

Adult Inpatient Program Treatment at Woodview



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:30 am	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Meds/Labs/ Vital Signs 75 min
7:30-8:30 am	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene/ Weekly Weights 60 min
8:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30-10:15 am	Group Therapy (Clinical) 45 min	Community Meeting/ Goal Group (Nursing) 45 min	Community Meeting/ Goal Group (Nursing) 45 min	Group Therapy (Clinical) 45 min	Group Therapy (Clinical) 45 min	Free Time	Free Time NAMI resumes in the Fall
10:30-11:15 am	Community Meeting/ Goal Group (Nursing) 45 min	Recreation Therapy (Clinical) 45 min	Summer Hospital Activity Goal Group (Nursing) 45 min	Community Meeting/ Goal Group (Nursing) 45 min	Community Meeting/ Goal Group (Nursing) 45 min	Community Meeting/ Goal Group (Nursing) 45 min	Community Meeting/ Goal Group (Nursing) 45 min
11:30 am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15 pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
12:30-1:15pm	DBT Skills Group (Nursing) 45 min	Group Therapy (Clinical) 45 min	Gym/Game room/Movie Every other Wed. alternate w/Lodge (Nursing) 45 min	Group Therapy (Clinical) 45 min	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) 45 min
1:30 - 2:15 pm	Combination Therapy Group 45 min	Combination Therapy Group 45 min	Combination Therapy Group 45 min	Combination Therapy Group 45 min	Combination Therapy Group 45 min	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) Art 2:00 pm
2:30 - 3:15 pm	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) 45 min	DBT Skills Group (Nursing) 45 min	Mindfulness Walk (Nursing) 45 min	Mindfulness Walk (Nursing) 45 min
3:30- 4:15 pm	Recreation Therapy (Clinical) 45 min	DBT Skills Group (Nursing) 45 min	Gym/Game room/Movie Every other Wed. alternate w/Lodge (Nursing) 45 min	DBT Skills Group (Nursing) 45 min	Recreation Therapy (Clinical) 45 min	DBT Skills Group (Nursing) 45 min	Art Therapy (Clinical) 45 min.
4:30 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:15 pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
5:30-6:00 pm	Wrap Up Group (Nursing) 30 min	Wrap Up Group (Nursing) 30 min	Wrap Up Group (Nursing) 30 min	Wrap Up Group (Nursing) 30 min	Wrap Up Group (Nursing) 30 min	Wrap Up Group (Nursing) 30 min	Wrap Up Group (Nursing) 30 min
6:15 - 7:00 pm	Self Expression (Nursing) 45 min	Art Therapy (Clinical) 45 min	Gym/Game Room/Movie Every Other wed alternate w/Lodge (Nursing) 45 min	Art/Self Expression (Nursing) 45 min	Leisure Time (Nursing) 45 min	Free time/Meds 45 min	Self Expression/Movie (Nursing) 45 min
7:15 - 8:00 pm	Art Therapy (Clinical) 45 min	Self Expression (Nursing) 45 min	Self Expression (Nursing) 45 min	Leisure Time (Nursing) 45 min	Self Expression (Nursing) 45 min	Leisure Time (Nursing) 45 min	Leisure Time (Nursing) 45 min
8:00 pm	Hand in DBT assignments	Hand in DBT assignments	Hand in DBT assignments	Hand in DBT assignments	Hand in DBT / assignments	Hand in DBT / assignments	Hand in DBT assignments
9:30 pm	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
10:00 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Group Descriptions

Adult Inpatient Program

Core/Co-Occurring Psychiatric Treatment

DBT Groups

Multiple DBT groups are spread out throughout the weeks so all patients can have access to the skills regardless of the day of admission. Consideration is given to those patients who are here more than one week and they will be given assignments to tailor to their DBT journey.

What is DBT? – an introduction to the treatment model of DBT

ACCEPTS – Uses an acronym that stands for activities, contribution, comparisons, emotions, push away, thoughts, and sensations

Check the Facts - Discover whether emotions are fitting to the reality.

Coping Ahead - Learn to anticipate obstacles and how the accompanying emotions can be managed.

Distress Tolerance - Includes but is not limited to: ACCEPTS, SELF-SOOTHE, IMPROVE, RADICAL ACCEPTANCE, WILLINGNESS AND WILLFULNESS, TURNING THE MIND, PROGRESSIVE RELAXATION, TIP, PROS AND CONS AND STOP.

Emotion Regulation - Covers Check the Facts, Changing emotional responses, problem solving, reducing vulnerabilities using a variety of skills throughout your stay that would include the PLEASE skills.

Interpersonal Effectiveness - Includes DEARMAN getting your goals and needs met, keeping a relationship, keeping your self-respect while finding and building relationships, and balancing acceptance and change and the GIVE skill which focuses on learning methods of working with others in relationships that are important to maintain

Mindfulness - Explores various levels of observation and awareness. Including understanding the Three States of Mind – Emotion Mind, Rational Mind and Wise Mind

PLEASE Skills - Will include nutrition and medication and health tips.

Radical Acceptance - Patients learn to utilize Radical Acceptance skills.

Self-Expression - Patients learn various forms of positive communication.

Target Behaviors - Patients explore their target behaviors to gain insight into the solutions.

Walking the Middle Path - Patients learn about dialectics, validation, acceptance, and change.

Wrap Up Group - explores how following the goal for the day went and what obstacles were observed.

Therapy Groups:

Activities/Leisure - May include walks around the hospital grounds, quiet time in the garden, outdoor activities such as volleyball, exercise, stretching. Patients may go to the indoor basketball gym.

Alcoholics Anonymous (AA) - Alcoholics Anonymous groups give the patients 12 step supports.

Art Workshop - Go to art workshop and focus on skills and principles using different mediums.

Coping Skills - Explore the differences of positive and negative coping skills.

Community Meeting and Goal Group - The milieu will identify any related concerns. Each person will make a goal for behavior change daily.

Combination Group Therapy Depending upon the milieu, the focus will be a combination of Core and Substance Use or One or the Other. The group is facilitated by a Social Worker or a Social Worker who is also a CASAC.

Group Therapy - With the guidance of a Clinician patients explore their common problems and work out solutions.

Leisure Time - Includes staff coaching, making phone calls, visits, socializing and laundry.

Recreation Therapy:

The 12 Steps and DBT – The group will learn to identify different DBT skills as they relate to the 12 steps.

Mindfulness Walk – The group will take a walk while mindfully attending to senses of vision, hearing, smell, touch.