

Behavioral Health Inpatient Program

Daily Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 AM	Wake-up, shower personal hygiene, vital signs	Wake-up, shower personal hygiene, vital signs	Wake-up, shower personal hygiene, vital signs	Wake-up, shower personal hygiene, vital signs	Wake-up, shower personal hygiene, vital signs	Wake-up, shower personal hygiene, vital signs	Wake-up, shower personal hygiene, vital signs
7:30 AM	Breakfast and Review of Daily Schedule						
9:15 AM	Free time	Recreation Therapy: Fitness	Nutrition Group	Recreation Therapy: Fitness	Recreation Therapy: Fitness	Recreation Therapy: Fitness	Free time
10:15 AM	Recreation Therapy: Fitness	Recreation Therapy: Education Group	Recreation Therapy: Fitness	Recreation Therapy: Education Group	Recreation Therapy: Education Group	Recreation Therapy: Education Group	Recreation Therapy: Fitness
11:00 AM	Social Work: Safety Planning	Social Work: Suicide Prevention	Social Work: Thought Distortions	Social Work: Education Group	Recreation Therapy: Education Group	Social Work: Process Group	Social Work: Interactive Communication Group
12:15 PM	Lunch/ Group: Goals Review						
1:15 PM	Recreation Therapy: Creativity Group	Social Work: Grief or Relationships	Social Work: Dual Recovery Group	Social Work: DBT Skills Training	Recreation Therapy: DBT Skills Training	Social Work: Education Group	Recreation Therapy: Creativity Group
2:30 PM	Free time	Recreation Therapy: Creativity Group	Recreation Therapy: Creativity Group	Recreation Therapy: Creativity Group	Pharmacy Group	Recreation Therapy: Creativity Group	Free time
3:00 PM	Visiting				Creativity Group		Visiting
4:00-5:00 PM	Visiting						
5:15 PM	Dinner						
6:30 PM	AA Meeting	Personal Time	NA Meeting	AA Meeting	NA Meeting	AA Meeting	AA Meeting
7:30-8:30 PM	Visiting						
8:30 PM	Group: Goals Discussion						

3/11/19 DR – for the most up to date information, please contact Portneuf’s Behavioral Health Unit.