4 West A Unit Schedule

Please do not pull patient out of shaded/bolded groups.

Updated 4/26/22

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Weigh Day			Weigh Day			
8:30 9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:15 10:00	Community Meeting/ School	Community Meeting/ School	Community Meeting/ School	Community Meeting/ School	Community Meeting/ School	Community Meeting	Community Meeting
10:00 11:00	RT Sewing and Knitting Group	RT Social Group	RT Mindfulness Group	RT Social Group	RT Social Group/Reflections	Nursing Menu Group	**Nursing DBT: Emotion Regulation**
11:15 12:00	**SW Process Group**	**OT Mindfulness & Sensory Soothing**	Nursing Wellness	**SW Process Group**	**OT Body and Soul**	RT Social Group	OT Task Group
12:15	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15 2:00	**OT DBT Skills Group**	Nutrition Group (1-1:30) Nursing Medication Education (1:30-2)	**OT DBT Skills Group**	**OT DBT Skills Group**	RT Physical Select	**Music Therapy**	**Music Therapy**
2:15 3:00	School	School	**School**	School	School	Deck	Deck
3:15 4:00	PM Snack Time	PM Snack Time	PM Snack Time	PM Snack Time	PM Snack Time	PM Snack Time	PM Snack Time
4:15 5:00	OT Task Group/ 3:45-4:30 RT Physical (select) 3:45-4:30	OT Task Group 3:45-4:30	OT Task Group/ RT Physical(select) 3:45-4:30	OT Task Group 3:45-4:30	OT Task group 3:45-4:30	Leisure Practice	Leisure Practice
	Leisure Practice	Leisure Practice	Leisure Practice				
5:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15	**Visiting Time 6-7pm** Leisure Practice	**Visiting Time 6-7pm** Leisure Practice	**Visiting Time 6-7pm** Leisure Practice	**Visiting Time 6-7pm** **Family Support 5:30-6pm** (Via Zoom)	**Visiting Time 6-7pm** Leisure Practice	**Visiting Time 6-7pm** Leisure Practice	**Visiting Time 6-7pm** Leisure Practice
8:00	**S.T.O.P**/ Wrap up	**S.T.O.P**/ Wrap up	**S.T.O.P**/ Wrap up	**S.T.O.P**/ Wrap up	**S.T.O.P**/ Wrap up	**S.T.O.P**/ Wrap up	**S.T.O.P**/ Wrap up
8:30	HS Snack	HS Snack	HS Snack	HS Snack	HS Snack	HS Snack	HS Snack
9:00	Self-Care	Self-Care	Self-Care	Self-Care	Self-Care	Self-Care	Self-Care
10:00	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME