

PFP Therapeutic Learning Program			Color Key:	Core Treatment (required)	Substance Use Track (team referred)	Wellness Track (1 per day)	Appointments & Meetings	Special Topics (team referral or self-selected)	Schedule Effective: 10/21/18						
TIME	MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY	TIME				
6:00 AM - 8:30 AM	<b>Breakfast</b> 7:35-8:15	<b>Breakfast</b> 7:35-8:15	<b>Breakfast</b> 7:35-8:15		<b>Breakfast</b> 7:35-8:15		<b>Breakfast</b> 7:35-8:15		<b>Breakfast</b>	<b>7:35-8:15</b>	7:00 AM-8:30 AM				
8:30 AM-9:30 AM	<b>Morning "PIC-UP" - 8:20 AM</b>								<b>Mindfulness Meditation</b> 8:30 - 9:00 Staff Led	<b>Mindfulness Meditation</b> 8:30 - 9:00 Staff Led	8:00 AM-9:00 AM				
	<b>WALKING GROUP (LOR 1 &amp; ABOVE) 8:45-9:00 Nursing Staff</b>								<b>ROUNDING</b> 08:45 - 10:45 Rm 1144 Thomas/McClam	<b>Gym</b> 09:00 - 09:50 Wellness Center					
9:30 AM-10:00 AM	<b>Group Psychotherapy</b> 9:30 - 10:50 Rm 1146 - Rm 1144	<b>Rounding Team Thomas</b> 0845 - 1050 Rm 1144		<b>Rounding Team McClam</b> 0845 - 1050 Rm 1144		<b>Group Psychotherapy</b> 9:30 - 10:50 Rm 1146 Rm 1144		<b>Educational Lecture</b> 9:00 - 9:50 Commons Building Menninger Staff			<b>Gym</b> 09:00 - 09:50 Wellness Center	9:00 AM-10:00 AM			
10:00 AM-11:00 AM			<b>Gym</b> 09:00 - 09:50 Wellness Center	<b>Mindfulness Meditation</b> Peer Led Rm 1146 10:00 10:30	<b>Yoga on unit</b> 10:30 to 11:30 Jade Rm 1146	<b>Mindfulness Meditation</b> Staff Led Rm 1146 10:00 10:30			<b>DBT</b> 10:00 - 10:50 Rm 1144 Webb	<b>Adult Yoga</b> 10:00-10:50 wellness center	<b>Adult Yoga</b> 10:00-10:50 wellness center				
11:00 AM-12:00 PM	<b>CD Education</b> 11:00 - 11:50 Vaughan/Walsh	<b>Guidelines &amp; Safety Group</b> (Level 1s) Francis 11:00-11:50	<b>CD Process Group</b> 11:00 - 11:50 Vaughan/Walsh	<b>Suicide Resilience Group</b> 11:00 - 11:50 HOPE		<b>Appointments</b> 11:00 - 12:00	<b>Relapse Prevention Planning</b> 11:00 - 11:50 Vaughan/Walsh	<b>Mentalizing &amp; Attachments</b> 11:00 - 11:45 Dr. Thomas		<b>DBT orientation</b> 11:00 - 11:50 Rm 1144 Webb; new patients	<b>Christian Service</b> 11:00 - 11:50 Chapel	11:00 AM			
12:20 PM-1:00 PM	<b>Lunch with Peers &amp; Staff</b> 12:20 - 1:00								<b>Lunch w/Peers &amp; Staff</b> 12:20 - 1:00	<b>Lunch w/Peers &amp; Staff</b> 12:20 - 1:00	12:00 PM-1:00 PM				
1:00 PM	<b>Appointments</b> 1:00 - 1:50	<b>Safety Planning Group</b> 1:00 - 1:50 Rm 1144 Nursing		<b>DBT</b> 1:00 - 1:50 Rm 1144 Webb		<b>Appointments</b> 1:00 - 1:50	<b>Appointments</b> 1:00-1:50		<b>Guidelines &amp; Safety Group</b> (Level 1s) Francis 1:00-1:50	<b>Recovery Jumpstart</b> 1:00-1:50 Rm 1144	<b>Interfaith Service</b> 1:00 - 1:50 Chapel	1:00 PM-2:00 PM			
2:00 PM	<b>Peer Meeting</b> 2:00 - 2:30 Main Lounge Community President & Peers	<b>Shame Resilience</b> 2:00 - 2:50 Rm 1144 Mulder/Castrellon		<b>Community Meeting</b> 2:00 - 2:50 pm Main Lounge Peers & Staff		<b>Shame Resilience</b> 2:00 - 2:50 Rm 1144 Mulder/Castrellon		<b>Wellness Planning</b> 2:00-2:50 Rm 1144 Webb		<b>Music Therapy Group</b> 2:00-2:50 Webb Rm 1144	<b>Crafts</b> Craft Room 2:00-3:00	<b>Shame Resilience Pre-Commit Video</b> Rm 1146 Nursing Staff	<b>AA</b> 2:00-2:50 classrooms	2:00 PM	
3:00 PM	<b>Appointments</b> 3:00-3:50		<b>Trauma Group</b> 3:00-3:50 HOPE Unit		<b>Appointments</b> 3:00-3:50		<b>Work Life Balance</b> 3:00 - 3:50 Rm 1144 Webb		<b>Professional Re-integration</b> 3:00-3:50 Rm 1144 Webb		<b>Perfectionism</b> 3:00 - 3:50 Rm 1144 Webb	<b>Grief Transitions</b> 3:00 - 3:50 Rm 1144 Rev Del Mundo		3:00 PM	
4:00 PM	<b>Fitness</b> 4:00 - 4:50 Wellness Center	<b>Trauma Sensitive Yoga</b> PIC (Female) Adams	<b>Appointments</b> 4:00-4:50		<b>Trauma Sensitive Yoga</b> PIC (Female) Adams	<b>Fitness</b> 4:00 - 4:50 Wellness Center	<b>Boot Camp</b> Wellness Center 4:00 - 4:50		<b>Smart Recovery Classroom 5132</b> 4:00 - 4:50		<b>Open Gym</b> 4:00 - 4:50 gym	<b>Open Gym</b> 4:00 - 4:50 gym	4:00 PM		
5:00 PM	<b>Highs at 5</b> 5:00 - 5:15 (Main Lounge) Community President & Peers								<b>Dinner with Peers &amp; Staff</b> 5:15 - 6:00						
5:15 PM-6:00 PM															
6:00 PM	<b>Art Class w/Kula</b> Craft Room 6:00-6:50	<b>Refuge Recovery</b> Private Dining Rm 6:00	<b>OPEN GYM</b> 6:00 - 6:50		<b>Values and Meanings Group</b> 6:00 6:50 Rm 1144 Rev Del Mundo		<b>OPEN GYM</b> 6:00 - 6:50		<b>Leisure &amp; Wellness</b>		<b>Virtual Visits</b> 6:00 - 8:00 PIC Family	<b>OPEN GYM</b> 6:00 - 6:50	<b>Weekend Review</b> 6:00 - 7:00 Main Lounge Peer Led with Nursing Staff	6:00 PM	
7:00 PM	<b>Virtual Visits</b> 6:00 - 7:00 PIC Family Visitor Room	<b>OPEN GYM</b> 7:00-7:50		<b>AA Classroom</b> 7:00 -8:00	<b>Virtual Visits</b> 6:00 - 7:00 PIC Family Visitor Room	<b>OPEN GYM</b> 7:00-7:50		<b>NA</b> 7:00 - 8:00 Classroom	<b>OPEN GYM</b> 6:00 - 6:50		<b>Adult Crafts</b> 7:00-8:30 Craft Room		<b>Adult Crafts</b> 7:00-8:30 Craft room	<b>Smart Recovery</b> Classroom 5132 7p	7:00 PM
8:00 PM	<b>CRAFTS</b> 8:00 - 8:50 Craft Room		<b>Community Leadership</b> Main Lounge Community President & Peers (prep for community meeting)		<b>Adult yoga</b> Exercise Room 8:00 - 8:50		<b>Leisure &amp; Wellness</b>		<b>Leisure &amp; Wellness</b>		<b>Leisure &amp; Wellness</b>	<b>Leisure &amp; Wellness</b>	8:00 PM		
9:30 PM - 9:50 PM	<b>Relaxation Group</b> 1144								<b>Relaxation Group</b> 1144			9:30 PM-9:50 PM			