



Child and Adolescent Behavioral Hospital Inpatient, Residential and Partial Hospitalization Program Schedule

Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday	Time	Saturday	Time	Sunday		
6:00-6:45	Wake-up Vitals/Weights Medications	6:00-6:45	Wake-up Vitals/Weights Medications	6:00-6:45	Wake-up Vitals/Weights Medications	6:00-6:45	Wake-up Vitals/Weights Medications	6:00-6:45	Wake-up Vitals/Weights Medications						
6:45-7:45	Bathroom	6:45-7:45	Bathroom	6:45-7:45	Bathroom	6:45-7:45	Bathroom	6:45-7:45	Bathroom	7:00-8:00	Wake-up Vitals/Weights Medications	7:00-8:00	Wake-up Vitals/Weights Medications		
8:00-8:45	Breakfast	8:00-8:45	Breakfast	8:00-8:45	Breakfast	8:00-8:45	Breakfast	8:00-8:45	Breakfast	7:45-8:45	Bathroom	7:45-8:45	Bathroom		
8:45-10:45	School	8:45-10:45	School	8:45-10:45	School	8:45-10:45	School	8:45-10:45	School	9:00-9:45	Breakfast	9:00-9:45	Breakfast		
10:30-10:45	Snack	10:30-10:45	Snack	10:30-10:45	Snack	10:30-10:45	Snack	10:30-10:45	Snack	10:00-12:00	Downtime/ Visiting Hours	10:00-12:00	Religious Services	Downtime/ Visiting Hours	
10:45-11:45	Community Meeting	10:45-11:45	Community Meeting	10:45-11:45	Community Meeting	10:45-11:45	Community Meeting	10:45-11:45	Community Meeting	10:45-11:45	Snack	10:45-11:45	Snack		
11:45-12:00	Bathroom/ Medications	11:45-12:00	Bathroom/ Medications	11:45-12:00	Bathroom/ Medications	11:45-12:00	Bathroom/ Medications	11:45-12:00	Bathroom/ Medications	12:00-12:45	Community Meeting	12:00-12:45	Community Meeting		
12:00-12:45	Lunch	12:00-12:45	Lunch	12:00-12:45	Lunch	12:00-12:45	Lunch	12:00-12:45	Lunch	12:45-1:00	Bathroom/ Medications	12:45-1:00	Bathroom/ Medications		
1:00-1:45	Process Group	1:00-1:45	Body Image	1:00-1:45	Process Group	1:00-1:45	Body Image	1:00-1:45	Process Group	1:00-1:45	Lunch	1:00-1:45	Lunch		
1:45-2:45	Rest/Downtime	1:45-2:45	Rest/Downtime	1:45-2:45	Rest/Downtime	1:45-2:45	Rest/Downtime	1:45-2:45	Rest/Downtime	2:00-3:45	Games	Outing	2:00-3:00	Identity	
2:45-3:00	Snack	2:45-3:00	Snack	2:45-3:00	Snack	2:45-3:00	Snack	2:45-3:00	Snack				3:00-3:45	Rest/Downtime	
3:00-4:30	DBT/CBT Skills	3:00-4:30	Nutrition	3:00-4:30	Expressive Arts	3:00-4:30	Expressive Arts	3:00-4:30	DBT/CBT Skills	3:45-4:00	Snack	3:45-4:00	Snack		
4:30-4:45	Bathroom/ Medications	4:30-4:45	Bathroom/ Medications	4:30-4:45	Bathroom/ Medications	4:30-4:45	Bathroom/ Medications	4:30-4:45	Bathroom/ Medications	4:00-5:30	Recovery Journal	Visiting Hours	4:00-5:30	Recovery Journal	Visiting Hours
5:00-5:45	Dinner	5:00-5:45	Dinner	5:00-5:45	Dinner	5:00-5:45	Dinner	5:00-5:45	Dinner	5:30-5:45	Bathroom/ Medications	5:30-5:45	Bathroom/ Medications		
5:45-6:00	Wrap-up Group	5:45-6:00	Wrap-up Group	5:45-6:00	Wrap-up Group	5:45-6:00	Wrap-up Group	5:45-6:00	Wrap-up Group	6:00-6:45	Dinner	6:00-6:45	Dinner		
6:00-6:15	Mindfulness Group	6:00-6:15	Mindfulness Group	6:00-6:15	Mindfulness Group	6:00-6:15	Mindfulness Group	6:00-6:15	Mindfulness Group	6:45-7:00	Wrap-up Group	6:45-7:00	Wrap-up Group		
6:15-6:45	Anxiety Tools	6:15-6:45	Anxiety Tools	6:15-6:45	Anxiety Tools	6:15-6:45	Anxiety Tools	6:15-6:45	Anxiety Tools	7:00-9:00	Movie	7:00-7:15	Mindfulness Group		
6:45-8:00	Rest/Downtime Homework	6:45-8:00	Rest/Downtime Homework	6:45-8:00	Rest/Downtime Homework	6:45-8:00	Rest/Downtime Homework	6:45-8:00	Rest/Downtime Homework			7:15-8:00	Downtime/ Homework		
8:00-8:15	Snack	8:00-8:15	Snack	8:00-8:15	Snack	8:00-8:15	Snack	8:00-8:15	Snack			8:00-8:15	Snack		
8:30-9:30	Bathroom/ Medications	8:30-9:30	Bathroom/ Medications	8:30-9:30	Bathroom/ Medications	8:30-9:30	Bathroom/ Medications	8:30-9:30	Bathroom/ Medications	9:00-9:15	Snack	8:30-9:30	Bathroom/ Medications		
9:30-10:00	Bedtime	9:30-10:00	Bedtime	9:30-10:00	Bedtime	9:30-10:00	Bedtime	9:30-10:00	Bedtime	9:30-10:30	Bathroom/ Medications	9:30-10:00	Bedtime		
										10:30-11:00	Bedtime				



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