

Child Inpatient Unit at Woodview

800-528-6624



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30am	Wake up, meds, breakfast, ADLs, clean room, phone calls 90 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 90 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 90 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 90 minutes (Nursing)	Wake up, meds, breakfast, ADLs, clean room, phone calls 90 minutes (Nursing)	Wake-Up-Heights,Weights Meds, Breakfast, ADLs, Clean Room, Phone Calls 90 minutes (Nursing)	Wake up Meds, Breakfast, ADLs Clean Room, Phone Calls 90 minutes (Nursing)
8:30-9:30am	Breakfast (Nursing) 60 minutes	Breakfast (Nursing) 60 minutes	Breakfast (Nursing) 60 minutes	Breakfast (Nursing) 60 minutes	Breakfast (Nursing) 60 minutes	Breakfast (Nursing) 60 minutes	Breakfast (Nursing) 60 minutes
9:30-10:00am	Goals Group/ Orientation Group 30 minutes (Nursing)	Goals Group/ Orientation Group 30 minutes (Nursing)	Goals Group/ Orientation Group 30 minutes (Nursing)	Goals Group/ Orientation Group 30 minutes (CASAC)	*9:30-10:00am Substance Abuse Group	Goals Group/Orientation Group(Nursing) 30 minutes	Goals Group/Orientation Group(Nursing) 30 min
10:00-10:40am	Roomchecks/yard 40 minutes				10:00-11:00am Nutrition Group 30 minutes (Nursing)	10:00-11:00am Therapeutic Activity 60 minutes	Therapeutic Activity 60 minutes
10:40 am-12:25pm	School 105 minutes	School 105 minutes	School 105 minutes	School 105 minutes	School 105 minutes	11:00-11:30 Community Meeting (Nursing) 30 minutes	10:00-11:00am Therapeutic Activity (Nursing) 60 minutes
						11:30-12:25 Yard/Quiet time 55 minutes (Nursing)	11:30-12:25 Yard/Quiet time 55 minutes (Nursing)
12:25-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:0 pm	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym 60 minutes	Gym Rec Therapy /Rec Therapist 60 minutes	Gym 60 minutes
2:00-2:15pm	Quiet time; Yard (Nursing) 15 minutes	Quiet time; Yard (Nursing) 15 minutes	Quiet time; Yard (Nursing) 15 minutes	Quiet time; Yard (Nursing) 15 minutes	Quiet time; Yard (Nursing) 15 minutes	Quiet time; Yard (Nursing) 15 minutes	Quiet time; Yard (Nursing) 15 minutes
2:15-3:00pm	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 45 minutes	DBT Skills Group (Clinical) 30 minutes	2:00-4:00pm Grp A and Grp B split Art Room/ and Yard (Art Therapist/Nursing) 120 minutes	2:15-3:00pm Art Therapy Group (Art Therapist) and Yard (Nursing) 45 min. 3:00-3:15pm Roomtime 15 minutes	2:15-3:00pm Therapeutic Activities(Nursing) 45 minutes
3:00-3:15pm	Snack	Snack	Snack	Snack	4:00-4:15 pm Snack 15 minutes	3:15 pm Snack 15 minutes	3:15 pm Snack 15 minutes
3:15-4:15pm	3:15-4:15pm Art on Unit (Art Therapist) 60 minutes	3:00-3:30pm Medication Group (NPP) 30 minutes 3:30-4:15pm Art on Unit (Art Therapist) 45 min.	3:15-4:15pm Art Therapy (Art Therapist) 60 minutes	3:15-4:15pm Art on Unit (Art Therapist) 60 minutes	4:15-5:15pm Therapeutic Activity (Nursing) 60 minutes	3:30-5:15pm Movie Time (Nursing) 105 minutes	3:30-5:15pm Movie Time (Nursing) 105 minutes
4:15-5:15pm	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes			
5:15-5:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:45-6:30pm	Therapeutic Activity (Nursing) 60 minutes	5:45-6:00pm Quiet Time 45 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes	Therapeutic Activity (Nursing) 60 minutes
6:30-7:00pm	Wrap-up Group (Nursing) 30 minutes	Wrap-up Group (Nursing) 30 minutes	Wrap-up Group (Nursing) 30 minutes	Wrap-up Group (Nursing) 30 minutes 6:20pm Nutrition Group	Wrap-up Group (Nursing) 30 minutes	Therapeutic Activity (Nursing) 30 minutes	Therapeutic Activity (Nursing) 30 minutes
7:00-8:00pm	Rewards/ Phone Calls 60 minutes	Rewards/ Phone Calls 60 minutes	Rewards/ Phone Calls 60 minutes	Rewards/ Phone Calls 60 minutes	Rewards/ Phone Calls 60 minutes	Rewards/ Phone Calls 60 minutes	Rewards/ Phone Calls 60 minutes
8:00-8:15pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:15-9:00pm	ADLS/TV Time 45 minutes	ADLS/TV Time 45 minutes	ADLS/TV Time 45 minutes	ADLS/TV Time 45 minutes	ADLS/TV Time 45 minutes	ADLS/TV Time 45 minutes	ADLS/TV Time 45 minutes
9:00pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew

Woodview 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.

Therapeutic Activity - Patients will be exposed to many enriching opportunities to experience positive social interactions, learn social skills and increase self-esteem. Activities will be focused on educating, practicing and/or developing healthy coping skills.

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 and 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.

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.

Free Time: This is for patients to practice organizing and using their own time. They can interact with other patients or have alone time.

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

Medication Group: Patients will meet with their medical providers in a psychoeducation group format to learn about their medications, review side effects, benefits and reinforce compliance after discharge.

Music Therapy Group: This is an expressive art program dealing with patient's feelings and active treatment issues in which patients are able to express their emotions and thoughts through music. Patients record songs they have written about themselves and cd's re made or them.

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 participate in DBT focused activities run by the Recreational Therapist, such as hands on mindfulness activities, role play and yoga.

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.

Substance Abuse Education Group: Patients receive education regarding substance abuse pre-vention as related to mental health.

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