

## Adult Unit 1 Daily Activity Schedule

|          |  |
|----------|--|
| 7:00am   | Morning Vital Signs  |
| 7:15 am  | Breakfast  |
| 08:00 am | Shower/Hygiene   |
| 09:00 am | Morning Medications  |
| 09:30 am | Outside Snack Time   |
| 10:00 am | Socialization with Mental Health Techs                             |
| 11:00 am | Down Time (Fridays SOS SA Peer Support Group)                      |
| 12:00 pm | Lunch  |
| 12:30 pm | Afternoon Medications  |
| 01:00 pm | Mental Health Life Skills Groups w/ Counselor (Monday and Friday), |
| 2:00 pm  | Down Time (Tuesdays Smoking Cessation Course 2-4)                  |
| 2:30 pm  | Afternoon Snack  |
| 3:00 pm  | Afternoon Vitals   |
| 4:00 pm  | Afternoon Socialization with Mental Health Techs                   |
| 4:30 pm  | Outdoor Recreation   |
| 5:00 pm  | Dinner   |
| 5:30 pm  | Evening Medications  |
| 6:30 pm  | Visitation   |
| 7:30 pm  | Wrap-Up Group/ AA Meeting (AA meeting Mon/Friday)                  |
| 8:30 pm  | Evening Snack  |
| 9:00 pm  | Night Time Medication  |
| 11:00 pm | Lights Out   |

## Adult Unit 2 Daily Activity Schedule

|          |   |
|----------|---|
| 7:30am   | Morning Vital Signs   |
| 7:45 am  | Breakfast   |
| 08:00 am | Down Time   |
| 09:00 am | Morning Medication  |
| 9:15 am  | Shower/ Hygiene   |
| 10:30 am | Outside Snack Time  |
| 11:00am  | Socialization with Mental Health Tech   |
| 11:30 am | Lunch   |
| 12:00 pm | Down Time   |
| 12:30 pm | Afternoon Medication  |
| 1:00 pm  | Down Time (Fridays SOS SA peer Support Group)   |
| 2:00 pm  | Mental Health Life Skills Groups W/ counselor Mondays and Fridays (Tuesdays smoking Cessation Course 2-4) |
| 2:30 pm  | Afternoon Snack/ Tech Group Outside   |
| 3:00 pm  | Afternoon Vitals  |
| 3:30 pm  | Socialization Techs   |
| 4:30 pm  | Dinner  |
| 5:00 pm  | Down Time   |
| 5:30 pm  | Evening Medications   |
| 6:30 pm  | Activities with Staff   |
| 7:30 pm  | Visitation  |
| 8:00 pm  | Wrap-up group Daily/AA Meetings (AA meetings mon/Friday)  |
| 8:30 pm  | Evening Snack   |
| 9:00 pm  | Night Time Medication   |

11:00 pm

Lights Out

Updated 03/21/2020, 11/01/2020, 01/01/2021, 01/01/2022