

Inpatient (West Springs Hospital – Adult) Daily Schedule A

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---|---|---|---|---|---|---|
| Week 1 and Week 3 | Topic COPING SKILLS | Topic HAPPINESS & POSITIVE THINKING | Topic SELF-CARE & SELF ESTEEM | Topic TACKLING DEPRESSION & SUICIDAL IDEATION | Topic GRIEF & LOSS | Topic ANGER MANAGEMENT & FORGIVENESS | Topic VALUES & MOTIVATION |
| Week 2 and Week 4 | Topic SUPPORTS & COMMUNITY RESOURCES | Topic RESPECT & RESPONSIBILITY | Topic BOUNDARIES & HEALTHY RELATIONSHIPS | Topic HEALING & DEALING WITH TRAUMA | Topic ANXIETY & DISTRESS TOLERANCE | Topic ADDICTIONS & RECOVERY | Topic COMMUNICATION |
| 5:30 – 6:20 | Wake Up Vital Signs ADL's Housekeeping Patient Rooms | Wake Up Vital Signs ADL's Housekeeping Patient Rooms | Wake Up Vital Signs ADL's Housekeeping Patient Rooms | Wake Up Vital Signs ADL's Housekeeping Patient Rooms | Wake Up Vital Signs ADL's Housekeeping Patient Rooms | Wake Up Vital Signs ADL's Housekeeping Patient Rooms | Wake Up Vital Signs ADL's Housekeeping Patient Rooms |
| 6:30-7:10 | Breakfast Dining Room | Breakfast Dining Room | Breakfast Dining Room | Breakfast Dining Room | Breakfast Dining Room | Breakfast Dining Room | Breakfast Dining Room |
| 7:20-7:50 | Facility Expectations Dayroom | Facility Expectations Dayroom | Facility Expectations Dayroom | Facility Expectations Dayroom | Facility Expectations Dayroom | Facility Expectations Dayroom | Facility Expectations Dayroom |
| 8:00– 8:50 | Community meeting & Treatment Plan Group (MHW) Dayroom | Community meeting & Treatment Plan Group (MHW) Dayroom | Community meeting & Treatment Plan Group (MHW) Dayroom | Community meeting & Treatment Plan Group (MHW) Dayroom | Community meeting & Treatment Plan Group (MHW) Dayroom | Community meeting & Treatment Plan Group (MHW) Dayroom | Community meeting & Treatment Plan Group (MHW) Dayroom |
| 9:00-9:50 | Nurses' Group Group Room | Dietician Group Group Room | Nurses' Group Group Room | Nurses' Group Group Room | Nurses' Group Group Room | Nurses' Group Group Room | Nurses' Group Group Room |
| 10:00-10:40 | Peer Group Group Room | Peer Group Group Room | Safety Planning Group (Peer) Dayroom | Peer Group Group Room | Discharge Planning Group (Peer) Dayroom | Peer Group Group Room | Peer Group Group Room |
| 10:50-11:30 | MHW Group Group Room | Social Services Group Room | Social Services Group Room | Social Services Group Room | Social Services Group Room | Social Services Group Room | MHW Group Group Room |
| 11:40-12:15 | Lunch Dining Room | Lunch Dining Room | Lunch Dining Room | Lunch Dining Room | Lunch Dining Room | Lunch Dining Room | Lunch Dining Room |
| 12:20-1:10 | Activities Activities Room or Gym | Activities Activities Room or Gym | Activities Activities Room or Gym | Activities Activities Room or Gym | Activities Activities Room or Gym | Activities Activities Room or Gym | Activities Activities Room or Gym |
| 1:10-1:50 | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry |
| 2:00-2:50 | Exercise Group or Outside Time (MHW) Courtyard or Dayroom | Therapist Group Group Room | Therapist Group Group Room | Therapist Group Group Room | Therapist Group Group Room | Therapist Group Group Room | Exercise Group or Outside Time (MHW) Courtyard or Dayroom |
| 3:00-3:10 | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room |
| 3:15-4:05 | MHW Group Group Room | MHW Group Group Room | MHW Group Group Room | MHW Group Group Room | MHW Group Group Room | MHW Group Group Room | MHW Group Group Room |
| 4:30-5:25 | Dinner Dining Room | Dinner Dining Room | Dinner Dining Room | Dinner Dining Room | Dinner Dining Room | Dinner Dining Room | Dinner Dining Room |
| 5:45-6:35 | Activities Activities Room | Activities Activities Room | Activities Activities Room | Activities Activities Room | Activities Activities Room | Activities Activities Room | Activities Activities Room |
| 6:35-7:20 | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry | Personal Time Dayroom/Patient Rooms/Laundry |
| 6:50-7:15 | Visitation Dining Room | Visitation Dining Room | Visitation Dining Room | Visitation Dining Room | Visitation Dining Room | Visitation Dining Room | Visitation Dining Room |
| 8:00-8:10 | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room | Snack Dining Room |
| 7:30-9:15 | Cinema Therapy Vitals Dayroom | Cinema Therapy Vitals Dayroom | Cinema Therapy Vitals Dayroom | Cinema Therapy Vitals Dayroom | Cinema Therapy Vitals Dayroom | Cinema Therapy Vitals Dayroom | Cinema Therapy Vitals Dayroom |
| 9:15-10:00 | Wrap up & Relaxation group Dayroom | Wrap up & Relaxation group Dayroom | Wrap up & Relaxation group Dayroom | Wrap up & Relaxation group Dayroom | Wrap up & Relaxation group Dayroom | Wrap up & Relaxation group Dayroom | Wrap up & Relaxation group Dayroom |
| 10:00-10:30 | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms | ADL's Prepare for bed Meds, Clean up Lights Out Patient Rooms |