

BEHAVIORAL HEALTH UNIT A

WEEKLY THERAPEUTIC PROGRAMMING CALENDAR

Recovery-Oriented Care • Skills for Today • Hope for Tomorrow

OUR PURPOSE

Build skills, strengthen recovery, and create a meaningful life.

DAILY SKILL PATHWAY MHC INTRODUCES → SOCIAL WORKER TEACHES & PRACTICES → MHC REVIEWS & REINFORCES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30–8:00 AM	◇ BREAKFAST / MORNING ADLs						
8:00–10:00 AM	+ MORNING MEDICATION PASS • Protected medication / clinical care time						
9:15–9:30 AM	●●● COMMUNITY MEETING • Daily goals • Safety check • Announcements						
9:30–10:00 AM	* MHC INTRODUCTION Mindfulness	⬆ MHC INTRODUCTION Distress Tolerance	▼ MHC INTRODUCTION Emotion Regulation	↔ MHC INTRODUCTION Interpersonal Effectiveness	♣ MHC INTRODUCTION Recovery Planning & Relapse Prevention	●● MHC INTRODUCTION Coping Skills & Weekend Review	⊙ MHC INTRODUCTION Weekly Review & Goal Setting
10:00–11:00 AM	◇ OT GROUP	+ CHARGE NURSE Medication Self-Management	◇ OT GROUP	☾ CHARGE NURSE Sleep Hygiene & Healthy Routine	◇ OT GROUP	◇ OT GROUP	◇ OT GROUP
11:00 AM–12:00 PM	● OPEN / PERSONAL TIME	▼ WELLNESS GROUP	● OPEN / PERSONAL TIME	▼ WELLNESS GROUP	● OPEN / PERSONAL TIME	● OPEN / PERSONAL TIME	● OPEN / PERSONAL TIME
12:00–1:00 PM	◇ LUNCH						
1:00–2:00 PM	* SOCIAL WORKER Teach & Practice: Mindfulness	⬆ SOCIAL WORKER Teach & Practice: Distress Tolerance	▼ SOCIAL WORKER Teach & Practice: Emotion Regulation	↔ SOCIAL WORKER Teach & Practice: Interpersonal Effectiveness	♣ SOCIAL WORKER Teach & Practice: Recovery Planning & Relapse Prevention	●● SOCIAL WORKER Teach & Practice: Coping Skills & Weekend Review	⊙ SOCIAL WORKER Teach & Practice: Weekly Review & Goal Setting
2:00–3:00 PM	◇ OT GROUP	◇ OT GROUP	◇ OT GROUP	◇ OT GROUP	◇ OT GROUP	◇ OT GROUP	◇ OT GROUP
3:00–3:30 PM	● AFTERNOON SNACK						
3:30–4:30 PM	♣ PATIO TIME / RECREATION						
4:30–5:30 PM	●● DAILY VISITING HOURS 4:30–5:30 PM	●● DAILY VISITING HOURS 4:30–5:30 PM	●● DAILY VISITING HOURS 4:30–5:30 PM	●● DAILY VISITING HOURS 4:30–5:30 PM	●● DAILY VISITING HOURS 4:30–5:30 PM	●● WEEKEND VISITING HOURS 11:30 AM–1:00 PM AND 4:30–5:30 PM	●● WEEKEND VISITING HOURS 11:30 AM–1:00 PM AND 4:30–5:30 PM
5:30–6:00 PM	* MHC WRAP-UP REVIEW Mindfulness	⬆ MHC WRAP-UP REVIEW Distress Tolerance	▼ MHC WRAP-UP REVIEW Emotion Regulation	↔ MHC WRAP-UP REVIEW Interpersonal Effectiveness	♣ MHC WRAP-UP REVIEW Recovery Planning & Relapse Prevention	●● MHC WRAP-UP REVIEW Coping Skills & Weekend Review	⊙ MHC WRAP-UP REVIEW Weekly Review & Goal Setting
6:00–7:00 PM	◇ DINNER						
7:00–8:00 PM	○ ADLs / SELF-CARE	○ ADLs / SELF-CARE	○ ADLs / SELF-CARE	○ ADLs / SELF-CARE	○ ADLs / SELF-CARE	▶ MOVIE NIGHT	○ AA MEETING GROUP
8:00–8:30 PM	● EVENING SNACK						
8:00–10:00 PM	+ EVENING MEDICATION PASS • Protected medication time						
10:00–11:00 PM	☾ BEDTIME ROUTINE / WIND DOWN						
12:00 AM	▀ LIGHTS OUT						

Schedule subject to change based on patient needs, clinical priorities, staffing, and unit operations.

BEHAVIORAL HEALTH UNIT A • STAFF VERIFICATION COPY

The curriculum follows one coordinated learning loop across the day.

MHC INTRODUCES (9:30 AM) → SOCIAL WORKER TEACHES & PRACTICES (1:00 PM) → MHC REVIEWS (5:30 PM)

1. Seven daily themes	Mindfulness; Distress Tolerance; Emotion Regulation; Interpersonal Effectiveness; Recovery Planning & Relapse Prevention; Weekend Coping; Weekly Review & Goal Setting
2. Tuesday Charge Nurse	10:00–11:00 AM — Medication Self-Management
3. Thursday Charge Nurse	10:00–11:00 AM — Sleep Hygiene & Healthy Routine
4. Evening snack	8:00–8:30 PM
5. Known overlap	Morning Medication Pass continues while Community Meeting and the 9:30 skill introduction occur
6. Known overlap	Evening Snack occurs during the 8:00–10:00 PM Evening Medication Pass window
7. Weekend schedule	Saturday and Sunday Visiting Hours: 11:30 AM–1:00 PM and 4:30–5:30 PM; Saturday Movie Night; Sunday AA Meeting Group
8. Final approval	Confirm staff assignments, group availability, clinical priorities, and logo/branding authorization

APPROVAL: ☐ Charge RN ☐ Social Work ☐ MHC/Program Staff ☐ OT ☐ Unit Leadership
Date: _____ Effective date: _____

Use Page 1 as the patient-facing display after verification is complete.

Weekend Visiting Hours overlap with the 12:00–1:00 PM Lunch period, consistent with the approved source schedule.
Review before publication: staff assignments • group availability • schedule overlaps • Unit A branding approval