

Hope Unit Program Schedule (subject to change; please see Board for updated daily schedule)						All Groups are held in Rm 1046, unless indicated otherwise							
8/24/21	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	SUNDAY		
8:00	8:00 Gym (Nursing)		Wellness/Leisure		Wellness/Leisure		Moms Under Pressure (1044)		Wellness/Leisure	Wellness/Leisure	8:00 Gym (Nursing)		
9:00	Appts.	Gonzalez Team Rounds	Appts.	Bouras Team Rounds	Appts.		Community Meeting 9:15		The Daring Way 9:15-10:00	Saturday Educational	Wellness/Leisure		
10:00					Grief Journeys	Addictions Education	Suicide Resilience <i>No late entry</i>	Appts.	Appts.	Yoga	Cognitive Behavior Therapy (CBT) 10:15-11:00	Outdoor Activity Pool	Same Day Shopping 10:00-12:00
11:00	Lunch		Lunch		Lunch		Lunch		Lunch	Lunch	Lunch		
11:50-12:30	Lunch		Lunch		Lunch		Lunch		Lunch	Lunch	Lunch		
1:00	Dialectical Behavior Therapy (DBT)		Identity Group		Family Issues		Mentalizing		Dialectical Behavior Therapy (DBT)	Safety Planning Group 1:00-1:30	DBT Pre-Commit 12:30-1:00pm <i>One time only</i>		
2:00	Gym	Trauma Ed	Group Psychotherapy <i>No late entry</i>		Drumba		Group Psychotherapy <i>No late entry</i>		Goals Group	Peer Meeting 1:30-2:00	AA 2:00-3:00	Gym	
3:00	Acceptance and Commitment Therapy (ACT)		Appts.		Self-Compassion		Addictions Relapse Prevention	Appts.	Appointments	Wellness/Leisure		Crafts	
4:00	Outcomes Group (Research)	Women's Trauma Sensitive Yoga	Gym	Outcomes Feedback (1x only)	New Pt. Orient. (1x only)	Women's Trauma Sensitive Yoga	Putting Wellness into Practice	Crafts	Appts.	Smart Recovery	Appts	Crafts	Wellness/Leisure
5:00	Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)	Highs at 5 (main lounge)	Highs at 5 (main lounge)		
5:15-5:50pm	Dinner		Dinner		Dinner		Dinner		Dinner	Dinner	Dinner		
6:00	NA (Boardroom)	Virtual Visits 6:00-8:30	Safety Planning Group		Virtual Visits 6:00-8:30	Pool	Wellness/Leisure		Wellness/Leisure	New Patient Orientation (1x only)	Virtual Visits 6:00-8:30 Pool	Outdoor Activity	
7:00	Jewelry Making		AA		Wellness/Leisure		NA	Gym	Gym		Wellness/Leisure	Smart Recovery	
8:00	Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group	Sleep Promotion Group	Sleep Promotion Group		
9:00	Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group	Sleep Promotion Group	Sleep Promotion Group		
Key	Optional Groups (eligible for LOR signature)				Referral-only		Addictions Track		(*= may attend if not in conflict with rounds/appts)				