

Adolescent Inpatient Unit at Deerfield

1-800-528-6624



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30am	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)	Wake up Medication/ADLs 60 minutes (Nursing)
8:30 -9:30am	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes	Breakfast 60 minutes
9:30-10:00am	Goals Group 30 minutes (Nursing)	Goals Group 30 minutes (Nursing)	Goals Group 30 minutes (Nursing)	Goals Group 30 minutes (Nursing)	Goals Groups/Room Checks 30 minutes (Nursing)	9:30 am Goals Group/ Planning Meeting 30 minute (Nursing)	9:30 am Goals Group/ Planning Meeting 30 minute (Nursing)
10:00-10:30am	Room Checks 30 minutes	Room Checks 30 minutes	10:00-10:45am DBT Group 45 minutes (Clinical)	10:00-10:45am DBT Group 45 minutes (Clinical)	10:00-10:45am DBT Group 45 minutes (Clinical)	10:00 - 10:30 am Community Meeting (Nursing) 30 minutes	10:00 - 11:00am Gym Recreation Therapy (Rec Therapist) 60 min.s
10:30-11:15am	DBT Skills Group 45 minutes (Clinical)	DBT Skills Group 45 minutes (Clinical)	10:45am Art on Unit (Clinical) 45 minutes	10:45-11:00am Therapeutic Activity 45 minutes (Nursing)	10:45am Art on Unit (Clinical) 45 minutes	10:30 - 11:15am Therapeutic Activity 45 minutes (Nursing)	11:00 - 11:45am Art in Art Room (Therapist/Nursing)45 min
11:15-11:45am	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)	Yard 30 minutes (Nursing)
11:45am 12:15 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15-12:30pm	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes	Room time 15 minutes
12:30-1:15pm	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes	12:30-1:00pm Nutrition Group 30 minutes(Dietitian)	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes	Yard/Quiet Time 45 minutes
1:15-3:00pm	School 105 minutes	School 105 minutes	1:00-1:15pm Quiet Time 15 minutes School 105 minutes	School 105 minutes	School 105 minutes	1:15 - 3:00pm Movie Time (Nursing)105 min.	1:15 - 3:00pm Movie Time (Nursing)105 min.
3:00-3:30pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:30-4:00pm	Therapeutic Activities (Rec Therapist/Nursing) 30 minutes	Therapeutic Activities (Rec Therapist/Nursing) 30 minutes	Therapeutic Activities (Rec Therapist/Nursing) 30 minutes	Community Meeting (Nurse/Clinical) 30 min	Therapeutic Activities (Rec Therapist/Nursing) 30 minutes	3:30 - 4:00pm Activity (Nursing) 30 minutes	3:30 - 4:00pm Community Meeting (Nursing) 30 minutes
4:00 -5:00pm	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes
5:00 - 5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 - 6:00pm	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time/Yard 30 minutes (Nursing)	Room Time	Room Time
6:00 - 7:00pm	Gym (Nursing) 60 minutes	Therapeutic Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes	Activities (Nursing) 60 minutes
7:00 -7:30pm	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes	Wrap-up (Nursing) 30 minutes
7:30-8:30pm	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
8:30-9:30pm	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack	Rewards/Snack
9:30pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew
10:00pm	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew	Lights Out/Late Curfew

Deerfield Program

Description of Activities and Groups

Physical Activity Group: May include walks around the grounds, outdoor activities such as volleyball/ basketball, utilizing gym equipment/games to improve health and compliment other treatment interventions.

Art Therapy Group: Provides an opportunity for each patient to share, discuss and interpret the meaning of their artwork with guidance and support from the art therapist.

Activities: Patients will be exposed to many enriching opportunities, to experience positive social interactions; learn social skills and increase self-esteem.

DBT Skills Groups:

- **Mindfulness:** Patients will learn about the three states of mind, as well as the WHAT and HOW skills of mindfulness.
- **Distress Tolerance:** Patients will learn specific Distress Tolerance skills to use in Wise Mind. These skills will be: Wise Mind ACCEPTS, 3-2-1, Self -Soothing and IMPROVE the moment.
- **Interpersonal Skills:** Patients will learn skills to build and maintain positive relationships. These skills will be: the five things that keep you from achieving relationship goals, GIVE, DEAR MAN and FAST.
- **Emotional Regulation:** Patients will learn skills to increase positive emotions and reduce emotional vulnerability. These skills will be: ABC PLEASE, Opposite Action, the WAVE skill.
- **Walking the Middle Path:** Patients will learn skills to manage adolescent-family problems. These skills will be: Thinking Dialectically, Validation and Ways to Increase/Decrease Behaviors.
- **Skills Practice Group:** Patients will discuss DBT skills they have been learning in a small group setting.

Community Meeting: Program Director and Nurse Manager meet with patient community to model, teach and provide structure for problem solving.

DBT Clinical Group Therapy - With the guidance of a Clinician, patients explore their common problems and work out solutions.

Goals Group: Patients set daily goals that are related to their Individualized Target Behavior set at admission.

Health Education Group: Patients will discuss different topics related to living a healthy life, both physically and emotionally.

Music Therapy: Group run by Music Therapist, with opportunity to express selves through sound/music.

Nutrition Group: Patients will learn information concerning healthy eating patterns and the effect poor eating can have on mood and behavior.

Recreation Therapy Group: Patient will practice DBT informed skills, focused on social skills, interpersonal effectiveness lead by recreational therapist through a variety of both physical activities and cooperative group activities.

Reward Group: Patients are given incentive rewards and participate in both solitary and interactive pursuits.

Room Time: This is for patients to be in their room for up to 15 minutes in between program, so that they can gather themselves, or destimulate before the next activity/group. They can also clean and organize their room during this time.

Therapeutic Activities: Patients will be exposed to many enriching opportunities to experience positive social interactions; learn social skills and increase self-esteem.

Wrap-up Group: Patients will re-visit their chosen short-term goal and report feelings experienced during that day according to a scale.