

PALM POINT BEHAVIORAL HEALTH – SAMPLE PROGRAM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:15AM 7:15 Rooms Closed	Wake Up & Showers						
7:15AM-8:00AM	Breakfast						
8:00-8:30AM	Vitals /Med Pass						
8:30-9:15AM Med Pass	Daily Goals , Stretch, 15 mins guided mediation Orientation Group-MHT	Daily Goals , Stretch, 15 mins guided mediation Orientation Group-MHT	Daily Goals , Stretch, 15 mins guided mediation Orientation Group-MHT	Daily Goals , Stretch, 15 mins guided mediation Orientation Group-MHT	Daily Goals , Stretch, 15 mins guided mediation Orientation Group-MHT	Daily Goals , Stretch, 15 mins guided mediation Orientation Group-MHT	Daily Goals , Stretch, 15 mind guided mediation Orientation Group-MHT
9:30-10:15AM	Recreational/Expressive Arts Group						
10:30-11:15AM (SS)	Process Group Therapy						
11:30-12:00PM Treatment Team 1130	Outdoors/Physical Activity-MHT						
12:00-12:45PM	Lunch						
12:45- 1:50PM Treatment Team 1300	Read/Relax						
2:15-2:45PM (RT)	Team Building	Team Building	Team Building	Dietician 2:30-3pm Team Building	Team Building	Team Building (Pictionary/Charades)	Team Building (Corn Hole Tournament)
3:00-3:45PM	Nursing Group						
4:00-4:45PM	Exercise/Healthy Movement (gym)	Mindfulness/Guided meditation Family Visitation	Exercise/Healthy Movement (gym)	Mindfulness/guided meditation Family Visitation	Exercise/Healthy Movement (gym)	Mindfulness/Guided Meditation Family Visitation	Exercise/Healthy Movement (gym)
5:00-5:30PM	Self-Study						
5:45-6:20PM	Dinner						
6:30-7:15PM	Leisure Activity/Phone Time						
7:30-8:15PM	Journaling Topic (Anger)	Journaling Topic (Forgiveness/Guilt)	Journaling Topic (Self-Esteem)	Stretching on Mats/ Journaling Topic (Stress)	Journaling Topic (Boundaries)	Journaling Topic (Communication)	Journaling Topic or Coloring Sheet (Free Choice)
8:30-9:00PM 9:00 Grp Rms Closed	Daily Wrap-Up/Med Pass						
9:00-10:00PM 10:30PM	Hygiene, Ready for Bed Lights Out						

Please note this is a sample program schedule – some groups and program offerings may slightly differ depending on current programming & patient need