

UCLA Resnick Neuropsychiatric Hospital – 4 East A Unit Adult Inpatient Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
8:00	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time		Grooming & Personal Time
8:30						Deck Break		Deck Break
9:00	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting		Community Meeting
10:00	OT Task Group	OT Task Group	OT Task Group	OT Task Group	OT Task Group	AA Panel (every other week)	OT Task Group	OT Task Group
10:30								
11:00	Personal Time	Personal Time	Pet Therapy 11:15-11:30 (every other week)	Pet Therapy 11:15-11:30	Personal Time	Personal Time		Personal Time
11:30	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break		Deck Break
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
12:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	
1:00							AA Panel (every other week)	
1:30	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break		Deck Break
2:00	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group		Social Work Group
2:30	OT Gardening	OT Spiritual Reflection/Relaxation	OT Therapeutic Self-Care	OT Social Skills/Leisure	OT Stress Management	Visiting Hours (2-4pm)		Visiting Hours (2-4pm)
3:00	3:15 Snacks	3:15 Snacks	3:15 Snacks	3:15 Snacks	3:15 Snacks			
3:30	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break		Deck Break
4:00	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group		Nursing Group
4:30						Nursing Group		Nursing Group
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner
5:30	Visiting Hour	Visiting Hour	Visiting Hour	AA Panel	Visiting Hour	Visiting Hour	Visiting Hour	
6:00							Visiting Hour	
6:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		Personal Time
7:00	OT Creative Expression	OT Social Skills/Leisure	OT Sleep Hygiene					
7:30	OT Creative Expression	OT Social Skills/Leisure	OT Sleep Hygiene	Personal Time	Personal Time	Personal Time		Personal Time
8:00	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks		Snacks
8:30	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group		Wrap-Up Group