

# Acute Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
600	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
630	Hygiene/Chores Mindfulness	Hygiene/Chores Mindfulness	Hygiene/Chores Mindfulness	Hygiene/Chores Mindfulness	Hygiene/Chores Mindfulness	Hygiene/Chores Mindfulness	Hygiene/Chores Mindfulness
700	ORIENTATION GROUP	ORIENTATION GROUP	ORIENTATION GROUP	ORIENTATION GROUP	ORIENTATION GROUP	ORIENTATION GROUP	ORIENTATION GROUP
800	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
830	MEDS/ Quiet time	MEDS/ Quiet time	MEDS/ Quiet time	MEDS/ Quiet time	MEDS/ Quiet time	MEDS/ Quiet time	MEDS/ Quiet time
900	BHS GROUP	THERAPY GROUP	THERAPY GROUP	THERAPY GROUP	THERAPY GROUP	Current Events / TV	BHS GROUP
1000	THERAPY GROUP	EAP Equine Center	EAP Equine Center	EAP Equine Center	EAP Equine Center	EAP Equine Center	Quiet time or Structured Unit Activity: Craft, unit game, outside
1100	THERAPY GROUP	THERAPY GROUP Wellness curriculum GYM	THERAPY GROUP	THERAPY GROUP Wellness curriculum Game room	THERAPY GROUP	EXPRESIVE/REC THERAPY Expressive Room	BHS GROUP
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music
1:00	BHS GROUP	EXPRESSIVE/REC THERAPY Expressive Room	THERAPY GROUP	BHS Group	THERAPY GROUP	BHS GROUP	BHS GROUP
2:00	Game room/bowling	BHS GROUP	BHS GROUP	THERAPY GROUP	BHS GROUP	Game room/bowling	THERAPY GROUP
3:00	BHS GROUP	Game room/bowling	THERAPY GROUP	THERAPY GROUP	THERAPY GROUP	THERAPY GROUP	Game room/bowling
4:00	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music	Drawing/Listening to Music
4:30	SPA Wellness curriculum	SPA Wellness curriculum	SPA Wellness curriculum	SPA Wellness curriculum	SPA Wellness curriculum	SPA Wellness curriculum	SPA Wellness curriculum
5:00	NURSING- Nutrition Wellness curriculum	NURSING GROUP Wellness curriculum	NURSING GROUP Wellness curriculum	NURSING GROUP Wellness curriculum	NURSING GROUP Wellness curriculum	NURSING GROUP Wellness curriculum	NURSING GROUP Wellness curriculum
6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30	D/C PLANNING GROUP	D/C PLANNING GROUP	D/C PLANNING GROUP	D/C PLANNING GROUP	D/C PLANNING GROUP	D/C PLANNING GROUP	D/C PLANNING GROUP
7:30	Showers/TV	Showers/TV	Showers/TV	Showers/TV	Showers/TV	Showers/TV	Showers/TV
8:00	GREEN NIGHT MEDS	Showers/TV MEDS	Showers/TV MEDS	GREEN NIGHT MEDS	Showers/TV MEDS	Showers/TV MEDS	Showers/TV MEDS
9:30	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out
	BHS Documents these groups	RN Documents this group	Therapist Document These Groups	SPA IS TO BE DOCUMENTED AS A BHS GROUP	Phone call times: M-F 2:00-6:30 & 7:30-8:30; Weekends 10:00-6:30 & 7:30-8:30 No phone calls allowed during groups Visiting hours: Mon-Fri: 3pm-7pm Sat-Sun: 3pm-7pm *Limited to 1 Hr		
	If 10 kids or less, no (a) and (b) groups all kids attend each group. Kids not assigned to a group are to be working on therapeutic assignments or journaling during scheduled group times. Schedule is subject to change.			Bedtimes: SZ 2000 Red: 2030 Yellow: 2100 Green: 2130 Pt. Must be green the day before and the day of the green night activity to participate. Green night activities are on Wednesday and Sunday.			

**Wellness Curriculum-** The Global Wellness Institute defines wellness as *the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.* There are two important aspects to this definition. First, wellness is not a passive or static state but rather an “active pursuit” that is associated with intentions, choices and actions as we work toward an optimal state of health and wellbeing. Second, wellness is linked to holistic health—that is, it extends beyond physical health and incorporates many different dimensions that should work in harmony. *8 aspects of wellness:* **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc. **Mental:** Engaging the world through learning, problem-solving, creativity, etc. **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others. **Spiritual:** Searching for meaning and higher purpose in human existence. **Social:** Connecting and engaging with others and our communities in meaningful ways. **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and wellbeing. **Intellectual:** Explore new concepts, enhance skills, and challenge the mind through continuous learning **Occupational:** Balancing life responsibilities, working toward a job in an interesting or valuable field and bolstering job skills through additional training.