

# DAILY SCHEDULE

Monday - Friday

TIME	ACTIVITY	DESCRIPTION/OBJECTIVE
7:00 AM	Wake- up, AM Routine	Personal Hygiene, make bed, tidy room and bathroom, brush teeth, get dressed
8:00 AM	Breakfast	Breakfast Mealtime, AM Chores, Medication Administration
9:00 AM	AM Goal Setting	Goal setting activities to support the resident's therapeutic plan through the self-identification of strengths needs weaknesses and abilities.
	Therapist Check-in	Therapist lead activities in a group setting based on CBT, DBT, Mindfulness, and other holistic approaches
10:00 AM	Life Skills Group	Youth Mentor led skills activities to support optimal life functioning.
11:00 AM	Group Therapy	Therapist lead activities in a group setting based on CBT, DBT, Mindfulness, and other holistic approaches
12:00 PM	Lunch	Afternoon mealtime, Afternoon clean-up, Medication Administration
1:00 PM	Group Therapy	Therapist lead activities in a group setting based on CBT, DBT, Mindfulness, and or Other Holistic Approaches
2:00 PM	Snack	Light/small healthy food option
2:15 PM	School/ Independent Study	Assigned schoolwork, off-line educational games and activities, trips to library, trips to museum, outdoor experiential learning, etc.
6:00 PM	Dinner	Evening mealtime, PM Chores, Medication Administration

<b>6:45 PM</b>	PM Life Skills and Evening Check-out	Youth Mentor led daily close-out activity (i.e. guided journaling, art project, team building activity etc.)
<b>7:30 PM</b>	Free-Time	Resident lead independent activities to encourage time management, executive function, organizational skills, emotional and physical awareness, and regulation.
	Snack	Light healthy food option
	Phone Calls	Phone calls made to family by resident
	Medication	PM Medication Administration
<b>8:00 PM - 9:30 PM</b>		Pink: 8:00 PM - in rooms; 8:30 PM lights out
	Bedtime	Yellow: 8:30 PM- in rooms; 9:00 PM lights out
		Blue: 9:00 PM- in room; 9:30 lights out

Tuesday 3:00 PM-6:00 PM weekly Medication Management with Dr. Brinley

Weekly Individual and Family Therapy Sessions are scheduled directly by and with the assigned therapist

# DAILY SCHEDULE (Saturday - Sunday)

The weekend schedule may alter due to planned off-site activities

TIME	ACTIVITY	DESCRIPTION/OBJECTIVE
8:00 AM - 9:00 AM	Wake- up, AM Routine	Personal Hygiene, make bed, tidy room and bathroom, brush teeth, get dressed
9:00 AM	Breakfast	Breakfast Mealtime, AM Chores, Medication Admin
10:00 AM	AM Goal Setting	Youth Mentor lead planning activity that supports the resident's treatment plan through the identification of strengths needs abilities and weaknesses.
10:00 AM	Group Therapy (Saturday) or Life Skills (Sunday)	Therapist lead activities in a group setting based on CBT, DBT, Mindfulness, and other holistic approaches to support the building and rebuilding of a strong emotional foundation.  Youth Mentor led skills activities to help residents support optimal life functioning.
12:00 PM	Lunch	Afternoon mealtime, Afternoon clean-up, Medication Administration, Free-time
1:00 PM	Group Therapy (Saturday) or Life Skills (Sunday)	Therapist lead activities in a group setting based on CBT, DBT, Mindfulness, and other holistic approaches to support the building and rebuilding of a strong emotional foundation.  Youth Mentor led skills activities to help residents support optimal life functioning.

<b>2:00 PM</b>	Outdoor Recreation Offsite Activity	Mandatory outdoor recreation activity lead by Youth Mentor: skate park, B-Ball courts, baseball field, tennis courts, nature walk, etc.
<b>3:00 PM</b>	Family Visits	Scheduled on-site visitation on resident visitation pick-up and or drop off
	Snack Break	Light small healthy food option
	Free Time	Resident lead independent activities to encourage time management, executive function, organizational skills, emotional and physical awareness and regulation.
	School/ Independent Study	Assigned schoolwork, catch-up work, <b>off-line</b> educational games, activities, and reading
<b>5:30 PM</b>	Dinner	Evening mealtime, PM Chores, Medication Administration
<b>6:30 PM</b>	PM Life Skills and Evening Check-out	Youth Mentor lead daily close-out activity (i.e., guided journaling, art project, team building activity etc.)
<b>7:30 PM</b>	Free-Time	Resident-lead independent activities to encourage time management, executive function, organizational skills, emotional and physical awareness and regulation.
	Phone Calls	Phone calls made to family by resident (10 mins per resident)
	Snack Break	Light healthy food option
	Medication	PM Medication Administration
<b>8:00 PM - 9:30 PM</b>	Bedtime	Pink: 8:00 PM - in rooms; 8:30 PM lights out Yellow: 8:30 PM- in rooms; 9:00 PM lights out Blue: 9:00 PM- in room; 9:30 lights out