

MINDFULNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's		9:00
8:00	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	Wake Up/ADL's	Wake Up/ADL's
8:30- 9:15	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	<i>Breakfast</i>	<i>Breakfast on Unit</i>
						9:00 Community Mtg	
9:30 - 11:30	School	School	9:45- 10:30 Creative Expression	School	School	9:30 Meds	9:30 Meds
			11:00 School			10:00 Horticulture Therapy	9:45 Leave for Silvermine Art Ctr
11:30	Free Time	Nutrition	11:00 School	Knitting	Free Time	11:15 Pet Therapy	10:00 - 11:30 Silvermine Art Class
12:00 - 12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>12:15 - 1:00 Brunch</i>
1:00 - 1:45	Art Therapy	Writing Group	Horticulture Therapy	Homework Review	Mindful Practice	Gym	Gym
2:00 - 2:45	Behavior Chain	Homework Review	Solution Analysis	Dialectics	Drumming	2:00 - 3:30 Visiting Hours	1:30 Interfaith Service @ Chapel
3:00 - 3:45	Biosocial Theory/ States of Mind	What Skill	How Skills	Yoga	Jeopardy		2:00 - 3:30 Visiting Hours
4:00 - 4:45	Mindful Movement (VOL)	Open Gym	Art Group (VOL)	Library	Activity	Art Therapy	Experiential Group
5:00 - 5:45	Open Gym	Art Therapy	Open Gym	Open Gym	Open Gym	Activity	Knitting (VOL)
6:00 - 6:30	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner*</i>	<i>Dinner*</i>
6:30 - 7:00	Diary Cards	Diary Cards	DBT Homework	Diary Cards	Diary Cards	6:30 - 8:00 Cinema Therapy	6:30 - 8:00 Free Movie
7:00	DBT Homework	Journaling	7:15 - 8:00 Visiting	Meditation	Team Building		
8:00	DBT (VOL)	Free Time	Free Time	Free Time	Free Time	Wrap Up	Wrap Up
8:30	Meds	Meds	Meds	Meds	Meds	Meds	Meds
9:00	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores	Chores/Quiet Time
10:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Wednesdays
 DBT Family Group 5:45 - 7:15 KHouse
 Visiting 7:15 - 8:00 KHouse
 Al-Anon for Parents 7:30 - 9:00 Jurgenson

Saturdays OR Sundays
 Visiting 2:00-3:30 KHouse

INTERPERSONAL EFFECTIVENESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's		9:00
8:00	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	Wake Up/ADL's	Wake Up/ADL's
8:30- 9:15	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	<i>Breakfast*</i>	<i>Breakfast on Unit</i>
						9:00 Community Mtg	
9:30 - 11:30	School	School	9:45- 10:30 Creative Expression	School	School	9:30 Meds	9:30 Meds
			10:00 Horticulture Therapy			9:45 Leave for Silvermine Art Ctr	
11:30	Health & Medication Education	Free Time	11:00 School	Knitting	Free Time	11:15 Pet Therapy	10:00 - 11:30 Silvermine Art Class
12:00 - 12:30	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch</i>	<i>12:15 - 1:00 Brunch*</i>
1:00 - 1:45	Art Therapy	Writing Group	Horticulture Therapy	Homework Review	Role Play	Gym	Gym
2:00 - 2:45	Behavior Chain	Homework Review	Solution Analysis	FAST	Drumming	2:00 - 3:30 Visiting Hours	1:30 Interfaith Service @ Chapel
3:00 - 3:45	Overview, Goals, & Factors Interfering with IE	DEAR MAN	GIVE	Yoga	Jeopardy		2:00 - 3:30 Visiting Hours
4:00 - 4:45	Mindful Movement (VOL)	Open Gym	Art Group (VOL)	Library	Activity	Art Therapy	Experiential Group
5:00 - 5:45	Open Gym	Art Therapy	Open Gym	Open Gym	Open Gym	Activity	Knitting (VOL)
6:00 - 6:30	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner*</i>	<i>Dinner*</i>
6:30 - 7:00	Diary Cards	Diary Cards	DBT Homework	Diary Cards	Diary Cards	6:30 - 8:00 Cinema Therapy	6:30 - 8:00 Free Movie
7:00	DBT Homework	Journaling	7:15 - 8:00 Visiting	Meditation	Team Building		
8:00	DBT (VOL)	Free Time	Free Time	Free Time	Free Time	Wrap Up	Wrap Up
8:30	Meds	Meds	Meds	Meds	Meds	Meds	Meds
9:00	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores	Chores/Quiet Time
10:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

*Patients in the Eating Disorder Track will have supervised meals

<u>Wednesdays</u>		<u>Saturdays OR Sundays</u>
DBT Family Group	5:45 - 7:15	KHouse
Visiting	7:15 - 8:00	KHouse
Al-Anon for Parents	7:30 - 9:00	Jurgenson
		Visiting
		2:00-3:30
		KHouse

EMOTIONAL REGULATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's		9:00
8:00	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	Wake Up/ADL's	Wake Up/ADL's
8:30- 9:15	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	<i>Breakfast*</i>	<i>Breakfast on Unit</i>
						9:00 Community Mtg	
9:30 - 11:30	School	School	9:45- 10:30 Creative Expression	School	School	9:30 Meds	9:30 Meds
						10:00 Horticulture Therapy	9:45 Leave for Silvermine Art Ctr
11:30	Free Time	Nutrition	11:00 School	Knitting	Free Time	11:15 Pet Therapy	10:00 - 11:30 Silvermine Art Class
12:00 - 12:30	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch</i>	<i>12:15 - 1:00 Brunch*</i>
1:00 - 1:45	Art Therapy	Writing Group	Horticulture Therapy	Homework Review	BC PLEASE	Gym	Gym
2:00 - 2:45	Behavior Chain	Homework Review	Solution Analysis	Accumulating Positive Emotions & Values	Drumming	2:00 - 3:30 Visiting Hours	1:30 Interfaith Service @ Chapel
3:00 - 3:45	Function & Model of Emotions	Check the Facts/ Problem Solving	Opposite Action	Yoga	Jeopardy		2:00 - 3:30 Visiting Hours
4:00 - 4:45	Mindful Movement (VOL)	Open Gym	Art Group (VOL)	Library	Activity	Art Therapy	Experiential Group
5:00 - 5:45	Open Gym	Art Therapy	Open Gym	Open Gym	Open Gym	Activity	Knitting (VOL)
6:00 - 6:30	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner*</i>	<i>Dinner*</i>
6:30 - 7:00	Diary Cards	Diary Cards	DBT Homework	Diary Cards	Diary Cards	6:30 - 8:00 Cinema Therapy	6:30 - 8:00 Free Movie
7:00	DBT Homework	Journaling	7:15 - 8:00 Visiting	Meditation	Team Building		
8:00	DBT (VOL)	Free Time	Free Time	Free Time	Free Time	Wrap Up	Wrap Up
8:30	Meds	Meds	Meds	Meds	Meds	Meds	Meds
9:00	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores	Chores/Quiet Time
10:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

*Patients in the Eating Disorder Track will have supervised meals

<u>Wednesdays</u>		<u>Saturdays OR Sundays</u>	
DBT Family Group	5:45 - 7:15	KHouse	Visiting
Visiting	7:15 - 8:00	KHouse	2:00-3:30
AI-Anon for Parents	7:30 - 9:00	Jurgenson	KHouse

DISTRESS TOLERANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's	Wake Up/ADL's		9:00
8:00	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	<i>Breakfast*</i>	Wake Up/ADL's	Wake Up/ADL's
8:30- 9:15	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	<i>Breakfast*</i>	<i>Breakfast on Unit</i>
						9:00 Community Mtg	
9:30 - 11:30	School	School	9:45- 10:30 Creative Expression	School	School	9:30 Meds	9:30 Meds
						10:00 Horticulture Therapy	9:45 Leave for Silvermine Art Ctr
11:30	Health & Medication Education	Free Time	11:00 School	Knitting	Free Time	11:15 Pet Therapy	10:00 - 11:30 Silvermine Art Class
12:00 - 12:30	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch*</i>	<i>Lunch</i>	<i>12:15 - 1:00 Brunch*</i>
1:00 - 1:45	Art Therapy	Writing Group	Horticulture Therapy	Homework Review	Crisis Plan/ Crisis Kit	Gym	Gym
2:00 - 2:45	Behavior Chain	Homework Review	Solution Analysis	Radical Acceptance	Drumming	2:00 - 3:30 Visiting Hours	1:30 Interfaith Service @ Chapel
3:00 - 3:45	Intro, STOP, Pros & Cons	TIPP & Distract	Self Soothe & IMPROVE the Moment	Yoga	Jeopardy		2:00 - 3:30 Visiting Hours
4:00 - 4:45	Mindful Movement (VOL)	Open Gym	Art Group (VOL)	Library	Activity	Art Therapy	Experiential Group
5:00 - 5:45	Open Gym	Art Therapy	Open Gym	Open Gym	Open Gym	Activity	Knitting (VOL)
6:00 - 6:30	<i>Dinner*</i>	<i>Dinner*</i>	<i>Dinner*</i>	<i>Dinner*</i>	<i>Dinner*</i>	<i>Dinner*</i>	<i>Dinner*</i>
6:30 - 7:00	Diary Cards	Diary Cards	DBT Homework	Diary Cards	Diary Cards	6:30 - 8:00 Cinema Therapy	6:30 - 8:00 Free Movie
7:00	DBT Homework	Journaling	7:15 - 8:00 Visiting	Meditation	Team Building		
8:00	DBT (VOL)	Free Time	Free Time	Free Time	Free Time	Wrap Up	Wrap Up
8:30	Meds	Meds	Meds	Meds	Meds	Meds	Meds
9:00	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores/Quiet Time	Chores	Chores/Quiet Time
10:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

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Wednesdays
 DBT Family Group 5:45 - 7:15 KHouse
 Visiting 7:15 - 8:00 KHouse
 Al-Anon for Parents 7:30 - 9:00 Jurgenson

Saturdays OR Sundays
 Visiting 2:00-3:30 KHouse