / Phone calls | Boys Meds / Room Check Phone calls | Boys Meds / Room Check Phone calls | Boys Meds / Room Check Phone calls | Boys Meds / Room Check Phone calls |
| 12:30 - 1:00 pm | Girls Meds / Room Checks/Phone calls | Girls Meds / Room Checks / Phone calls | Girls Meds / Room Checks / Phone calls | Girls Meds / Room Checks/Phone calls | Girls Meds / Room Checks/Phone calls | Girls Meds / Room Checks / Phone calls | Girls Meds / Room Check / Phone |
| 12:30 - 1:15 pm | Boys Lunch | Boys Lunch | Boys Lunch | Boys Lunch | Boys Lunch | Boys Lunch | Boys Lunch |
| 1:00 - 1:45 pm | Girls Lunch | Girls Lunch | Girls Lunch | Girls Lunch | Girls Lunch | Girls Lunch | Girls Lunch |
| 1:45 - 2:30 pm | Red/Blue DBT Skills Group (Clinical/Nursing) 45 minutes | Red/Blue DBT Skills Group (Clinical/Nursing) 45 minutes | Red/Blue DBT Skills Group (Clinical/Nursing) 45 minutes | Red/Blue DBT Skills Group (Clinical/Nursing) 45 minutes | Red/Blue DBT Skills Group (Clinical/Nursing) 45 minutes | 1:45-2:30 Boys / Girls Developing Healthy Relationships 45 minutes | 1:45-2:30 Boys / Girls Activity Grp- 45 minutes (MHAS / Nursing) |
| 2:30 - 3:00 pm | Girls Activity Group/ Boys Level Feedback Grp 30 minutes (MHAS / Nursing) | Red/Blue Med Group 30 minutes (Clinical /Nursing) | Transitions Group 30 minutes (Clinical/Nursing) | Substance Abuse Group Boys Level Feedback Grp/ Boys Activity Grp 30 min. (Clinical/Nursing) | Transitions Group Substance Abuse Group 30 minutes (Clinical/Nursing) | Boys/Girls Activity Group (MHAS / Nursing) 30 minutes | Boys/Girls Activity (MHAS / Nursing) 30 minutes |
| 3:00 - 4:00 pm | Boys Art Therapy Group Girls Activity Group 60 minutes (Nursing) | Boys/Girls Creative Arts/ Activity Group 60 minutes (Clinical/Nursing) | Boys/Girls Activity Group/3:15 Zumba 60 minutes (MHAS/Nursing) | Boys/Girls Activity Group 60 minutes (MHAS/Nursing) | Boys/Girls Activity Group 60 minutes (MHAS/Nursing) | Boys/Girls Activity Group 3:30 Theater Arts (MHAS / Nursing) 60 minutes | Boys /Girls Activity Group/ Art Therapy 60 minutes (MHAS / Clinical) |
| 4:00 - 5:00 pm | Boys Activity Group (Nursing) 60 minutes Girls Art Therapy Group (Art Therapist) 60 min. | Boys DBT Homework Grp (Nursing) 60 minutes Girls DBT Homework Grp (Nursing) 60 minutes | Boys DBT Activity (Nursing) 60 minutes Girls DBT Activity (Nursing) 60 minutes | Boys DBT Homework Grp (Nursing) 60 minutes Girls DBT Homework Grp (Nursing) 60 minutes | Boys DBT Activity Group (Nursing) 60 minutes Girls DBT Activity Group (Nursing) 60 minutes | Boys Activity Group (Nursing) 60 minutes Girls Activity Group (Nursing) 60 minutes | Boys Art Workshop/Activity Group (Nursing) 60 min Girls Activity Group (Nursing) 60 minutes |
| 5:00 - 5:30 pm | Boys Activity (Nursing) Girls Meds (Nursing) 30 minutes | Boys Activity Group (Nursing) / Girls Meds (Nursing) 30 minutes | Boys Activity Group (Nursing)/Girls Meds (Nursing) 30 minutes | Boys Activity Group (Nursing) / Girls Meds (Nursing) 30 minutes | Boys Activity Group (Nursing) / Girls Meds (Nursing) 30 minutes | Boys Activity Group (Nursing) / Girls Meds (Nursing) 30 minutes | Boys Activity Group (Nursing)/Girls Meds (Nursing) 30 minutes |
| 5:30 - 6:00 pm | Girls Dinner | Girls Dinner | Girls Dinner | Girls Dinner | Girls Dinner | Girls Dinner | Girls Dinner |
| 6:00 - 6:30 pm | Boys Dinner Boys Meds (Nursing) 30 minutes | Boys Dinner Boys Meds (Nursing) 30 minutes | Boys Dinner Boys Meds (Nursing) 30 minutes | Boys Dinner Boys Meds (Nursing) 30 minutes | Boys Dinner Boys Meds (Nursing) 30 minutes | Boys Dinner Boys Meds (Nursing) 30 minutes | Boys Dinner Boys Meds (Nursing) 30 minutes |
| 6:30 - 7:00 pm | Boys/Girls Wrap-up (Nursing) 30 minutes | Boys/Girls Wrap-up (Nursing) 30 minutes | Boys/Girls Wrap-up (Nursing) 30 minutes | Boys/Girls Wrap-up (Nursing) 30 minutes | Boys/Girls Wrap-up (Nursing) 30 minutes | Boys/Girls Wrap-up (Nursing) 30 minutes | Boys/Girls Wrap-up (Nursing) 30 minutes |
| 7:00 - 8:00 pm | Boys / Girls Activity Grp (Nursing) 60 minutes | Boys / Girls Activity Grp (Nursing) 60 minutes | Boys / Girls Activity Group (Nursing) 60 minutes | Boys / Girls Activity Grp/ Art Workshop (Nursing) 60 minutes AA/NA Group -60 minutes (Speaker/Nursing) | Boys / Girls Activity Grp/ Art Workshop (Nursing) 60 minutes | Boys / Girls Activity Group (Nursing) 60 minutes | Boys / Girls Activity Group (Nursing) 60 minutes |
| 8:00 - 8:30 pm | Boys / Girls Snack | Boys / Girls Snack | Boys / Girls Snack | Boys / Girls Snack | Boys / Girls Snack | Boys / Girls Snack | Boys / Girls Snack |
| 8:30 - 9:00 pm | Boys / Girls TV Time/Meds | Boys/Girls TV Time/Meds | Boys/Girls TV Time/Meds | Boys/Girls TV Time/Meds | Boys/Girls TV Time/Meds | Boys/Girls TV Time/Meds | Boys/Girls TV Time/Meds |
| 9:00 - 9:30 pm | Boys ADL's Girls Phone Calls | Boys ADL's Girls Phone Calls | Boys ADL's Girls Phone Calls | Boys ADL's Girls Phone Calls | Boys ADL's Girls Phone Calls | Boys ADL's Girls Phone Calls | Girls Phone Calls |
| 9:30 - 10:00 pm | Boys Phone Calls Girls ADL's | Boys Phone Calls Girls ADL's | Boys Phone Calls Girls ADL's | Boys Phone Calls Girls ADL's | Boys Phone Calls Girls ADL's | Boys Phone Calls Girls ADL's | Boys Phone Calls Girls ADL's |
| 10:00 pm | Curfew Level 1 & Level 2 | | | | | | |
| 10:30 pm | Curfew Level 3 | | | | | | |
| 11:00 pm | Curfew Level 4 | | | | | | |

Northgate Programs

Description of Activities and Groups

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.

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

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

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.
- **Mindfulness:** Patients will learn about the three states of mind, as well as the WHAT and HOW skills of mindfulness.
- **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.

Alcoholics Anonymous - Alcoholics Anonymous groups give the patients 12 step support.

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.

Narcotics Anonymous - Narcotics Anonymous groups give the patients 12 step support.

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

Activity Group - May include walks around the grounds, outdoor activities such as volleyball/ basketball, utilizing gym equipment/games to improve health and compliment other treatment interventions.

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.

Art Workshop: Patients use different forms of media to express themselves artistically.

Creative/Theater Arts Group: Patients use theater games and song writing/recording to develop insight and solutions to individual problems as well as express emotions/concerns in a medium less dependent on verbal skills.

Developing Healthy Relationships: Patients will learn about and discuss ways of making healthy interpersonal decisions. They will also explore the risks and consequences of engaging in dangerous behaviors.

DBT Activity Group: Patients will engage in a creative thinking activity that reinforces DBT skills learned.

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

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

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.

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.

Spirituality Group: Non-denominational voluntary spiritual meeting that focuses on positive life choices, encouragement and reassurance.

Transitions Group: Patients will discuss their plans for follow up care with the discharge planner. Commitment to ongoing treatment will be sought with any questions or concerns referred back to the therapist. Patients will also identify DBT skills they feel will be useful after discharge.

Zumba: Patients use exercise therapy to regulate emotions.