

BHS Inpatient Program

Daily Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	Wake up, shower Personal Hygiene Vital Signs	Wake up, shower Personal Hygiene Vital Signs	Wake up, shower Personal Hygiene Vital Signs	Wake up, shower Personal Hygiene Vital Signs	Wake up, shower Personal Hygiene Vital Signs	Wake up, shower Personal Hygiene Vital Signs	Wake up, shower Personal Hygiene Vital Signs
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM	Goals Group (Tech/Nurse)	Goals Group (Tech/Nurse)	Goals Group (Tech/Nurse)	Goals Group (Tech/Nurse)	Goals Group (Tech/Nurse)	Goals Group (Tech/Nurse)	Goals Group (Tech/Nurse)
9:00 AM	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch
9:15 AM	Free Time	MD interaction Tx. Team	MD interaction Tx. Team	MD interaction Tx. Team	Pharmacy Group Medication Educ.	MD interaction Tx. Team	Free Time
10:00 AM	Occupational/SW Therapy Group	Occupational Therapy Group	Pharmacy Group Medication Educ.	Rec. Therapy, Stress Management	MD interaction Tx. Team	Rec. Therapy, Stress Management	SW Therapy Process Group
11:00 AM	Open Leisure Time	Rec. Therapy, Stress Management	Rec. Therapy, Stress Management	Dr. Steven Ater PhD Group	Rec. Therapy, Stress Management	Ph.D Psychology Group	SW Therapy Process Group
12:15 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15 PM	Occupational/SW Therapy Group	Ph.D Psychology Group	ISU Psychology Group	Therapy Process Group	Therapy Process Group	Therapy Process Group	AA Meeting at 1:30 PM
2:15 PM	Nursing Group	Courtyard Activity (weather permitting)	Courtyard Activity (weather permitting)	Courtyard Activity (weather permitting)	Courtyard Activity (weather permitting)	Courtyard Activity (weather permitting)	Nursing Group at 2:30
3:00 PM	Visiting	Rec. Therapy	Rec. Therapy	Rec. Therapy	Rec. Therapy	Rec. Therapy	Visiting
4:00 PM	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting
5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30 PM	Personal Time	Personal Time	Personal Time	AA Meeting	Personal Time	Personal Time	Personal Time
7:30 PM	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting
8:30 PM	Group and Goals Review (Technician)	Group and Goals Review (Technician)	Group and Goals Review (Technician)	Group and Goals Review (Technician)	Group and Goals Review (Technician)	Group and Goals Review (Technician)	Group and Goals Review (Technician)
10:00 PM	Retire to Rooms Lights out 11PM	Retire to Rooms Lights out at 11 PM	Retire to Rooms Lights out at 11 PM	Retire to Rooms Lights out at 11 PM	Retire to Rooms Lights out at 11 PM	Retire to Rooms Lights out at 11 PM	Retire to Rooms Lights out at 11 PM