

Glenwood Behavioral Health—200 Unit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Wake-up/ Vitals/ADL's	Wake-up/ Vitals/ADL's	Wake-up / Vitals/ADL's	Wake-up / Vitals/ADL's	Wake-up/ Vitals/ADL's	Wake-up/ Vitals/ADL's	Wake-up/ Vitals/ADL's
7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00	Daily Deets/AT	Daily Deets/AT	Daily Deets/AT	Daily Deets/AT	Daily Deets/AT	Daily Deets	Daily Deets/ Mindfulness
8:30-9:00	Medication Administration						
9:00	Treatment Team Meeting						
	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group
10:00	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Activity Therapy	Leisure Time; Gym Time
11:00	Nutrition Group	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Leisure Time; Board Games	Activity Therapy
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Leisure Time
1:00	Medication Administration						
1:30	Psycho Education	Psycho Education	Psycho Education	Psycho Education	Psycho Education	Changing Behavior Mindfulness	Activity Therapy
	2:15--Activity Therapy						
3:00	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
4:00	Self Reflection	Self Reflection	Self Reflection	Self Reflection	Self Reflection	Self Reflection	Self Reflection
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Medication Administration						
7:30	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack
8:00	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting
9:00	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's
9:30-10:00	Medication Administration						
10:00	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep

■ = AT/Daily Deets: Orientation/Current Events/Physical Exercise/Stretching
 ■ = BHA/Goals/Wrap Up; completing goal worksheet for daily treatment
 ■ = SW/ Changing Behavior w/ Mindfulness: CBT/DBT
 ■ = SUS/Psycho Educational/Protective Factors Group: Social Support/Coping Skills/Physical Health/Sense of Purpose/ Self-Esteem/Healthy Thinking
 ■ = NSG=Medication Education/Diagnosis Education