

## Adolescent Inpatient: Sample Daily Schedule

This is a sample schedule and is subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:45 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 9:15 am	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
9:15 - 10:00 am	Mindfulness	Drama Therapy	Skills Group	Art Therapy	Skills Group
10:15 - 10:30 am	Snack 1.1	Snack 1.1	Snack 1.1	Snack 1.1	Snack 1.1
10:30 - 12:00 pm	School	School	School	School	School
12:30 - 1:15 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 - 2:15 pm	Adolescent Group Therapy	Adolescent Group Therapy	Adolescent Group Therapy	Adolescent Group Therapy	Adolescent Group Therapy
2:30 - 2:50 pm	Snack 1.2	Snack 1.2	Snack 1.2	Snack 1.2	Snack 1.2
3:15 - 4:00 pm	DBT Skills Group	Art Therapy	Pet Therapy	DBT Skills Group	Weekend Planning
4:00 - 4:30 pm	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
4:30 - 5:15 pm	Daily Journal Prompt	Daily Journal Prompt	Daily Journal Prompt	Daily Journal Prompt	Daily Journal Prompt
5:30 - 6:15 pm	Dinner	Dinner	Dinner	Dinner	Dinner
6:30 - 7:45 pm	Self Directed Time	Art Activity/Self Directed Time & Snack 1.3	Self Directed Time	Game Night/Self Directed Time & Snack 1.3	Self Directed Time
8:00 - 8:20 pm	Snack 1.3		Snack 1.3		Snack 1.3
8:30 - 8:50 pm	Community Wrap Up	Community Wrap Up	Community Wrap Up	Community Wrap Up	Community Wrap Up

Self directed time is for homework, cleaning room, laundry, and tech time as permitted.