

# Adolescent Inpatient Unit at Westview

1-800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00 - 9:30 am</b>	Wake up / ADL's / Medications & Breakfast	Wake up / ADL's / Medications & Breakfast	Wake up / ADL's / Medications & Breakfast	Wake up / ADL's / Medications & Breakfast	Wake up / ADL's / Medications & Breakfast	Wake up / ADL's / Room Check / Medications & Breakfast	Wake up / ADL's / Room Check / Medications & Breakfast
<b>9:30 - 10:00 am</b>	Goal Meeting 30 minutes	<b>9:15-10:00 am</b> Yoga for girls 45 minutes <b>9:45-10:00 am</b> Goals for boys 15 minutes	Goal Meeting 30 minutes	Goal Meeting 30 minutes	<b>9:15-10:00 am</b> Yoga for girls 45 minutes <b>9:45-10:00 am</b> Goals for boys 15 minutes	Goal Meeting Room/Unit Cleanup 30 minutes	Goal Meeting 30 minutes
<b>10:00 - 10:30 am</b>	Healthy Relationships Boys/Girls or Orientation 30 minutes	DBT Skills Group Boys/Girls 30 minutes <b>10:30-10:45 am</b> Goals for girls 15 minutes	DBT Skills Group Group or Orientation 30 minutes	DBT Skills Group Group or Orientation 30 minutes	Feedback Group Girls/boys 30 minutes <b>10:30-10:45 am</b> Goals for girls 15 minutes	<b>10:00-11:00 am</b> Spirituality Group/ Activity 60 minutes	Nursing Group Boy/Girls  30 minute
<b>10:30-11:00 am</b>	Room/Unit Cleanup 30 minutes	Room/Unit Cleanup/ 30 minutes	Room/Unit Cleanup 30 minutes	Room/Unit Cleanup 30 minutes	Room/Unit Cleanup 30 minutes		Room/Unit Cleanup Laundry 30 minutes
<b>10:30 - 11:00 am</b>	Snack/Transitions Group 30 minutes	Snack 30 minutes	Snack 30 minutes	Snack/Transitions Group 30 minutes	Snack 30 minutes	Snack 30 minutes	Snack 30 minutes
<b>11:00 - 12:00 pm</b>	Gym 60 minutes	Gym 60 minutes	Gym Conference Center 60 minutes	Gym 60 minutes	Gym 60 minutes	Activity 60 minutes	Gym/Arcade 60 minutes
<b>12:00- 12:15 pm</b>	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time 15 minutes	Quiet Time 1 5 minutes	<b>12:00 -12:30 pm</b> Nutrition Group	Quiet Time 15 minutes	Quiet Time 15 minutes
<b>12:15 - 12:45 pm</b>	Social Skills Group 30 minutes	Social Skills Group 30 minutes	Social Skills Group 30 minutes	<b>12:00 -12:45 pm</b> Substance Abuse Group 45 min. <b>12:15 -12:45 pm</b> Social Skills Group 30 min.	<b>12:00 -12:45 pm</b> Substance Abuse Group 45 min. <b>12:30 -12:45 pm</b> Quiet Time 15 min.	Social Skills Group 30 minutes	Checkin Group/ Community Meeting 15 min.
<b>12:45 - 1:30 pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1:30- 1:50 pm</b>	Therapeutic Activity 20 minutes	Therapeutic Activity 20 minutes	Therapeutic Activity 20 minutes	Therapeutic Activity 20 minutes	Therapeutic Activity 20 minutes	<b>1:15 -2:00 pm</b> Health Education (Girls) Mindfulness (Boys) 45 min.	<b>1:30-2:00 pm</b> Health Education (Boys) Mindfulness (Girls) 45 min.
<b>1:50- 3:30 pm</b>	School	School	School	School	School		
<b>3:30 - 4:00 pm</b>	Snack	Snack	Snack	Snack	Snack	<b>2:00 -3:50 pm</b> Movie	<b>2:00-3:30 pm</b> Activities
<b>4:00 - 5:00 pm</b>	Activity Group 60 minutes	Art Therapy (Girls)/Partial Hospital Program (Boys) 60 minutes	<b>4:00-5:15 pm</b> Gym Conference Center 75 minutes	Partial Hospital Program 60 minutes	<b>4:00 -5:15 pm</b> Gym 75 min.	Gym 60 minutes	<b>3:45-4:00 pm</b> Snack <b>4:00-5:00 pm</b> Art Therapy/Games 60 min.
<b>5:00 - 5:15 pm</b>	Quiet Time	Quiet Time	<b>5:15-5:30 pm</b> Quiet Time 15 minutes	Quiet Time	<b>5:15 -5:30 pm</b> Quiet Time 15 minutes	<b>5:00 -5:30 pm</b> Meds/ Phone/TV Time 30 minutes	<b>5:00-5:30 pm</b> Meds/Phone/TV Time
<b>5:15 - 5:45 pm</b>	Meds/Phone/TV Time 30 minutes	Meds/Phone/TV Time 30 minutes	<b>5:15-5:45 pm</b> Meds/ Phone/TV Time 30 minutes	Meds/Phone/TV Time 30 minutes	<b>5:15-5:45 pm</b> Meds/ Phone/TV Time 30 minutes	<b>5:30 -5:45 pm</b> Quiet Time	<b>5:30 -5:45 pm</b> Quiet Time
<b>5:45 - 6:20 pm</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>6:20 - 6:30 pm</b>	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
<b>6:30 - 7:00 pm</b>	Wrapup Group 30 minutes	Wrapup Group 30 minutes	Wrapup Group 30 minutes	Wrapup Group 30 minutes	Wrapup Group 30 minutes	Wrapup Group 30 minutes	Wrapup Group 30 minutes
<b>7:00 - 8:00 pm</b>	AA Group 60 minutes	Art Therapy (Boys)/ Partial Hospital Program (Girls) 60 minutes	Partial Hospital Program 60 minutes	Gym 60 minutes	Gym Conference Center 60 minutes	Activity Group 60 minutes	Gym
<b>8:00 - 9:30 pm</b>	Meds/Snack/ADL's Phone/TV 90 minutes	Meds/Snack/ADL's Phone/TV 90 minutes	Meds/Snack/ADL's Phone/TV 90 minutes	Meds/Snack/ADL's Phone/TV 90 minutes	Meds/Snack/ADL's Phone/TV 90 minutes	Meds/Snack/ADL's Phone/TV 90 minutes	Meds/Snack/ADL's Phone/TV 90 minutes
<b>9:30 - 10:00 pm</b>	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

# Westview Programs

## Description of Activities and Groups

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**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.

**Alcoholics Anonymous:** Alcoholics Anonymous groups give the patients 12 step support.

**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.

**Check-in Group:** Patients will review their day to this point and discuss obstacles/progress made toward daily goals.

**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.

**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:

- **Mindfulness:** Patients will learn about the three states of mind, as well as the WHAT and HOW skills of mindfulness.
- **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.
- **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.
- **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.
- **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.
- **Skills Practice Group:** Patients will discuss DBT skills they have been learning in a small group setting.

**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.

**Feedback Group:** Patients receive feedback on their progress toward treatment goals from peers and staff.

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

**Goal Group:** Patients set daily goals that are related to their Individualized Target Behavior set at admission.

**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.

**Narcotics Anonymous:** Narcotics Anonymous groups give the patients 12 step support.

**New Patient Orientation Group:** Patients meet with staff to review safety, discuss expectations in the milieu and ask staff any questions they might have. (Westview does not utilize DBT packets as we practice a different model, however, we do incorporate some DBT during skills groups.)

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

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

**Social Skills Group:** Patients receive instruction about topics such as dealing with challenging relationships, recognizing levels of anger and distress and finding ways to improve self-esteem through positive experiences and taking inventory of personal strengths.

**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 the therapist. Patients will also identify DBT skills they feel will be useful after discharge.

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