## <u>UCLA Resnick Neuropsychiatric Hospital – 4 East B Unit Adult Inpatient Schedule</u>

TIME	MONDAY		TU	JESDAY	WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	SUNDAY		
7:30	Brea	Breakfast Breakfast		Breakfast		Breakfast	Breakfast Breakfas		Breakfast Break		fast		
8:00 8:30	Grooming &		Grooming &		Grooming &		Grooming &		Grooming &	Grooming & Personal Time		Grooming & Personal Time	
9:00	Personal Time		Personal Time		Personal Time		Personal Time		Personal Time	Community Meeting	Community Meeting		
9:30	Community		Community		Community		Community	•		Deck Break	Deck Break		
	Meeting		Meeting		Meeting		Meeting		Meeting			•	
10:00	OT Tools Cooper		OT Table Cooking		OT Tools Crosses		OT Tools Ground		OT Table Constant	AA Persona			
10:30	Task Group		Task Group		Task Group		Task Group		Task Group	Panel (every other week)	Panel Time every other week)		
11:00	Deck Break		Deck Break		Deck Break		Deck Break		Deck Break	Deck Break	Deck Break		
11:30	Personal				Pet Therapy		Pet Therapy		Personal	Social	Social		
	Time		NAMI		11:30-11:45		11:30-11:45		Time	Work Work		rk	
			Peer-to-Peer Group		(every other week)					Group	Group		
12:00	Lunch				Lunch		Lunch		Lunch	12:15 Lunch	12:15 Lunch		
12:30	Personal Time		Lunch		Personal Time		Personal Time		Personal Time	Personal Time	Personal Time		
1:00	1:15	5-1:45	1::	15-1:45	1:15-1		1:15-1:45		1:15-1:45	OT	AA Panel	OT Task	
1:30	Social Work		Social Work		Social Work		Social Work		Social Work	Task Group	(every other	Group	
	Group		Group		Group		Group		Group		week)		
2:00	Deck Break		Deck Break		Deck Break		Deck Break		Deck Break	Deck Break	Deck Break		
2:30	ОТ		OT Spiritual		ОТ			OT Therapeutic OT		Visiting	Visiting		
	Stress Management		Reflection/Relaxation		Social Skills/Leisure			Self-Care Gardening		Hours (2-4pm)	Hours (2-4pm)		
3:00	3:15 Snacks		3:15 Snacks		3:15 Snacks		3:15 Snacks		3:15 Snacks	3:15 Snacks	3:15 Snacks		
3:30	Nursing		Nursing		Nursing		Nursing		Nursing			Nursing	
4:00	Group		Group		Group		Group		Group	Group Grou		ıp	
4:30	Deck Break		Deck Break		Deck Break		Deck Break		Deck Break	Deck Break	eak Deck Break		
5:00	Dinner		Dinner		Dinner		Dinner		Dinner	Dinner Dinner		er	
5:30	Visiting		Visiting		Visiting Hour		Visiting		Visiting	Visiting	Visiting		
	Hour	0.7	Hour	0.7	5:30-6:		Hour		Hour	Hour	Hou	ır	
6:00		OT		OT	AA	OT							
6:30		Creative Expression		Social Skills/Leisure	Panel	Sleep Hygiene	Personal		Personal	Personal	Dorco	nal	
7:00	Personal		Personal		Personal		Time		Time	Time	Personal Time		
7:30	Time		Time		Time				Tille	Title			
8:00	Snacks		Snacks		Snacks		Snacks		Snacks	Snacks	Snacks		
8:30	Wrap-Up Group		Wrap-Up Group		Wrap-Up Group		Wrap-Up Grou	ın	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group		
0.30	wrap-op Group		wrap-op Group		wrap-op Group		wrap-op Group		Triap op Group	wrap op Group	wrap op	Group	