

CPAS Unit Program Schedule

Effective 10/15/2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30--8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00--8:50am	Medications & Vitals Rounds & Other Scheduled Appointments	Medications & Vitals Rounds & Other Scheduled Appointments	Medications & Vitals Rounds & Other Scheduled Appointments	Medications & Vitals Rounds & Other Scheduled Appointments	Medications & Vitals Rounds & Other Scheduled Appointments	Medications & Vitals 8:30--8:50am Walking Group Nursing	Medications & Vitals Gardening Group Nursing
9:00--9:50am	9:30--10:00am Walking Group Recreational Therapy	Gardening Group Jarvis Garrett	CPAS Gym	Sleep Education Dr. Mary Rose	Wellness Planning Devon Colvin	Leisure Time & ADLs	
10:00--10:50am	CD Education Diane Benefiel	Outcomes Research	ACT Jared Broussard	DBT Mary Anne Messina	Gardening Group Jarvis Garrett	All Adult Units Outdoor Activity (wether pemrintting)	Interfaith Worship Salvador Del Mundo // or Outdoor Activity
11:00--11:50am	Goals Group Ana Luque and Devon Colvin	Yoga & Meditation Shaar Garner	Rx Therapy Pharmacy	Yoga & Meditation Shaar Garner on unit	Recovery Management Danielle Stillman and Mercy Babo	Leisure Time & ADLs	Leisure Time & ADL's
Noon--1:00pm	Lunch Terrace*	Lunch Terrace*	Lunch Terrace*	Lunch Terrace*	Lunch Terrace*	Lunch Terrace*	Lunch Terrace*
1:00--1:50pm	Group Psychotherapy Linda McAlister	Stress Management Dr. LeMaire	Leisure Awareness Mohammad Nasser	Community Meeting	Values & Committed Action Linda McAlister	Jumpstart Recovery Peer Recovery Specialist (Boardroom)	Interfaith Worship Salvador Del Mundo
2:00--2:50pm	ACT I Mary Anne Messina	Values & Meaning Rebecca Carrum	Group Psychotherapy Linda McAlister	CPAS Gym/ Pet Therapy 3rd Thursday Recreational Therapy	CPAS Gym	Crafts w/ Compass Recreational Therapy (Craft Room)	Crafts w/ Compass (Craft Room) AA (Boardroom)
3:00--3:50pm	Creative Expressions Ana Luque	CBT Skills for SUD Diane Benefiel	Healthy Relationships Erin MacInerney	Music Therapy Marta Salazar	Wellness in Action Ally Kidder	Jewelry Making Nursing	Gym
4:00--4:50pm	Leisure Time & ADL's	Safety Planning Group Nursing		Jewelry Making w/ Compass (Craft Room)	Smart Recovery Peer Recovery Specialist (Boardroom)	Leisure Time	Recovery Education Andre Villoutreix
5:00--6:00pm	Dinner Terrace*	Dinner Terrace*	Dinner Terrace*	Dinner Terrace*	Dinner Terrace*	Dinner Terrace*	Dinner Terrace*
6:00--6:50pm	Rec Therapy Group (Pool Deck) NA (Boardroom)	CPAS Gym	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 Edie
7:00--7:50pm	Gym	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						

A referral from your treatment team is needed to attend these groups
Additions -Make sure you attend these groups
ALL of these groups are important to attend for the best diagnostic results
Leisure, Fitness, 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

Visitation available at request, see sign up sheet