

CPAS Unit Program Schedule*

Group Schedule Subject To Change, Please See Board for Updated Daily Schedule

Revised 6/20/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30–8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals	Medications & Vitals
8:00–8:50am	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	
9:00–9:50am	9:30–10:15am Walking Group Shaar Garner		9:15–10:00am Gym Nursing	9:15–9:50 am Walking Group Nursing		Educational Forum	Gym Recreational Specialist
10:00–10:50am	CD Education Dalanna Burris	Outcomes Kirk Booker	Rounds & Other Scheduled Appointments	DBT Dr. Mimi Arnold & Len Calderon	Music & Movement Jessica Hernandez	Yoga Recreational Specialist	Yoga Recreational Specialist
11:00–11:50am	Goals Group Jessica Hernandez	Yoga & Meditation Shaar Garner Jessica Hernandez	Rx Therapy Pharmacy	Yoga & Meditation Shaar Garner Jessica Hernandez	Recovery Maintenance Dalanna Burris	Anger Management 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	Mindfulness Jessica Hernandez	ACT I Linda Knewton	Leisure Awareness Jessica Hernandez & Jade Rocha	Community Meeting	Values & Committed Action Maria Ramos	Visitation/Leisure Nursing	Interfaith Worship Salvador Del Mundo
	Group Psychotherapy Dallas Adams		Creative Expression Jessica Hernandez	Creative Expression Recreational Specialist	CPAS Gym Shaar Garner	Jumpstart Recovery (Professionals Unit)	Gym Recreational Specialist
2:00–2:50pm	Shame & Resilience Dr. Rose Yang	Values & Meaning Rebecca Carrum	Group Psychotherapy Dallas Adams	Wellness Planning Jessica Hernandez	Wellness in Action Jessica Hernandez	2:00-3:30pm Crafts Recreational Specialist	AA (Commons Classroom)
3:00–3:50pm	Music Therapy Jessica Hernandez	Willingness Maria Ramos	Mentalizing Dr. Rose Yang				Crafts on Unit Edie H./Unit staff
4:00–4:50pm	Safety Planning Group Nursing	4:00–4:20pm Back Terrace Nursing	Educational Video Nursing	Boot Camp Shaar Garner	Smart Recovery (Commons Classroom)	Open Gym Recreational Specialist	Pool Recreational Specialist
5:00–6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*	Terrace*
6:00–6:50pm	NA (Boardroom)	Pool Recreational Specialist	Gym Recreational Specialist	Gym Recreational Specialist	Dinner or Game Night (On Unit - Alternating Fridays) Nursing	Pool Recreational Specialist	Walking Group Nursing
			Refuge Recovery (Private Dining Room)				
7:00–7:50pm	Gym Recreational Specialist	AA (Commons Classroom)	Yoga Recreational Specialist	NA (Commons Classroom)	Gym Recreational Specialist	Arcade/ Gym Nursing	Smart Recovery (Commons Classroom)
8:00–8:50pm	Jewelry Making Recreational Specialist	Leisure Time & ADL's	Leisure Time & ADL's	Leisure Time & ADL's	Leisure Time & ADL's	Leisure Time & ADL's	7:00-8:30pm Open Crafts Recreational Specialist
	Understanding the 12 Steps (Hope Unit)						
9:30–9:50pm	Sleep Promotion Relaxation Group Nursing						

A referral from your treatment team is needed to attend these groups
Addictions -Make sure you attend these groups
ALL of these groups are important to attend for the best diagnostic results
Leisure, Fitness, Yoga, Relaxation, Spirituality- attend one or more daily
*Terrace will be available after patients return from dining room at staff discretion
Closed groups (bold outline) —no entry 5 minutes after group begins
A referral from your treatment team is needed to attend these groups

Visitation Hours
Monday–Friday: Noon–1:00pm
Monday–Thursday: 5:00pm–6:30pm
Every other Friday: 5:00pm–6:00pm
Saturday/Sunday: Noon–2:30pm
Saturday/Sunday: 5:00pm–6:30pm