



SAMPLE ADOLESCENT INPATIENT PROGRAM SCHEDULE

| WEEKLY SCHEDULE | MONDAY - FRIDAY | SATURDAY - SUNDAY |
|-----------------|--|--|
| 6:30 – 7:00 | WAKE-UP / PERSONAL TIME | WAKE-UP / PERSONAL TIME |
| 7:15 – 7:45 | BREAKFAST | BREAKFAST |
| 7:45 – 8:15 | BREAK | BREAK |
| 8:15 – 9:15 | COMMUNITY GROUP / GOALS GROUP - MHA | COMMUNITY GROUP / GOALS GROUP - MHA |
| 9:30 – 10:15 | COMMUNICATION SKILLS - MHA | RECREATION THERAPY |
| 10:30 – 11:15 | RECREATION THERAPY | COPING SKILLS - MHA |
| 11:30 – 11:45 | HYGIENE | HYGIENE |
| 11:45 – 12:15 | LUNCH | LUNCH |
| 12:15 – 1:00 | JOURNAL / HOMEWORK ASSIGNMENTS | SOCIAL SERVICES GROUP |
| 1:00 – 2:00 | SOCIAL SERVICES GROUP | JOURNAL / HOMEWORK ASSIGNMENTS |
| 2:15 – 3:00 | RECREATION THERAPY | ACTIVITY GROUP - MHA |
| 3:30 – 4:15 | COPING SKILLS - MHA | COMMUNICATION SKILLS - MHA |
| 4:15 – 4:30 | HYGIENE | HYGIENE |
| 4:30 – 5:00 | DINNER | DINNER |
| 5:00 – 6:00 | HEALTHY LIVING - MHA | HEALTHY LIVING - MHA |
| 6:00 – 7:30 | HYGIENE / HOMEWORK | HYGIENE / HOMEWORK |
| 7:30 – 8:15 | WRAP UP GROUP / STRESS REDUCTION - MHA | WRAP UP GROUP / STRESS REDUCTION - MHA |
| 8:15 – 8:45 | SNACK | SNACK |
| 8:45 – 9:00 | BREAK | BREAK |
| 9:00 | PERSONAL TIME / BED TIME | PERSONAL TIME / BED TIME |