

PROGRAM SCHEDULE – PCU

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--|---|--|--|--|---|
| 6:30 AM | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs |
| 7:30-8:00 AM | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:30-9:00 AM | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) |
| 9:00 AM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 9:15–10:00 AM | Relapse Prevention “What is Relapse?” (PT) | Relapse Prevention <i>Prevention Planning</i> (PT) | Relapse Prevention <i>Intervention</i> (PT) | Relapse Prevention <i>Triggers</i> (PT) | Healthy Life Skills/ <i>Healthy Eating</i> (PT) | Exercise/Relaxation Skills (PT) | Exercise/Relaxation Skills (PT) |
| 10:30-11:30AM | Group Therapy (AT) | Group Therapy (AT) | Group Therapy (AT) | Group Therapy (AT) | Group Therapy (AT) | Creative Arts (AT) 10:00-11:00AM | Coping with Stress (PT) |
| 11:30-12:00N | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30-1:00 PM | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time |
| 1:00 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 1:30 – 2:30 PM | Independent Assignment (AT) | Discharge Planning (SW) | Psychoeducation (AT) | Psychoeducation (AT) | Recreation Therapy (AT) | Relapse Prevention <i>Unhealthy Behaviors</i> (PT) | Relapse Prevention Prevention Plan (PT) |
| 2:30-3:00 PM | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time |
| 3:00 – 3:30 PM | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |
| 3:30 – 4:30 PM | Psychoeducation (AT) | Recreation Therapy/Cognitive Stimulation (AT) | Recreation Therapy (AT) | Recreation Therapy/Cognitive Stimulation (AT) | Independent Study <i>Relapse Education Materials</i> (PT to Monitor) | Visiting Hour | Visiting Hour |
| 4:30 - 5:00 PM | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 5:15-6:15 PM | Healthy Life Skills <i>Wellness</i> (PT) | Personal Time | Healthy Life Skills <i>Steps</i> (PT) | Personal Time | Healthy Life Skills <i>Exercise</i> (PT) | Healthy Life Skills <i>Daily Skills</i> (PT) | Healthy Life Skills Personal Environment (PT) |
| 6:15 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 6:30 – 7:30 PM | Personal Time | Visiting Hour | Personal Time | Family Involvement (AT-5:30pm-6:30pm) /Visiting Hour | Medication Education (RN) | Personal Time | Movie Night |
| 7:30 PM | Gym Time 7:00 – 8:00 PM (PT) | Medication Education (RN) | Gym Time 7:00 – 8:00 PM (PT) | Personal Time | Gym Time 7:00 – 8:00 PM (PT) | Gym Time 7:00 – 8:00 PM (PT) | |
| 8:00PM | AA/NA Meeting (PT) | AA/NA Meeting (PT) | Personal Time | AA/NA Meeting (PT) | AA/NA Meeting (PT) | AA/NA Meeting (PT) | |
| 9:00 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 9:15-9:45 PM | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review |
| 10:00 PM | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |

AT = Allied Therapy

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10/6/2008

**PROGRAM SCHEDULE – PCU
WEEK 2**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|---|---|--|--|--|--|
| 6:30 AM | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs |
| 7:30-8:00 AM | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:30-9:00 AM | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) |
| 9:00 AM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 9:15–10:00 AM | Anger Management Key Concepts (PT) | Anger Management Relaxation Skills (PT) | Anger Management Hot/Cool Thoughts (PT) | Anger Management Coping Skills (PT) | Anger Management Planned Response (PT) | Grief Work Things that Interfere (PT) | Exercise/Relaxation Skills (PT) |
| 10:30-11:30AM | Group Therapy (AT) | Group Therapy (AT) | Creative Arts in Therapy (AT) | Group Therapy (AT) | Group Therapy (AT) | Creative Arts (AT) 10:00-11:00AM | Grief Work Complications (PT) |
| 11:30-12:00N | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30-1:00 PM | Personal Time | Personal Time | Personal Time | Personal Time | Discharge Planning (SW) | Personal Time | Personal Time |
| 1:00 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 1:30 – 2:30 PM | Independent Assignment (AT) | Discharge Planning (SW) | Individual Psychotherapy (AT)) | Independent Assignment (AT) | Nutrition Group (NT) | Stress Management Coping Thoughts (PT) | Relapse Prevention Prevention Plan (PT)) |
| 2:30-3:00 PM | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time |
| 3:00 – 3:30 PM | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |
| 3:30 – 4:30 PM | Drug/Alcohol Therapy (AT) | Group Therapy (AT) | Drug/Alcohol Therapy (AT) | Recreation Therapy (AT) | Drug/Alcohol Therapy (AT) | Visiting Hour | Visiting Hour |
| 4:30 - 5:00 PM | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 5:15-6:15 PM | Stress Management Relaxation (PT) | Personal Time | Individual Psychotherapy (AT) | Stress Management Problem Solving (PT) | Personal Time | Stress Management Rethinking (PT) | Stress Management Seeking Support (PT) |
| 6:15 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 6:30 – 7:30 PM | Personal Time | Visiting Hour | Personal Time | Visiting Hour (AT) | Medication Education (RN) | Personal Time | Movie Night |
| 7:30 PM | Gym Time 7:00 – 8:00 PM (PT) | Medication Education (RN) | Gym Time 7:00 – 8:00 PM (PT) | Personal Time | Gym Time 7:00 – 8:00 PM (PT) | Gym Time 7:00 – 8:00 PM (PT) | |
| 8:00PM | AA/NA Meeting (PT) | AA/NA Meeting (PT) | Personal Time | AA/NA Meeting (PT) | AA/NA Meeting (PT) | AA/NA Meeting (PT) | |
| 9:00 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 9:15-9:45 PM | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review |
| 10:00 PM | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |

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**PROGRAM SCHEDULE – PCU
WEEK 3**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--|--|--|--|--|---|
| 6:30 AM | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs | Wake-Up/Vital Signs |
| 7:30-8:00 AM | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:30-9:00 AM | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) | Tx Plan Review Goal Setting (PT) |
| 9:00 AM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 9:15–10:00 AM | CD Education Session 1 (PT) | CD Education Session 2 (PT) | CD Education Session 3 (PT) | CD Education Session 4 (PT) | CD Education Session 5 (PT) | Illness Education (RN) 9:30AM | Exercise/Relaxation Skills (PT) |
| 10:30-11:30AM | Group Therapy (AT) | Group Therapy (AT) | Creative Arts in Therapy (AT) | Group Therapy (AT) | Group Therapy (AT) | Creative Arts (AT) 10:00-11:00AM | Communication Successful Negotiation (PT) |
| 11:30-!2:00N | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30-1:00 PM | Personal Time | Personal Time | Personal Time | Personal Time | Discharge Planning (SW) | Personal Time | Personal Time |
| 1:00 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 1:30 – 2:30 PM | Independent Assignment (AT) | Discharge Planning (SW) | Individual Psychotherapy (AT) | Independent Assignment (AT) | Nutrition Group (NT) | Stress Management Coping Thoughts (PT) | Relapse Prevention Prevention Plan (PT)) |
| 2:30-3:00 PM | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time |
| 3:00 – 3:30 PM | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |
| 3:30 – 4:30 PM | Drug/Alcohol Therapy (AT) | Group Therapy (AT) | Drug/Alcohol Therapy (AT) | Recreation Therapy (AT) | Drug/Alcohol Therapy (AT) | Visiting Hour | Visiting Hour |
| 4:30 - 5:00 PM | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 5:15-6:15 PM | Communication Basic Skills (PT) | Personal Time | Individual Psychotherapy (AT) | Communication Assertion (PT) | Personal Time | Communication Asking Questions (PT) | Communication Dealing with People (PT) |
| 6:15 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 6:30 – 7:30 PM | Personal Time | Visiting Hour | Personal Time | Visiting Hour (AT) | Medication Education (RN) | Personal Time | Movie Night |
| 7:30 PM | Gym Time 7:00 – 8:00 PM (PT) | Medication Education (RN) | Gym Time 7:00 – 8:00 PM (PT) | Personal Time | Gym Time 7:00 – 8:00 PM (PT) | Gym Time 7:00 – 8:00 PM (PT) | |
| 8:00PM | AA/NA Meeting (PT) | AA/NA Meeting (PT) | Personal Time | AA/NA Meeting (PT) | AA/NA Meeting (PT) | AA/NA Meeting (PT) | |
| 9:00 PM | Medications | Medications | Medications | Medications | Medications | Medications | Medications |
| 9:15-9:45 PM | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review | Tx Plan Review Goal Review |
| 10:00 PM | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |

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