

**ADOLESCENT UNIT PROGRAM SCHEDULE**

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
7:00-8:00	Shower/ Meds/ Chores	Shower/ Meds/ Chores	Shower/ Meds/ Chores	Shower/ Meds/ Chores	Shower/ Meds/ Chores	7:00-8:00		
8:00-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	8:00-8:30	Shower/ Meds/ Chores	Shower/ Meds/ Chores
8:30-9:00	Goals Group (MHT)	Goals Group (MHT)	Goals Group (MHT)	Goals Group (MHT)	Goals Group (MHT)	8:30-9:00	Breakfast	Breakfast
9:00-10:00	Process Group (CM)	Process Group (CM)	Process Group (CM)	Process Group (CM)	Process Group (CM)	9:00-10:00	Personal Time	Personal Time
10:00-12:00	School	School	School	School	School	10:00-11:00	Exercise (MHT)	Exercise (MHT)
12:00-12:30	Lunch	Lunch	Lunch	Lunch	Lunch	11:00-12:00	Process Group(CM)	Process Group(CM)
12:30-1:00	Free Time (MHT)	Free Time (MHT)	Free Time (MHT)	Free Time (MHT)	Free Time (MHT)	12:00-12:30	Lunch	Lunch
1:00-2:30	Mental Fitness (CM)	Mental Fitness (CM)	Mental Fitness (CM)	Mental Fitness (CM)	Mental Fitness (CM)	12:30-1:30	Quiet Time	Quiet Time
1:30-2:30	Level Work (MHT)	Level Presentation (CM)	Level Work (MHT)	Level Presentation (CM)	Level Work (MHT)	1:30-2:30	Social- ization (MHT)	Social- ization (MHT)
2:30-3:15	Activities Group (AC)	Activities Group (AC)	Activities Group (AC)	Activities Group (AC)	Activities Group (AC)	2:30-3:15	House keeping	House keeping
						3:15-3:30	Quiet Time (MHT)	Quiet Time (MHT)
3:15-4:00	Spirituality Group (CI)	Nursing Group	Spirituality Group (CI)	Nursing Group	Spirituality Group (CI)	3:30-4:15	Activities Group (AC)	Activities Group (AC)
4:00-5:00	Phone Time/ board games (MHT)	Phone Time/ board games (MHT)	Phone Time/ board games (MHT)	Phone Time/ board games (MHT)	Phone Time/ board games (MHT)	4:15-5:00	Phone Time (MHT)	Phone Time (MHT)
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner	5:00-5:30	Dinner	Dinner
5:30-6:15	Activities Group (AT)	Activities Group (AT)	Activities Group (AT)	Activities Group (AT)	Activities Group (AT)	5:30-6:30	Level Work (MHT)	Level Work (MHT)
6:30-7:30	Quiet time/ Levels	Visitation	Quiet time/ Levels	Visitation	Quiet time/ Levels	6:30-7:30	Visitation/ Phone Time	Visitation/ Phone Time
7:45-8:00	Wrap-Up (MHT)	Wrap-Up (MHT)	Wrap-Up (MHT)	Wrap-Up (MHT)	Wrap-Up (MHT)	7:30-7:45	Peer-Led Therapeutic Topic (MHT)	Peer-Led Therapeutic Topic (MHT)
8:00	Cash In Points	Cash In Points	Cash In Points	Cash In Points	Cash In Points <b>Until 11:15</b>	7:45-8:00	Wrap-Up (MHT)	Wrap-Up (MHT)
8:00-10:00	Bed time (based on level)	Bed time (based on level)	Bed time (based on level)	Bed time (based on level)	Get ready for bed <b>11:15-12:00</b>	<b>8:00-11:15 Fri &amp; Sat</b>	Cash In Points or <b>Bed</b>	Cash In Points or <b>Bed</b>
10:00	Lights Out	Lights Out	Lights Out	Lights Out		11:15-12:00 Fri & Sat	Get ready for bed	Get ready for bed
					Lights Out <b>12:00</b>	12:00	Lights Out	Lights Out <b>10:00</b>