

# Adolescent Inpatient Unit at Westview

1-800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:30 am	Wake up / ADL's / Medications & Breakfast (Nursing)	Wake up / ADL's / Medications & Breakfast (Nursing)	Wake up / ADL's / Medications & Breakfast (Nursing)	Wake up / ADL's / Medications & Breakfast (Nursing)	Wake up / ADL's / Medications & Breakfast (Nursing)	Wake up/ADL's/Room Check Medications & Breakfast (Nursing)	Wake up/ADL's/Room Check Medications & Breakfast (Nursing)
9:30 - 10:00 am	Goal Meeting Group 30 minutes (Nursing)	Goal Meeting Group 30 minutes (Nursing)	Goal Meeting Group 30 minutes (Nursing)	Goal Meeting Group 30 minutes (Nursing)	Goal Meeting Group 30 minutes (Nursing)	Goal Meeting Group Room/Unit Cleanup 30 minutes (Nursing)	Goal Meeting Group 30 minutes (Nursing)
10:00 - 10:30 am	Collaborative Group (Nursing) 30 minutes	Medication Group split A&B (Clinical/med providers) 30 minutes	Check-In Group GIRLS (Nursing) BOYS: Nursing activity (Nursing) 30 minutes	Nutrition Group (Nursing) 30 minutes	Collaborative Group BOYS (Nursing) GIRLS: nursing activity (Nursing) 30 minutes	10:00-10:30am Phone Calls/Room & Unit Clean-up/Snack 30 minutes	Phone Calls/Room & Unit Clean-up/Snack 30 minutes
10:30-12:15 pm	School 105 minutes	School 105 minutes	School 105 minutes	School 105 minutes	School 105 minutes	10:30-11:00am Therapeutic Activity 30 minutes	
12:15 - 12:30 pm	Roomtime reset	Roomtime reset	Roomtime reset	Roomtime reset	Roomtime reset	11:00am-12:00pm Recreational Therapy	Therapeutic Activity (Mindfulness) 30 minutes
12:30 - 12:45 pm	Phone calls	Phone calls	Phone calls	Phone calls	Phone calls	12:00-12:15pm Quiet Time 12:15-12:45pm Social Skills Group (Nursing)	
12:45 - 1:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 - 2:00 pm	1:30-1:45pm phone times	1:30-1:45pm phone times	1:30-1:45pm phone times	1:30-1:45pm phone times	1:30-1:45 phone times	Check-In Group 30 minutes	Healthy Relationships 30 minutes (Nursing)
2:00- 3:00pm	1:45-2:30pm Rec Therapist Rec Group A & B	1:45-2:30pm Rec Therapist Rec Group A & B	1:45-2:30pm Rec Therapist Rec Group A & B	1:45-2:30pm Rec Therapist Rec Group A & B	1:45-2:30pm Rec Therapist Rec Group A & B	2:00-3:30pm Therapeutic Activity (Mindfulness) 90 minutes	2:00-3:30pm Therapeutic Activity (Mindfulness) 90 minutes
3:00 - 4:00pm	2:30-2:45pm Phone Calls 2:45-3:30pm DBT Groups split A&B (Clinical) 45 min	2:30-2:45pm Phone Calls 2:45-3:30pm Feedback Group A (Clinical) 45 min	2:30-2:45pm Phone Calls 2:45-3:30pm DBT Groups split A&B (Clinical) 45 min	2:30-2:45pm Phone Calls 2:45-3:30 Feedback Group B (Clinical) 45 min	2:30-2:45pm Phone Calls 2:45-3:30pm DBT Groups split A&B (Clinical) 45 min	Therapeutic Activity 60 minutes	Therapeutic Activity (Sensory) 60 minutes
3:30 - 4:00 pm	Snack	2:45-3:30pm Art Therapy Group B (Clinical) 45 min	3:30-4:00pm Snack	2:45-3:30pm Art Group Therapy group A(Art Therapist) 45 min	3:30-4:00pm Snack	Snack	Snack
4:00 - 5:00 pm	4:00-4:45pm Group A Music Therapy Group  Group B Activity Group (Nursing) 45 min	3:30-4:15pm Art Therapy Group A Group B Nursing activity (Nursing) 45 min 4:15-4:45 Snack	4:00-4:45pm Group A Music Therapy Group  Group B activity Group (Nursing) 45 min	3:30-4:15pm Art Therapy Group B(Art Therapist) Group A Activity Group (Nursing) 45 min 4:15-4:45 Snack	4:00-4:45pm Rec Therapist Group A&B 45 min	Therapeutic Activity 60 minutes	Therapeutic Activity 60 minutes
5:00 - 5:15 pm	4:45-5:00pm Roomtime Reset 15 min	4:45-5:30pm Rec Therapist Group A & B 45 min	4:45-5:00pm Roomtime Reset 15 min	4:45-5:30pm Activities Group A & B (Nursing) 45 min	4:45-5:00pm Roomtime Reset 15 min	Quiet Time 15 minutes	Quiet Time 15 minutes
5:15 - 5:45 pm	5:00-5:45pm Rec Therapy Activity 45 min	5:30-5:45pm Roomtime Reset 15 min	5:00-5:45pm Rec Therapy Activity 45 min	5:30-5:45pm Roomtime Reset 15 min	5:00-5:45pm Rec Therapy Activity 45 min	Meds/Phone/TV Time 30 minutes	Meds/Phone/TV Time 30 minutes
5:45 - 6:20 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:20 - 6:30 pm	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
6:30 - 7:00 pm	Wrap-up Group 30 minutes (Nursing)	Wrap-up Group 30 minutes (Nursing)	Wrap-up Group 30 minutes (Nursing)	Wrap-up Group 30 minutes (Nursing)	Wrap-up Group 30 minutes (Nursing)	Wrap-up Group 30 minutes (Nursing)	Wrap-up Group 30 minutes (Nursing)
7:00 - 8:00 pm	Therapeutic Activity (Collaborative Group) 60 minutes (Nursing)	Therapeutic Activity (Collaborative Group) 60 minutes (Nursing)	Therapeutic Activity (Expressive Arts) 60 minutes (Nursing)	Therapeutic Activity (Collaborative Group) 60 minutes (Nursing)	Therapeutic Activity (Sensory) 60 minutes (Nursing)	Therapeutic Activity (Expressive Arts) 60 minutes (Nursing)	Therapeutic Activity (Expressive Arts) 60 minutes (Nursing)
8:00 - 9:30 pm	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)	Meds/Snack/ADL's Phone/TV 90 minutes (Nursing)
9:30 - 10:00 pm	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

# Westview Programs

## Description of Activities and Groups

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**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.

### **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.
- **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.

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

**Medication Education Group:** Patients will learn about the medications they are taking and be able to ask specific questions of the Nurse Practitioner who is prescribing their medication.

**Music Therapy Group:** This is an expressive art program dealing with patient's feelings and active treatment issues in which patients are able to express their emotions and thoughts through music. Patients record songs they have written about themselves and cd's remade of them.

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

**Recreational Therapy:** Patients engage in recreation and activity-based interventions to promote psychological and physical health, recovery, and well-being. Activities are chosen with consideration to the social, cognitive, physical, and leisure needs of the patients. DBT skills are utilized in conjunction with therapeutic recreation activities to complement other treatment interventions and improve health.

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

**Therapeutic Activity:** Patients engage in recreation, leisure and other activities to compliment other treatment interventions. Therapeutic activities are based on the following groups themes:

- **Collaborative Group:** These activities focus on team-building and interpersonal effectiveness, and may include games such as Family Feud, Pictionary, charades, bingo, tie dye, scavenger hunts, talent shows, and card games.
- **Sensory:** These activities help develop using the five senses to self-soothe and distract, and may include activities such as nature walks, food activities, listening to music, puzzles, nail polish, and facial masks.
- **Mindfulness:** These activities provide an opportunity to practice mindfulness to promote emotional well-being, and may include activities such as reading, writing, journaling, meditation, yoga, painting, clay modeling (Model Magic), and deep breathing.
- **Expressive Arts/Music:** These activities allow for self-expression and may include activities such as dancing, Karaoke, theater games, arts and crafts (murals, painting, collages, Model Magic), guided imagery, and journaling.
- **Physical Games:** These activities help to improve health, coordination, and teamwork, and may include games such as Spud, kickball, football, volleyball, capture the flag, four square, hula hoops, jump rope, and sledding.
- **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.