

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	9:00am Issues and Goals 10:00am Recreation Therapy Group (Yoga) 30 minutes (Nursing)	9:00am Therapeutic Activity 10:00am Issues and Goals 30 minutes (Nursing)
10:45 - 11:15 am	Issues and Goals 30 minutes (Nursing)	Issues and Goals 30 minutes (Nursing)	Issues and Goals 30 minutes (Nursing)	Issues and Goals 30 minutes (Nursing)	Issues and Goals 30 minutes (Nursing)		
11:15 - 12:00 pm	Girls Recreation Therapy (Nursing) Boys Art therapy 45 minutes (Nursing)	Girls Therapeutic Activity Boys recreation therapy Group 45 minutes (Nursing)	*Girls Therapeutic Activity Boys Recreation Therapy 45 minutes (Nursing)	Boys Therapeutic Activity Group Girls Therapeutic Activity 45 minutes (Nursing)	Girls Recreation Therapy *Boys Therapeutic Activity 45 minutes (Nursing)	Therapeutic Activity New Patient Orientation Group 45 minutes (Nursing)	Therapeutic Activity New Patient Orientation Group 45 minutes (Nursing)
12:00 - 12:30 pm	Boys Meds/Room Check Phone calls	Girls Activity Grp -30 min	Girls Activity Grp-30 min	Red/Blue Sleep Hygiene (Clinical) 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/ Patient Orientation Group (Nursing)	Boys Lunch/ Patient Orientation Group (Nursing)	Boys Lunch/ Patient Orientation Group (Nursing)	Boys Lunch/ Patient Orientation Group (Nursing)	Boys Lunch/ Patient Orientation Group (Nursing)	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) 45 minutes	Red/Blue DBT Skills Group (Clinical) 45 minutes	Red/Blue DBT Skills Group (Clinical) 45 minutes	Red/Blue DBT Skills Group (Clinical) 45 minutes	Red/Blue DBT Skills Group (Clinical) 45 minutes	1:45-2:30 Boys/Girls Developing Healthy Relationships (Nursing) 45 minutes	2:00-3:00 Boys / Girls Therapeutic Activity Grp (Nursing) 60 minutes
2:30 - 3:00 pm	Girls Activity Group/ Boys Level Feedback Grp (Nursing) 30 minutes	Med Group 30 minutes (Clinical /Nursing)	Craft Activity 30 minutes (Nursing)	Boys/ Girls Level Feedback Grp 30 min.(Nursing)	Craft Activity 30 minutes (Nursing)	Boys/Girls Activity Group (Nursing) 30 minutes	Boys/Girls Therapeutic Activity Group (Nursing) 30 minutes
3:00 - 4:00 pm	Girls Art Therapy Group Boys Therapeutic Activity Group 60 minutes (Nursing)	Boys/Girls Therapeutic Activity Group 60 minutes (Nursing)	Boys/Girls Therapeutic Activity Group 60 minutes (Nursing)	Boys/Girls Therapeutic Activity Group 60 minutes (Nursing)	Boys/Girls Therapeutic Activity Group 60 minutes (Nursing)	Boys/Girls Therapeutic Activity Group (Nursing) 60 minutes	Boys /Girls Therapeutic Activity Group s (Nursing) 60 minute
4:00 - 5:00 pm	Girls Art Therapy Group (art therapist) 60 minutes Girls/Boys DBT activity Group(Nursing) 60 min.	Boys DBT Homework Grp (Nursing) 60 minutes Girls DBT Homework Group(Nursing) 60 min	Boys DBT Activity (Nursing) 60 minutes Girls DBT Activity Group (Nursing) 60 minutes	Boys DBT Homework Grp/Girls DBT Homework Group(Nursing) 60 min. Substance Abuse Group	Boys DBT Activity Group (Nursing) 60 minutes Girls DBT Activity Group (Nursing) 60 minutes	Boys Activity Group (Nursing) 60 minutes Girls DBT Activity Group (Nursing) 60 minutes	Boys Activity Group (Nursing) 60 minutes Girls Activity Group (Nursing) 60 minutes
5:00 - 5:30 pm	Boys Therapeutic Activity Group(Nursing)/Girls Meds (Nursing) 30 minutes	Boys Therapeutic Activity Group(Nursing)/Girls Meds (Nursing) 30 minutes	Boys Therapeutic Activity Group(Nursing)/Girls meds (Nursing) 30 minutes	Boys Therapeutic Activity Group(Nursing)/Girls Meds (Nursing) 30 minutes	Boys Therapeutic Activity Group(Nursing)/Girls Meds (Nursing) 30 minutes	Boys Therapeutic Activity Group(Nursing)/Girls Meds (Nursing) 30 minutes	Boys Therapeutic Activity Group(Nursing)/Girls Meds (Nursing) 30 minutes
5:30 - 6:00 pm	Boys Dinner	Boys Dinner	Boys Dinner	Boys Dinner	Boys Dinner	Boys Dinner	Boys Dinner
6:00 - 6:30 pm	Girls Dinner Boys Meds (Nursing) 30 minutes	Girls Dinner Boys Meds (Nursing) 30 minutes	Girls Dinner Boys Meds (Nursing) 30 minutes	Girls Dinner Boys Meds (Nursing) 30 minutes	Girls Dinner Boys Meds (Nursing) 30 minutes	Girls Dinner Boys Meds (Nursing) 30 minutes	Girls 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 Therapeutic Activity Group (Nursing) 60 minutes	Boys/Girls Therapeutic Activity Group (Nursing) 60 minutes	Boys/Girls Activity Group Activity Group (Nursing) 60 minutes	Boys/Girls Activity Group Activity Group (Nursing) 60 minutes	Boys/Girls Activity Group (Nursing) 60 minutes (Nursing) 60 minutes	Boys/Girls Activity Group (Nursing) 60 minutes (Nursing) 60 minutes	Boys/Girls Activity Group (Nursing) 60 minutes (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						

* Wednesdays 11:15am-12 pm Girls Substance Abuse Group (clinical)

* Fridays 11:15 am-12 pm Boys Substance Abuse Group (clinical)

Northgate Programs

Description of Activities and Groups

New Patient Orientation Group: Patients meet with Charge Nurse to review safety, discuss expectations in the milieu, and ask staff any questions they might have. Charge Nurse 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.
- **Sleep Hygiene:** Patients are given information in a psychoeducational group on the importance of sleep hygiene as it corresponds to DBT skill, i.e. PLEASE.
- **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.

Therapeutic 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. Patients will be challenged to work collaboratively to improve social skill functioning and self-esteem.

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

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 Psychiatrist or 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.