

Adult Inpatient Program Core Psychiatric Treatment at Lodge

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:30 am	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min	Medication/Labs/ Vital Signs 75 min
7:30-8:30 am	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene 60 min	ADLs/Oral Hygiene/Weekly Weights 60 min
8:30 am 9:30 - 10:30am	Breakfast in MDR Group Therapy (Clinical) 60 min	Breakfast in MDR Group Therapy (Clinical) 60 min	Breakfast in MDR Group Therapy (Clinical) 60 min	Breakfast in MDR Group Therapy (Clinical) 60 min	Breakfast in MDR Group Therapy (Clinical) 60 min	Breakfast on the uni PLEASE Skills (Nursing) 60min	Breakfast on the unit Community Meeting and Goals Group (Nursing) 60min
10:30-11:30 am	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Community Meeting and Goals Group (Nursing) 60 min	Coping Ahead/10a NAMI 3rd Sunday) (Nursing) 60 min
11:30 am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15 pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
12:30-1:30pm	Meditation/Mindfulness Breathing (Nursing) 60 min	Progressive Muscle Relaxation (Nursing) 60 min	Radical Acceptance and Burning Bridges (Nursing) 60 min	Coping Ahead (Nursing) 60 min	Emotion Regulation (Nursing) 60 min	ACCEPTS (Nursing) 60 min	Pros and Cons/Coping Ahead every 3rd Sunday (Nursing) 60 min
1:30 - 2:30 pm	Group Therapy with Dr. Klagsbrun (Clinical) 60 min	Diary Card (Clinical) 60 min	Group Therapy with Dr. Klagsbrun (Clinical) 60 min	Crisis Management Plan (Nursing) 60 min	Group Therapy with Dr. Klagsbrun (Clinical) 60 min	Willingness and Willfulness (Nursing) 60 min	Interpersonal Effectiveness (Nursing) 60 min
2:30 - 3:30 pm	Self-Soothe (Nursing) 60 min	Behavior Analysis/ (Nursing) 60 min	Willingness and Willfulness (Nursing) 60 min	Check the Facts (Nursing) 60 min	Meditation/Mindfulness Breathing (Nursing) 60 min	Relaxation and TIPS Skills (Nursing) 60 min	Walking the Middle Path/ Mindfulness (Nursing) 2:00 pmArt Workshop (Clinical) 60 min
3:30- 4:30 pm	STOP Skills (Nursing) 60 min	Focusing the Mind (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 min	Mindfulness Activity or Group (Nursing)60 min	Target Behaviors (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 min	Mindfulness Activity or Group (Nursing) 60 min
4:30 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:15 pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
5:30-6:00 pm	Activity (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Activity (Nursing) 30 min	Wrap-up Group (Nursing) 30 min	Activity (Nursing) 30 min	Activity (Nursing) 30 min	Activity (Nursing) 30 min
6:00 - 7:00 pm	Wrap-up Group (Nursing) 60 min	Art Workshop (Nursing) 60 min	Wrap-up Group (Nursing) 60 min	Art Workshop (Nursing) 60 min	Wrap-up Group (Nursing) 60 min	Wrap-up Group (Nursing) 60 min	Wrap-up Group (Nursing) 60 min
7:00 - 8:00 pm	Art Workshop (Clinical) 60 min	Self Expression Grp (Nursing) 60 min	Self Expression Grp (Nursing) 60 min	Self Expression Grp (Nursing)60 min	Self Expression Grp (Nursing) 60 min	Self Expression Grp (Nursing) 60 min	Self Expression Grp (Nursing) 60 min
8:00-9:15 pm	Medication Time/ VS 75 min	Medication Time/ VS 75 min	Medication Time/ VS 75 min	Medication Time/ VS 75 min	Medication Time/ VS 75 min	Medication Time/ VS 75 min	Medication Time/ VS 75 min
9:00 pm	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min	LeisureTime/Snacks/ ADL's 30 min
9:30 pm	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
10:00 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Group Descriptions

Adult Inpatient Program

Core/Co-Occurring Psychiatric Treatment

DBT Groups

Multiple DBT groups are spread out throughout the weeks so all patients can have access to the skills regardless of the day of admission. Consideration is given to those patients who are here more than one week and they will be given assignments to tailor to their DBT journey.

ACCEPTS - Apply an acronym that stands for activities, contribution, comparisons, emotions, push away, thoughts, and sensations.

Behavior Chain Analysis - Analyze problem behaviors learning links and vulnerabilities.

Check the Facts - Discover whether emotions are fitting to the reality.

Coping Ahead - Learn to anticipate obstacles and how the accompanying emotions can be managed

Coping Skills - Explore the differences of positive and negative coping skills.

Community Meeting and Goal Group - The milieu will identify any related concerns. Each person will make a goal for behavior change daily.

Crisis Planning - Identify what causes a crisis and what help do we need to manage a crisis

Diary Card Group - In a group setting patients learn how to apply solutions to daily urges and obstacles.

Distress Tolerance includes but is not limited to - ACCEPTS, SELF-SOOTHE, IMPROVE, RADICAL ACCEPTANCE, WILLINGNESS AND WILLFULNESS, TURNING THE MIND, PAIRED MUSCLE RELAXATION, TIP, PROS AND CONS AND STOP.

Emotion Regulation - Emotion Regulation Covers Check the Facts, Changing emotional responses, problem solving, reducing vulnerabilities using a variety of skills throughout your stay that would include the PLEASE skills.

Focusing the Mind - Discover various forms of Mindfulness, Breathing and Meditation, Walking the Middle Path, Burning Bridges and Building new Bridges as some examples.

Interpersonal Effectiveness includes DEARMAN getting your goals and needs met, keeping a relationship, keeping your self-respect while finding and building relationships, and balancing acceptance and change.

Mindfulness – Explores various levels of observation and awareness.

PLEASE Skills – will include nutrition and medication and health tips.

Radical Acceptance – Patients learn to utilize Radical Acceptance skills.

Self-Expression - Patients learn various forms of positive communication.

Target Behaviors - Patients explore their target behaviors to gain insight into the solutions.

Walking the Middle Path - Patients learn about dialectics, validation, acceptance, and change.

Wrap Up Group - explores how following the goal for the day went and what obstacles were observed.

Therapy Groups:

Activities/Leisure - May include walks around the hospital grounds, quiet time in the garden, outdoor activities such as volleyball, exercise, stretching. Patients may go to the indoor basketball gym.

Alcoholics Anonymous (AA) - Alcoholics Anonymous groups give the patients 12 step supports.

Art Workshop - Go to art workshop and focus on DBT skills and principles using different mediums.

Community Meeting - Group for all patients to discuss living together in the milieu.

Compulsive Behaviors and their Consequences - Patients not only explore common substance addictions and consequences, but will identify their experiences of having a compulsion as in gambling, shopping, eating, and others.

Crisis Planning - Patients will learn how to identify relapse triggers and warning signs and acquire practical tools.

Developing your Spirituality The group will mindfully explore the dimensions of Spirituality and do reflective writing.

Distress Tolerance Skills - The group will learn distress tolerance skills to manage relapse triggers.

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

Leisure Time - Includes staff coaching, making phone calls, visits, socializing and laundry.

NAMI (National Alliance on Mental Illness) - To empower and educate patients to address their issues.

Phases and Warning Signs of Relapse - The group will identify Triggers of relapse.

Positive Emotion – Patients learn to accumulate positive emotions.

Relapse Prevention – The group will create a relapse prevention plan to help them manage their recovery.

Stages of Change - The group will learn the Stages of Change Model.

The 12 Steps and DBT - The group will learn to identify different DBT skills as they relate to the 12 steps.

Topics in Recovery - Topics in Recovery a discussion on related topics.

Understanding the Disease of Addiction - A discussion about the brain's activation by substances and compulsions.