

UCLA Resnick Neuropsychiatric Hospital – 4 East B 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						Community Meeting	Community Meeting	
9:00								
9:30	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Deck Break	Deck Break	
10:00	OT Task Group	OT Task Group	OT Task Group	OT Task Group	OT Task Group	AA Panel (every other week)	Personal Time	
10:30								
11:00	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	
11:30	Personal Time	NAMI Peer-to-Peer Group	Pet Therapy 11:30-11:45 (every other week)	Pet Therapy 11:30-11:45	Personal Time	Social Work Group	Social Work 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	1:15-1:45 Social Work Group	1:15-1:45 Social Work Group	1:15-1:45 Social Work Group	1:15-1:45 Social Work Group	1:15-1:45 Social Work Group	OT Task Group	AA Panel (every other week)	OT Task Group
1:30								
2:00	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	
2:30	OT Stress Management	OT Spiritual Reflection/Relaxation	OT Social Skills/Leisure	OT Therapeutic Self-Care	OT Gardening	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	3:15 Snacks	3:15 Snacks	
3:30	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	
4:00								
4:30	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	Deck Break	
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
5:30	Visiting Hour	Visiting Hour	Visiting Hour 5:30-6:30	Visiting Hour	Visiting Hour	Visiting Hour	Visiting Hour	
6:00								OT Creative Expression
6:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	
7:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	
7:30								
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	