



Milieu Schedule

Our unit's daily schedule is structured to provide time for individual sessions with the psychiatrist, individual and group therapy, group activities, student enrichment, group meals, visitation with caregivers, self-care and free time.

In general, we follow the same basic schedule each week day (Monday-Friday):

6:30am	Wake up, get ready for the day
7:30am	Breakfast
8:30am-11:30am	Individual session with Psychiatrist, individual and group therapy, group activities, student enrichment, individual assessments
11:30am	Lunch
12:30pm-4:30pm	Individual session with Psychiatrist, individual and group therapy, group activities, student enrichment, individual assessments
4:30pm	Dinner
5:15pm-6:30pm	Visiting Hours (Monday-Friday)
6:30pm	Free time, evening group activities, shower, self-care and relaxation time
9:00pm	Bedtime

*Weekend (Saturday & Sunday) and Holiday schedules vary, with visiting hours being 2pm-4pm.

Description of Activities and Groups:

- Individual Session with Psychiatrist - Occurs daily, including on weekends and holidays.
 - Evaluate the patient's progress toward treatment goals.
 - Evaluate how the patient is tolerating any prescribed medication.
- Individual Therapy - Occurs daily with Primary Therapist (Monday-Friday).
 - Discuss treatment goals and work on new coping skills.
- Group Therapy - Occurs twice per week.
 - Teach patients new coping skills in a group context.
- Group Activities - Participate as prescribed by treatment team.
 - Examples include music, art, dance, spirituality, recreation, pet-assisted therapy, and yoga.
- Student Enrichment - Occurs daily, Monday-Friday.
 - Group school sessions to help teach patients skills for returning to normal school activities.
 - These skills help with coping, leadership, self-image, tolerance, written expression, and literacy.
 - Sunshine School Teachers may work individually with patients on school assignments as needed.
- Individual Assessments - Performed as requested by the treatment team.
 - These assessments are performed by our Psychologists, Occupational Therapists, and Sunshine School Teachers.
 - Designed to identify additional areas the treatment team may address.
- Self-care and Relaxation Time - Patients have daily quiet time in their rooms.
 - This time is used to rest, reflect on their day, and practice the skills they are learning through their treatment.
- Free Time - Occurs daily after dinner.
 - Patients may watch a movie, play games, and/or talk to peers and staff in the day room.
- Evening Group Activities - Occurs daily before bed.
 - Group activities designed to help patients reflect on progress toward their treatment goals.
 - Designed to help patients relax, unwind, and prepare to go to sleep.
 - Our staff also assist patients with any help needed with shower time.