

Child Inpatient Unit at Woodview

800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:45 am	Wake up, meds, breakfast, ADLs, clean room, phone calls 105 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 105 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 105 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 105 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 105 minutes (Nursing)	Wake-Up-Heights,Weights Meds, Breakfast, ADLs, Clean Room, Phone Calls 105 minutes (Nursing)	Wake up Meds, Breakfast, ADLs Clean Room, Phone Calls 105 minutes (Nursing)
8:30-9:15 am	Breakfast 45 minutes (Nursing)	Breakfast 45 minutes (Nursing)	Breakfast 45 minutes (Nursing)	Breakfast 45 minutes (Nursing)	Breakfast 45 minutes (Nursing)	Breakfast 45 minutes (Nursing)	Breakfast 45 minutes (Nursing)
9:30-10:00 am	Goals Group/ Orientation Group 30 minutes (Nursing)	Goals Group/ Orientation Group 30 minutes (Nursing)	9:15-10:00am Music Therapy at PHP with Tamara 30 minutes (Clinical)	Goals Group/ Orientation Group 30 minutes (Nursing)	*9:30-10:00am DBT Clinical Group /Skills Group(Clinical) 10:00-10:15am Goals Group (Nursing)	Goals Group/Orientation Group 30 minutes (Nursing)	Goals Group/Orientation Group 30 minutes (Nursing)
10:30 am-12:00 pm	School	School 10:30-11:00am Nutrition Group (Nursing/Clinical)30 min	School	School	School	10:00-10:30am Health Education (Nursing) 10:30-11:00 Therapeutic Activity 11 am-Snack	10:00-10:30am Health Education (Nursing) 10:30-11:00 Therapeutic Activity 11 am-Snack
12:10-12:30 pm	Physical Activity Group (Nursing)20min	Physical Activity Group (Nursing)20min	Physical Activity Group (Nursing)20min	Physical Activity Group (Nursing)20min	Physical Activity Group (Nursing)20min	11:15-12:15 Therapeutic Activity (Nursing)60min	11:15-12:15 Therapeutic Activity (Nursing)60min
12:30-1:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:30 pm	Community Meeting (Nursing/Clinical) 30 minutes	Medication group (MD/NPP) 30 minutes	Room Time 30 minutes	Nutrition Group (Nursing/Clinical) 30 minutes	Room Time 30 minutes	Skill Building Activity (w. Recreation Therapist) or Planned Therapeutic Activity 30 minutes	Yard or Game Time (Nursing) 30 minutes
1:30-2:15 pm	Recreation Therapy (Nursing/Rec Therapist) 45 minutes	Recreation Therapy (Nursing/Rec Therapist) 45 minutes	Therapeutic Activity (Nursing) 45 minutes	Recreation Therapy (Nursing/Rec Therapist) 45 minutes	1:15-2:00pm Recreation Therapy (Nursing/ Rec Therapist) 45 minutes	1:15-1:30pm Room Time 15 minutes	1:15-1:30pm Room Time 15 minutes
2:00-2:40 pm	2:30-3:00pm DBT Skills Group (Clinical) 30 minutes	2:30-3:15pm DBT Skills Group (Clinical) 30 minutes	2:30-3:00pm DBT Skills Group (Clinical) 30 minutes	2:30-3:15pm DBT Skills Group (Clinical) 30 minutes	2:00-4:00pm Grp A:and Grp B split Art Room/ Music Therapy 120 minutes	1:30-3:00pm Activities (Nursing) 1:30-2:15pm Art Therapy Group 90 min 2:15-3:00pm Art Therapy Group (third Saturday of the month)45 minutes	1:30-3:00pm Activities (Nursing) 90 minutes
2:40-3:00 pm	Snack	Snack	Snack	Snack	Alt Snack/Therapeutic Activity	3:15 pm Snack	3:15 pm Snack
3:05-4:25 pm	3:15-4:15pm Art on Unit 60 minutes	Therapeutic Activity (Nursing) 75 minutes	Therapeutic Activity (Nursing) 3:15-4:00pm Art Therapy 45 minutes	Therapeutic Activity (Nursing) 75 minutes	4:00-4:45pm Therapeutic Activity (Nursing) 45 minutes	3:30-4:30pmTherapeutic Activity (Nursing) 60 minutes	3:30-4:30pmTherapeutic Activity (Nursing) 60 minutes
4:30-4:45 pm	Room Time	Room Time	4:00-4:30pm Recreation Therapy (Nursing)	Room Time	Room Time	Room Time	Room Time
4:45-5:30 pm	Group TV Time	Group TV Time	Group TV Time	Group TV Time	Group TV Time	Group TV Time	Group TV Time
5:30-6:15 pm	Dinner	Dinner 6:00-6:45pm Recreation Therapy (Nursing/Rec Therapist)	Dinner	Dinner	Dinner	Wrap-up group (Nursing)	Wrap-up group (Nursing)
6:30-7:00 pm	Wrap-up group (Nursing) 45 minutes	Wrap-up group (Nursing) 45 minutes	Wrap-up group (Nursing) 45 minutes	Wrap-up group (Nursing) 45 minutes	Wrap-up group (Nursing) 45 minutes	Therapeutic Activity (Nursing) 45 minutes	Therapeutic Activity (Nursing) 45 minutes
7:00-8:00 pm	Rewards/ Phone Calls	Rewards/ Phone Calls	Rewards/ Phone Calls	Rewards/ Phone Calls	Rewards/ Phone Calls	Rewards/ Phone Calls	Rewards/ Phone Calls
8:00 pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:15 pm	ADLS/TV Time	ADLS/TV Time	ADLS/TV Time	ADLS/TV Time	ADLS/TV Time	ADLS/TV Time	ADLS/TV Time
9:00 pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew

Woodview Program

Description of Activities and Groups

Physical 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.

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.

Therapeutic Activities - Patients will be exposed to many enriching opportunities to experience positive social interactions, learn social skills and increase self-esteem. Activities will be focused on educating, practicing and/or developing healthy coping skills.

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 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 and 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.

Community Meeting: Program Director and Nurse Manager meet with patient community to model, teach and provide structure for problem solving.

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

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

Free Time: This is for patients to practice organizing and using their own time. They can interact with other patients or have alone time.

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

Medication Group: Patients will meet with their medical providers in a psychoeducation group format to learn about their medications, review side effects, benefits and reinforce compliance after discharge.

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 re made or them.

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

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.

Reward Group: Patients are given incentive rewards and participate in both solitary and interactive pursuits.

Room Time: This is for patients to be in their room for up to 15 minutes in between program, so that they can gather themselves, or destimulate before the next activity/group. They can also clean and organize their room during this time.

Wrap-up Group: Patients will re-visit their chosen short-term goal and report feelings experienced during that day according to a scale.