

Child Inpatient Unit at Woodview

800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am 8:45 am	Wake up, meds, breakfast, ADLs, clean room, phone calls at 8 (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls at 8 (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls at 8 (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls at 8 (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls at 8 (Nursing)	Wake up (Nursing) Heights, Weights Vital Signs (Nursing)	Wake up (Nursing) Showers/Clean Rooms/ Meds (Nursing)
8:45 am	School	School	School	School	School	Goal Group/Activity (Nursing)	Goal Group/Activity (Nursing)
10:25	Goal Group/Orientation Group (Nursing)	Goal Group/Orientation Group (Nursing)	Goal Group/Orientation Group (Nursing)	Goal Group/Orientation Group (Nursing)	Goal Group/Orientation Group (Nursing)	Spiritual Meeting or Planned Activity (Nursing)	Planned Activity or Art Therapy (Clinical/Nursing)
10:45am 11:15	Skills Group (Clinical)	Feedback Group (Clinical)	Medication Group (every other week)/ Activity	Skills Group (Clinical)	Skills Group (Clinical)	11:00 am Planned Activity	11:00 am Healthy Living Skills(Nursing)
11:20am 12:00	Activity (Nursing)	Transitions group at 11:30/ Activity (Clinical)	Activity (Nursing)	Skill building activity (Nursing)	Activity (Nursing)		
12:00 am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 pm 12:45	Room chill out time (Nursing)	Room chill out time (Nursing)	Room chill out time (Nursing)	Room chill out time (Nursing)	Room chill out time (Nursing)	Check-In Group (Nursing)	Check-In Grp/Room checks/Phone calls (Nursing)
12:45 1:30 pm	Yard/phone calls/game in LR (Nursing)	Yard/phone calls/game in LR (Nursing)	Yard/phone calls/game in LR (Nursing)	Yard/phone calls/game in LR (Nursing)	Yard/phone calls/game in LR (Nursing)	Planned Activity (Nursing)	1:00 pm Gym (Nursing)
1:30 pm 2:00	Check-in group/ community meeting (Clinical/Nursing)	Check-in group/ community meeting (Clinical/Nursing)	Check-in group/ community meeting (Clinical/Nursing)	Check-in group/ community meeting (Clinical/Nursing)	Check-in group/ community meeting (Clinical/Nursing)		Planned Activity (Nursing)
3:00pm	Meds/Phone calls Snack/(Nursing)	3:00-3:45 pm Art Therapy	Meds/Phone calls Snack (Nursing)	3:00-3:45 pm Art Therapy	Meds/Phone calls Snack (Nursing)	Meds/Phone calls Snack (Nursing)	Meds/Phone calls Snack (Nursing)
3:30pm	Planned Activity (Nursing)	4:00 pm Meds Snack/Planned Activity (Nursing)	Planned Activity (Nursing)	4:00 pm Meds Snack/Planned Activity (Nursing)	Planned Activity (Nursing)	Planned Activity (Nursing)	Planned Activity (Nursing)
5:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 pm 5:45	Room chill out time (Nursing)	Room chill out time (Nursing)	Room chill out time (Nursing)	Room chill out time (Nursing)	Room chill out time (Nursing)	Wrap-Up Group/Deep Breathing (Nursing)	Wrap-Up Group/Deep Breathing (Nursing)
5:45 pm 6:00	Wrap-up group (Nursing)	Wrap-up group (Nursing)	Wrap-up group (Nursing)	Wrap-up group (Nursing)	Wrap-up group (Nursing)	Gym/Showers (Nursing)	Gym/Showers (Nursing)
6:00 pm	Gym (Nursing)	Game room(Nursing)	Team Games	Gym (Nursing)	Game room (Nursing)	Gym/Showers (Nursing)	Gym/Showers (Nursing)
7:00 pm 8:00	Tablets, phone calls, snack, ADLs	Tablets, phone calls, snack, ADLs	Tablets, phone calls, snack, ADLs	Tablets, phone calls, snack, ADLs	Tablets, phone calls, snack, ADLs	Snack/Phone Calls Meds/Showers (Nursing)	Snack/Phone Calls Meds/Showers (Nursing)
8:00 pm	Curfew	Curfew	Curfew	Curfew	Curfew	Quiet Time	Quiet Time

Woodview Program

Description of Activities and Groups

Art Therapy: This is a group that is under the direction of a mental health worker and / or an art therapist. This therapeutic activity uses a variety of art modalities as a form of emotional self-expression and self-revelation in the service of the patients' treatment.

Check-In Group: Facilitated by nursing staff, this group is a follow up from an Goal Group. This time allows for staff to check in with each patient to review his/her progression towards their goal up to this point of the day. Should the patient be struggling with goal implementation, staff and peer group will support the patient with suggestions, direction, and encouragement to help him/her achieve their goal.

Community Meeting: Daily meeting held to go over any patient or staff issues or concerns in the woodview community.

Deep Breathing: The purpose of this time is to help patients use deep breathing to develop mindfulness skills. Mindfulness practice has been shown to help patients feel calm and focused.

Feedback Group: Patients receive feedback on their progress toward treatment goals and hospital experience. Feedback is given from peers, staff, and the clinician facilitating the group.

Goal Group: Patients set daily goal and skill that are related to their Individual Treatment Plan. Patients will be encouraged to work on achieving the identified goal throughout the day.

Healthy Living Skills: This is a group led by nursing staff in which each week a topic is discussed to educate the patients of various topics. This includes, but is not limited to, hand-washing, good oral hygiene, use of coping skills and life skills.

Medication Group: This group is led by MD/NPP to engage patients in a dialogue about medication questions and concerns.

Orientation Group: Newly admitted patients will attend orientation group to acclimate to unit community and to review unit expectations.

Planned Therapeutic Activity: These are daily activities led by nursing staff. These activities include gym, art, nature walks, cooperative games , crafting, and watching age-appropriate movies. The purpose of these activities is to assist patients in acting in positive ways with peers, to find alternate avenues to express their feelings in appropriate ways and to enhance their capacity to enjoy recreational pursuits.

Quiet Time: This is a restful time for patients to journal, read, and develop appreciation for the importance of quiet time to rest, re-energize, reduce stress and develop self-soothing abilities.

School: Patients attend the hospital school program five days per week under the direction of a certified teacher. Patients are instructed on their major school subjects while in the hospital.

Skill Building Activity Patients will engage in a creative thinking activity that reinforces skills learned throughout the week.

Skills Practice Group: Patients will complete worksheets on the different skills being learned throughout the week.

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

Skills Group: This is a group led by therapists for the purpose of providing patients with an opportunity to discuss and explore issues related to why they are in the hospital. This group also allows for appropriate peer support and confrontation under the direction of unit clinicians in order for patients to work through and clarify the problems they are having. Clinicians may use alternative methods of treatment such as role playing scenarios, music, and/or group discussion to further enhance the therapeutic experience.

Transitions Group: Group with discharge planner to review discharge safety crisis plans.

Wrap Up Group: Facilitated by nursing staff, patients review their daily goal and discuss skill used and/or obstacles to meeting goal.