Inpatient (West Springs Hospital–Adolescents) Daily Schedule A

Time	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***
6:00-7:00	**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
7:00-7:20	**Facility Expectations** Dayroom	**Facility Expectations** Dayroom	**Facility Expectations** Dayroom	**Facility Expectations** Dayroom	**Facility Expectations** Dayroom	**Facility Expectations** Dayroom	**Facility Expectations** Dayroom
7:30-8:00	**Breakfast** Dining Room	**Breakfast** Dining Room	**Breakfast** Dining Room	**Breakfast** Dining Room	**Breakfast** Dining Room	**Breakfast** Dining Room	**Breakfast** Dining Room
8:00-8:50	**Community Mtg. & Treatment Plan Group (MHW)** Day Room	**Community Mtg. & Treatment Plan Group (MHW)** Day Room	**Community Mtg. & Treatment Plan Group (MHW)** Day Room	**Community Mtg. & Treatment Plan Group (MHW)** Day Room	**Community Mtg. & Treatment Plan Group (MHW)** Day Room	**Community Mtg. & Treatment Plan Group (MHW)** Day Room	**Community Mtg. & Treatment Plan Group (MHW)** Day Room
9:00-9:50	**MHW Group** Group Room	**Social Services Group** Group Room	**Social Services Group** Group Room	**Social Services Group** Group Room	**Social Services Group** Group Room	**Social Services Group** Group Room	**MHW Group** Group Room
10:00-10:50	**Activities** Activities Room	**Activities** Activities Room	**Activities** Activities Room	**Activities** Activities Room	**Activities** Activities Room	**Activities** Activities Room	**Activities** Activities Room
11:00-11:50	**Exercise Group or Outside Time (MHW)** Gym or Courtyard	**Exercise Group or Outside Time (MHW)** Gym or Courtyard	**Exercise Group or Outside Time (MHW)** Gym or Courtyard	**Exercise Group or Outside Time (MHW)** Gym or Courtyard	**Exercise Group or Outside Time (MHW)** Gym or Courtyard	**Exercise Group or Outside Time (MHW)** Gym or Courtyard	**Exercise Group or Outside Time (MHW)** Gym or Courtyard
12:00-12:30	**Nurses' Group** Group Room	**Nurses' Group** Group Room	**Nurses' Group** Group Room	**Nurses' Group** Group Room	**Nurses' Group** Group Room	**Dietician Group** Group Room	**Nurses' Group** Group Room
12:40-1:10	**Lunch** Dining Room	**Lunch** Dining Room	**Lunch** Dining Room	**Lunch** Dining Room	**Lunch** Dining Room	**Lunch** Dining Room	**Lunch** Dining Room
1:20-2:10	**Visitation** Gym or Conference Room	**Therapist Group** Group Room	**Therapist Group** Group Room	**Therapist Group** Group Room	**Therapist Group** Group Room	**Therapist Group** Group Room	**Visitation** Gym or Conference Room
2:10-2:45	**Peer Group** Dayroom	**Peer Group** Dayroom	**Discharge Planning Group (Peer)** Dayroom	**Safety Planning Group (Peer)** Dayroom	**Peer Group** Dayroom	**Peer Group** Dayroom	**Peer Group** Dayroom
2:50-3:00	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room
3:10-4:00	**MHW Group** Group Room	**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	**MHW Group** Group Room
4:10-4:55	**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
5:00-5:35	**School & Therapy Assignments** Dayroom/Patient Rooms	**School & Therapy Assignments** Dayroom/Patient Rooms	**School & Therapy Assignments** Dayroom/Patient Rooms	**School & Therapy Assignments** Dayroom/Patient Rooms	**School & Therapy Assignments** Dayroom/Patient Rooms	**School & Therapy Assignments** Dayroom/Patient Rooms	**School & Therapy Assignments** Dayroom/Patient Rooms
5:45-6:30	**Dinner** Dining Room	**Dinner** Dining Room	**Dinner** Dining Room	**Dinner** Dining Room	**Dinner** Dining Room	**Dinner** Dining Room	**Dinner** Dining Room
6:35-7:00	**Cinema Therapy/Laundry/ Vitals** Dayroom	**Visitation** Gym or Conference Room	**Visitation** Gym or Conference Room	**Visitation** Gym or Conference Room	**Visitation** Gym or Conference Room	**Visitation** Gym or Conference Room	**Cinema Therapy/Laundry/ Vitals** Dayroom
6:35-8:15	**Cinema Therapy/Laundry/ Vitals** Dayroom	**Exercise (7-7:50 p.m.)** Gym	**Cinema Therapy/Laundry/ Vitals** Dayroom	**Exercise (7-7:50 p.m.)** Gym	**Cinema Therapy/Laundry/ Vitals** Dayroom	**Exercise (7-7:50 p.m.)** Gym	**Cinema Therapy/Laundry/ Vitals** Dayroom
8:15-8:25	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room	**Snack** Dining Room
8:30-9:00	**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
9:00-9:15 **Pediatrics**	**ADL's** Prepare for bed **Lights Out** Patient Rooms	**ADL's** Prepare for bed **Lights Out** Patient Rooms	**ADL's** Prepare for bed **Lights Out** Patient Rooms	**ADL's** Prepare for bed **Lights Out** Patient Rooms	**ADL's** Prepare for bed **Lights Out** Patient Rooms	**ADL's** Prepare for bed **Lights Out** Patient Rooms	**ADL's** Prepare for bed **Lights Out** Patient Rooms
9:15–10:15 **Adolescents**	**ADL's** Prepare for bed **Lights Out**	**ADL's** Prepare for bed **Lights Out**	**ADL's** Prepare for bed **Lights Out**	**ADL's** Prepare for bed **Lights Out**	**ADL's** Prepare for bed **Lights Out**	**ADL's** Prepare for bed **Lights Out**	**ADL's** Prepare for bed **Lights Out**