



## SAMPLE ADULT INPATIENT PROGRAM SCHEDULE

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