

Child Inpatient Unit at Sunset

1-800-528-6624



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 am 9:00 am	Wake up/ADLs Breakfast/Medication 90 minutes (Nursing)	Wake up/ADLs Breakfast/Medication 90 minutes (Nursing)	Wake up/ADLs Breakfast/Medication 90 minutes (Nursing)	Wake up/ADLs Breakfast/Medication 90 minutes (Nursing)	Wake up/ADLs Breakfast/Medication 90 minutes (Nursing)	8:00-9:00 am Wake up/ ADLs/Breakfast/ Medication 60 minutes (Nursing)	8:00-9:00 am Wake up/ ADLs/Breakfast/ Medication 60 minutes (Nursing)
9:00 am 9:30	Phone calls/ Mindfulness Activity (Nursing) 30 minutes	Phone calls/ Mindfulness Activity (Nursing) 30 minutes	Phone calls/ Mindfulness Activity (Nursing) 30 minutes	Phone calls/ Mindfulness Activity (Nursing) 30 minutes	Phone calls/ Mindfulness Activity (Nursing)30 minutes	Weights & Vital Signs/ Room Cleaning (Nursing)	Weights and Vital signs/ Room Cleaning (Nursing)
9:30 am 10:00	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/clinical) 30 minutes	Goals Group (Nursing/clinical) 30 minutes
10:00 am 10:45	Gym/Orientation (Nursing) 45 minutes 10:15 - 11:00 am Yoga (Nursing) 45 min.	Art Therapy/Orientation DBT Skills Group (Nursing/clinical) 45 min	DBT Skills Group/ Orientation (Clinical) 45 minutes	Nutrition Group/ Orientation (Nutritionist) 45 minutes	Gym/Orientation (Nursing) 45 minutes 10:15 - 11:00 am Yoga (Nursing) 45 min.	10:00 - 11:00 am Spirituality at the Conference Ctr 60 minutes	10:00 - 11:00 am Gym (Nursing) 60 minutes
10:45-11:00am	Deep Breathing/ Mindfulness Group (Clinical) 15 minutes	Deep Breathing/ Mindfulness Group (Clinical) 15 minutes	Deep Breathing/ Mindfulness Group (Clinical) 15 minutes	Deep Breathing/ Mindfulness Group (Clinical) 15 minutes	Deep Breathing/ Mindfulness Group (Clinical) 15 minutes		
11:00 -11:45 pm	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	Medication Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	Health Education (Nursing) 45 min	Planned Activity at Partial (Nursing) 45 min
11:45 -12:00 pm	Quiet time . (Nursing) 15 min	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min	11:45 - 12:20 am Pet Therapy/Meds (Nursing) 15 min	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min
12:00-12:20pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
12:20 - 12:55pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 1:40 pm	Gym (Nursing) 40 minutes	Gym (Nursing) Transitions Group (Clinical)40 minutes	Gym (Nursing) 40 minutes	Gym (Nursing) 40 minutes	Gym (Nursing) Transitions Group (Clinical) 40 minutes	1:00 - 2:00 pm Gym (Nursing) 60 minutes	1:00 - 2:00 Art workshop/ Game Room 60 minutes (Nursing)
1:40- 3:20 pm	School 100 minutes	School 100 minutes	School 100 minutes	School 100 minutes	School 100 minutes	2:00 - 3:00 Cooking Group (Nursing) 60 minutes	2:00 - 3:00 pm DBT Activity (Nursing)
3:20 - 3:35 pm	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min	Quiet time (Nursing) 15 min	3:00 - 4:00 pm Mindfulness Walk/Planned Activity(Executive Dining room) (Nursing)	3:00 - 3:30 pm Snack/meds
3:35 - 3:45 pm	Snack 10 min	Snack 10 min	3:35-4:20pm Zumba (Cassey Fallon)/	Snack 10 min	Snack 10 min		
3:45 - 4:30 pm	Levels/Feedback Group (Clinical/Nursing) 45 minutes	Guided Imagery (Nursing) 45 minutes	Drumming 45 minutes 4:20-4:30pm Snack 10 minutes	Levels/Feedback Group (Clinical/Nursing) 45 minutes	Planned Activity(Rec Therapist) / (Clinical) 45 minutes	4:00 - 5:00 pm Planned Activity (Nursing) 60 min	3:30 - 5:00 pm Movie Time at the Conference Center (Nursing)
4:30 - 5:15 pm	DBT Activity 45 minutes (Nursing)	DBT Homework Group 45 minutes (Nursing)	Guided Imagery 45 minutes (Nursing)	DBT Homework Group 45 minutes (Nursing)	Planned Activity 45 minutes (Nursing)		
5:15 - 5:45 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 - 7:00 pm	Game Room/Partial (Nursing) 60 minutes	Gym (Nursing) 60 minutes	DBT Activity in the Conference Center (Nursing) 60 minutes	Game Room/Conference Center (Nursing) 60 minutes	DBT Activity in Partial Building (Nursing) 60 minutes	Game Room/Conference Center (Nursing) 60 minutes	Gym (Nursing) 60 minutes
7:15 - 7:30 pm	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)
7:30 - 8:00 pm	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)
8:00 - 8:30 pm	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone
8:30 - 9:30 pm	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV
9:00 pm	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew
9:30 pm	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew

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.

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

Cooking Class: Patients learn basic cooking skills and prepare a meal together.

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.

Curfew/Room Time: Designated time in room at the end of each programmed day where activity and conversation is minimized to allow patients the ability to transition and deescalate. During this time the use of tablets, books, drawing will be allowed leading up to final curfew.

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

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.

Deep Breathing/Mindfulness Group: Patients will engage in a group activity led by staff designed to promote calm and well-being including deep breathing, meditation, reading, music, or writing.

Drumming: West African drums are used to teach four core modules of DBT (Mindfulness, Emotional Regulation, Interpersonal Effectiveness, and Distress Tolerance).

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.

Guided Imagery: Patients engage in a form of directed thought and suggestion to guide their imagination toward a relaxed and focused state.

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

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.

Mindfulness Activity: Patients engage in an individualized activity to promote calm and well-being. These may include meditation, reading, music, or writing.

Movie Night: Is a night where patients have sufficient time to view an entire movie as a group. Movies are selected by staff and are PG or occasionally PG-13.

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.

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

Pet Therapy - Occurs one time per week. The dogs and their handlers have been trained to help patients calm down, stay in control, talk, take responsibility, lessen depression and anxiety and be patient. The pet therapists can work with individual patients as well as with small groups.

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

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.

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

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.

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