General WISER Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
date							
out							
7:00	Breakfast/Vitals	Breakfast/Vitals	Breakfast/Vitals	Breakfast/Vitals	Breakfast/Vitals	Breakfast/Vitals	Breakfast/Vitals
7:30							
8:00	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
8:30	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community	Community
9:00	Meet w/ Provider	In Vivo Exposure 9-10:30	Meet w/ Provider	Meet w/ Provider	Trauma & Wellness 9-10:30	Free Time	Free Time
9:30	CPT 9:30-10:45		CPT 9:30-10:45	CPT 9:30-10:45			
10:00							
10:30		TX Team Rounds			Tx Team Rounds	Recovery (Nursing) 1030-12	Recovery (Nursing) 1030-13
11:00	CPT 10:45-12		CPT 10:45-12	CPT 10:45-12			
11:30							
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30	fresh air	solo	solo	solo	solo	solo	solo
1:00	DBT 1-2	DBT 1-2	Seeking Safety 1-230	DBT 1-230	Yoga 1-215	Visiting Hours 1-5pm Two 1-hour solos off unit both days* Cell phone 1-5 (on the unit) RT Outings as available	
1:30							
2:00	Art Therapy 2-3	Wellness Group 2 - 3					
2:30			Meet w/ Provider	Meet w/ Provider	Meet w/ Provider		
3:00	Occupational Therapy (OT) 3-430	Rec Therapy (RT) 3-430	OT 3-430	MD Group	OT 3-4:30		
3:30							
4:00							
4:30	solo	solo	solo	solo	solo	solo	solo
5:00	Dinner/Meds	Dinner/Meds	Dinner/Meds	Dinner/Meds	Dinner/Meds	Dinner/Meds	Dinner/Meds
5:30							
6:00	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group	RT 530-615	Wrap-Up Group	Wrap-Up Group 6-7p	Wrap-Up Group 6-7p
6:30				Wrap-Up Group			
7:00	Homework	AA (optional)	Homework	AA (optional)	Free time	Homework Computer*** Cell 730-830	Homework Free time Computer*** Cell 730-830
7:30	Cell phones		Cell phones		Cell phones		
8:00	730-830		730-830p		730-830		
8:30	Free time	Free Time	Free Time	Free time	Free time		
9:00							
10:30	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

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