

CPAS Unit Program Schedule*							
Group Schedule Subject To Change, Please See Board for Updated Daily Schedule							
Effective 6/24/2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30--8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00--8:50am	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals
	Rounds & Other Scheduled Appointments	Rounds & Other Scheduled Appointments	Rounds & Other Scheduled Appointments	Rounds & Other Scheduled Appointments	Rounds & Other Scheduled Appointments	8:30--8:50am Walking Group Nursing	Gardening Group Nursing
9:00--9:50am	9:30--10:00am Walking Group Recreational Therapy	Gardening Group	CPAS Gym Recreational Therapy	9:15--9:50 am Walking Group Nursing	Wellness Planning Chris Webb	Leisure Time	Leisure Time
10:00--10:50am	CD Education	Outcomes	Seeking Safety Bonita Sur	DBT Dr. Mimi Arnold	Gardening Group Jarvis Garrett	Outdoor Activity Recreational Therapy; outside	Wellness Sunday Recreational Therapy
11:00--11:50am	Goals Group	Yoga & Meditation	Rx Therapy Pharmacy	Yoga & Meditation Shaar Garner on unit	Recovery Maintenance Elizabeth SW fellow and Danielle (ATP)	Safety & Guidelines Nursing	Christian Worship Salvador Del Mundo
Noon--1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*
1:00--1:50pm	Group Psychotherapy	Sleep Education	Leisure Awareness	Community Meeting	Values & Committed Action	Jumpstart Recovery Peer Recovery Specialist (Boardroom)	Interfaith Worship
2:00--2:50pm	ACT I	Values & Meaning	Group Psychotherapy	CPAS Gym/ Pet Therapy 3 rd Thursday Recreational Therapy	CPAS Gym Recreational Therapy	Crafts w/ Compass Recreational Therapy (Craft Room)	Crafts w/ Compass (Craft Room)
							AA (Boardroom)
3:00--3:50pm	Creative Expressions	CBT Skills for SUD	Compassion-Focused Therapy	Music Therapy	Wellness in Action	Jewelry Making Nursing	Gym
4:00--4:50pm	Leisure Time & ADL's	Safety Planning Group Nursing	Safety & Guidelines Nursing	Jewelry Making w/ Compass (Craft Room)	Smart Recovery Peer Recovery Specialist (Boardroom)	Leisure Time	Recovery Education Andre Villoutreix
				Gender and Sexuality Process Group (PFP)			
5:00--6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*
6:00--6:50pm	Rec Therapy (on unit)	CPAS Gym Recreational Therapy	Refuge Recovery Peer Recovery Specialist (Boardroom)	NAMI Connections 6-7:30 Peer Recovery Specialist (Boardroom)	Leisure Time & ADL's	6:30--7:20am CPAS Gym Recreational Therapy	CPAS Unit Crafts
	NA (Boardroom)						
7:00--7:50pm	Gym Recreational Therapy	ACA Peer Recovery Specialist (Boardroom)	AA Peer Recovery Specialist (Boardroom)	NA 7:30-8:30 Peer Recovery Specialist (Boardroom)	Movie / Game Night Nursing	7:30--9:00pm Movie/ Game Night Nursing	Smart Recovery Peer Recovery Specialist (Boardroom)
8:00--8:50pm	Leisure Time & ADL's	Leisure Time & ADL's	Leisure Time & ADL's	Leisure Time & ADL's			Leisure Time & ADL's
9:00--9:30pm	Sleep Promotion Relaxation/ Aromatherapy Group Nursing						
<div><div><div>A referral from your treatment team is needed to attend these groups</div><div>Addictions-Make sure you attend these groups</div><div>ALL of these groups are important to attend for the best diagnostic results</div><div>Leisure, Fitness, Relaxation, Spirituality- attend one or more daily</div><div>*Terrace will be available after patients return from dining room at staff discretion</div><div>Closed groups (bold outline)--no entry 5 minutes after group begins</div></div><div>Visitation available at request, see sign up sheet</div></div>							