

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	Wake Up/ Morning Coffee & Tea	Wake Up/ Morning Coffee & Tea	Wake Up/ Morning Coffee & Tea	Wake Up/ Morning Coffee & Tea	Wake Up/ Morning Coffee & Tea	Wake Up/ Morning Coffee & Tea	Wake Up/ Morning Coffee & Tea
7:00am	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene
8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry
9:00am	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg
10:00am	Journal/treatment work/ meditation	Journal/treatment work/ meditation	Journal/treatment work/ meditation	Journal/treatment work/ meditation	Journal/treatment work/ meditation	Journal/treatment work/ meditation	Journal/treatment work/ meditation
11:00am	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
12:00pm	Hand Hygiene/ Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch	Hand Hygiene/ Lunch	Hand Hygiene/ Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch
1:00 pm	Process group	Process group	Process group	Process group	Process group	Process group	Process group
2:00pm	Rec	Rec	Rec	Rec	Rec	Visitation 2:00-4:00pm Movie	Visitation 2:00-4:00pm Movie
3:00pm	Yoga	yoga	Yoga	yoga	yoga	movie	movie
4:00pm	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)
5:00pm	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00pm	game Time face time calls	Visitation 6:30-7:30pm (face time calls) game Time	game Time face time calls	Visitation 6:30-7:30pm (face time calls) game Time	game Time (face time calls)	YOGA	YOGA
8:00pm	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks
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**

**YOUNG ADULT**

**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.