<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30 - 8:45 am</td>
<td>Wake up/ADL's</td>
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<tr>
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<td>Meds &amp; Breakfast</td>
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<tr>
<td>8:30 - 10:30 am</td>
<td>School 120 minutes</td>
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<td>School 120 minutes</td>
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<tr>
<td>10:45 - 11:15 am</td>
<td>Issues and Goals 30 minutes (Nursing)</td>
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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 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.

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.

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.

Recreation Therapy Group: Patients will be challenged to work collaboratively to improve social skill functioning and self-esteem.

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.

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.