

8:30pm	Hygiene/Laundry	Hygiene/Laundry	Hygiene/Laundry	Hygiene/ Laundry	Hygiene/ Laundry	Hygiene/ Laundry	Hygiene/ Laundry
9:30pm	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
10:30pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Medication times: 8am/ 12pm/5pm/9pm

Community Meeting/ AM Goals group

Start with the Script: *Thank you for coming to group today. Before we start, I want to reiterate that at Malvern Behavioral Treatment Center we want to provide you with excellence in customer service. While you are here, we want you to feel safe, respected and encouraged to ask for help when needed. We strive to ensure that you recognize the value in each therapy group, understand your treatment plan and are given the tools to feel better at discharge. To help us know we are meeting these goals, you will be given a Patient Satisfaction Survey at discharge. An explanation of the survey questions were included in the folder you were given at the start of your stay with us. If at any point you have any questions or need anything during your stay, please ask a staff member for assistance. We want for you to leave answering every question with the highest possible rating – a smiley face!*

- Discuss the day’s schedule and review staff names and roles with the patients.
- Ask if there are questions or “housekeeping” items that need to be addressed.
- Complete AM Phase sheets.

AM Goals Group:

- Review AM Phase Sheet:
 - Goal is to help patients’ articulate daily goals & engage community in helping. Phrases that can help you:
 - “Tell us more.”
 - “Does anyone have a comment?”

MHT Skills Groups:

- There is a different topic on the schedule each day.
- Activities and ideas for each topic can be found in the MHT skills folder.

Journaling/ treatment Treatment Time:

Write the Journaling Topic on the unit white board after Goals Group. Journaling topics will be assigned daily by MHT during goals group. Treatment work will be provided by a clinician to each client specific to their goals for their inpatient stay

Guided Meditation:

A guided meditation CD will be utilized which aids in developing relaxation and stress-management skills.

Computer and Game Time

- It is our job to engage with patients.
- Introduce some board games to group.

PM Community Meeting and Reflections Group

- Utilize PM community meeting sheet
- Goal to identify if patients have achieved goals, who in the community they could thank
- Anyone discharging should do a full reflection of their stay.

Visitation

- This is a time to connect with the families and loved ones of our clients. Please answer all questions and if unable to answer yourself please reach out to someone who can...please do not leave families wondering.
- This is also a time to engage the clients who may not have visitors. Not having a visitor can be a difficult time for some and it is our job to make this time comfortable for all.