

# Child Inpatient Unit at Sunset

1-800-528-6624



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>7:30 9:30 am</b>	Wake up/ADLs Breakfast/Medication (Nursing)	Wake up/ADLs Breakfast/Medication (Nursing)	Wake up/ADLs Breakfast/Medication (Nursing)	Wake up/ADLs Breakfast/Medication (Nursing)	Wake up/ADLs Breakfast/Medication (Nursing)	<b>8:00-9:00 am</b> Wake up/ ADLs/Breakfast/ Medication (Nursing)	<b>8:00-9:00 am</b> Wake up/ ADLs/Breakfast/ Medication (Nursing)
<b>8:00 9:00 am</b>	Phone calls (Nursing) 60 minutes	Phone calls (Clinical) 60 minutes	Phone calls (Nursing) 60 minutes	Phone calls/ (Clinical) 60 minutes	Phone calls (Nursing)60 minutes	<b>9:30-10:00am</b> Weights & Vital Signs/Room Cleaning (Nursing)	<b>9:30-10:00am</b> Weights & Vital Signs/Room Cleaning (Nursing)
<b>9:30 10:00 am</b>	Community Meeting/ Goals Group/Culture and safety (Nursing/ Clinical)30 minutes	Community Meeting/ Goals Group/Culture and safety (Nursing/ Clinical) 30 minutes	Community Meeting/ Goals Group/Culture and safety (Nursing/ Clinical) 30 minutes	Community Meeting/ Goals Group/Culture and safety (Nursing/ Clinical) 30 minutes	Community Meeting/ Goals Group/Culture and safety (Nursing/ Clinical) 30 minutes	Goals Group (Nursing) 30 minutes	<b>10:00 -10:45 am</b> Goals Group (Nursing) 45 minutes
<b>10:00 11:00 am</b>	Therapeutic Activity/Gym (Nursing) 60 minutes	Art Therapy/Therapeutic Activity (Creative Arts Therapist) 60 minutes or Gym	Music Therapy (Creative Arts Therapist) 60 minutes or Gym	Art Therapy/Therapeutic Activity (Creative Arts Therapist) 60 minutes or Gym	Music Therapy (Creative Arts Therapist) 60 minutes or Gym	Recreation Therapy at Gym (Rec Therapist) 60 minutes <b>11:00 - 11:45 pm</b>	<b>10:45 - 11:45 am</b> Therapeutic Activity (Nursing) 60 minutes
<b>11:00 -11:45 pm</b>	DBT Skills Group (Clinical) 45 minutes	Medication Education Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	Therapeutic Activity 45 minutes	
<b>11:45 -12:00 pm</b>	Orientation For New Patients/Quiet Time (Nursing) 15 minutes	Orientation For New Patients/Quiet Time (Nursing) 15 minutes	Orientation For New Patients/Quiet Time (Nursing) 15 minutes	Orientation For New Patients/Quiet Time (Nursing) 15 minutes	Orientation For New Patients/Quiet Time (Nursing) 15 minutes	Orientation For New Patients (Nursing) 15 minutes	Orientation For New Patients (Nursing) 15 minutes
<b>12:00 - 12:30pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:30 - 1:00pm</b>	Medication/Phone Calls	Medication/Phone Calls	Medication/Phone Calls	Medication/Phone Calls	Medication/Phone Calls	Medication/Phone Calls	Medication/Phone Calls
<b>1:00 - 1:30 pm</b>	Levels/Feedback Group (Clinical) 30 minutes	Nutritian (Dietitian) 30 minutes	Therapeutic Activity (Nursing) 40 minutes	Levels/Feedback Group (Clinical) 40 minutes	Therapeutic Activity (Nursing) 30 minutes	<b>1:00-2:00pm</b> Creative Arts (Creative Art Therapist) 60 minutes	<b>1:00-2:00pm</b> Therapeutic Activity(Nursing) 60 min
<b>1:40- 3:20 pm</b>	School 100 minutes	School 100 minutes	School 100 minutes	School 100 minutes	School 100 minutes	<b>2:00 - 3:30</b> Therapeutic Activity (Nursing 90 minutes	<b>2:00 - 3:00 pm</b> Therapeutic Activity (Nursing) 60 minutes
<b>3:20 - 3:35 pm</b>	Quiet time (Nursing) 15 minutes	Quiet time (Nursing) 15 minutes	Quiet time (Nursing) 15 minutes	Quiet time (Nursing) 15 minutes	Quiet time (Nursing) 15 minutes	<b>3:35-3:45 pm</b> Snack 10 minutes	<b>3:00 pm</b> Snack/meds
<b>3:35 - 3:45 pm</b>	Snack 10 minutes	Snack 10 minutes	Snack 10 minutes	Snack (Nursing) 10 minutes	Snack 10 min	<b>3:45 - 4:30 pm</b> Therapeutic Activity (Nursing) 45 minutes	<b>3:15 - 4:00 pm</b> Planned Activity (Nursing) 45 minutes <b>4:00 - 4:45 pm</b> Gym 45 minutes
<b>3:45 - 4:30 pm</b>	Therapeutic Activity (Nursing) 45 minutes	Substance Use Education Group (CASAC) 45 minutes	<b>3:45-4:00pm</b> Yard (Nursing) 15 minutes	Substance Use Education Group (CASAC) 45 minutes	<b>3:45-4:00pm</b> Yard (Nursing) 15 minutes		
<b>4:30 - 5:15 pm</b>	Therapeutic Activity (Nursing) 45 minutes	Therapeutic Activity (Nursing) 45 minutes	<b>4:00-5:00 pm</b> Creative Arts (Creative Arts Therapist) 60 minutes	Therapeutic Activity (Nursing) 45 minutes	<b>4:00-5:00 pm</b> Creative Arts (Creative Arts Therapist) 60 minutes	<b>4:30 - 5:15 pm</b> Yard (Nursing) 45 minutes	<b>5:00-5:15pm</b> Quiet Time (Nursing) 15 minutes
<b>5:15 - 5:45 pm</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>6:00 - 7:00 pm</b>	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Gym 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes
<b>7:15 - 7:30 pm</b>	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)	Quiet Time.15 minutes (Nursing)
<b>7:30 - 8:00 pm</b>	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone	Snack/Meds/Phone
<b>8:00 - 8:30 pm</b>	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)	Wrap-Up Grp.30 minutes (Nursing)
<b>8:30 - 9:30 pm</b>	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV	ADL's/Crafts/TV
<b>8:30 pm</b>	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew	Level 1 & 2 Room Time/ Curfew
<b>9:00 pm</b>	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew	Level 3 Room Time/ Curfew

\* Rec Therapy includes Yoga \* Substance Abuse Education For All Unit Kids

# Sunset Program

## Description of Activities and Groups

**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.

**Community Meetings:** This is a group led by clinical and nursing staff for the purpose of identifying community concerns, welcoming new patients and terminating with patients to be discharged

**Culture of Safety:** Patients will meet as a group with clinical staff to review the rules of the unit designed to encourage a culture of safety. This includes a zero tolerance bullying policy. Patients will be encouraged to come to staff if they encounter any problems/concerns on the unit.

**Curfew/Room Time:** Designated time in room at the end of each programmed day where activity and conversation is minimized to allow patients the ability to transition and deescalate. During this time the use of tablets, books, drawing will be allowed leading up to final curfew.

**Recreation Therapy:** Patients will engage in a creative thinking activity that reinforces skills learned, including Yoda, Journaling with music.

### DBT Skills Groups:

- **Distress Tolerance:** Patients will learn specific Distress Tolerance skills to use to in Wise Mind. These skills will be: Wise Mind ACCEPTS, 3-2-1, Self-Soothing and IMPROVE the moment.

- **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.

- **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.

- **Skills Practice Group:** Patients will discuss DBT skills they have been learning in a small group setting.

- **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.

**Deep Breathing/Mindfulness Group:** Patients will engage in a group activity led by staff designed to promote calm and well-being including deep breathing, meditation, reading, music, or writing.

**Goals Group:** Patients set daily goals that are related to their Individualized Target Behavior set at admission. Community issues are raised and discussed and the culture of safety is reviewed.

**Levels/Feedback Group:** Patients present requests for a change in level to their peers. They receive feedback on their progress toward treatment goals from peers and staff.

**Medication Education Group:** Patients will learn about the medications they are taking and be able to ask specific questions from the Nurse Practitioner who is prescribing their medication.

**New Patient Orientation Group:** Patients meet with staff to review safety, discuss expectations in the milieu, and ask staff any questions they might have. They will also meet with a therapist who explains DBT packet and treatment and also helps patient set an Individualized Target Behavior. A tour of the facility is also provided.

**Quiet Time:** Designated time on the unit where activity and conversation is minimized to allow patients the ability to transition to the next program. This time will also be used to check in with staff and to clean rooms.

**Substance Abuse Education Group:** Patients are given information on various substances of abuse and the negative impact, both psychologically and physically. They also learn to formulate a design for living in recovery through the integration of the cognitive and behavioral strategies required to prevent a return to substance abuse.

**Therapeutic Activity:** Patients engage in an individualized activity to promote calm and well-being. These may include meditation, reading, music, or writing. May include walks around the grounds, outdoor activities such as volleyball/ basketball, utilizing gym equipment/games to improve health and compliment other treatment interventions.

**Wrap-up Group:** Patients review their daily goal and discuss skills used and/or obstacles to meeting goal.