



STABILIZATION
MANAGEMENT
AND
RECOVERY
TREATMENT
STRATEGY

S.M.A.R.T. STRATEGY

A Consumer Centered Admission and Re-admission Prevention Plan

| Developed with Consumers to Enhance Opportunities for Recovery |



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY

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"I Can Take Charge of My Life."



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Welcome to the S.M.A.R.T. STRATEGY!

“An admission and re-admission prevention workbook developed to enhance your opportunity for success with recovery.”

This workbook is for:

(Consumer Name)

I am from:

(City and State)

I started this workbook on:

(Date you began your **S.M.A.R.T. STRATEGY**)



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY

Purpose and Overview

The **S.M.A.R.T. STRATEGY's** was developed to increase the consumer's success for recovery and to reduce the risk for pre-mature or preventable admissions to a psychiatric hospital. The **S.M.A.R.T. STRATEGY** seeks to engage consumers with their treatment providers to work as a team in admission and re-admission prevention. This workbook is provided for consumers to focus on specific areas of their life in order to assist them:

“To Take Charge of their Life”

The S.M.A.R.T. STRATEGY:

- ✚ Provides direction and focus for the consumer and treatment provider.
- ✚ Encourages a consistent method to monitor the consumer's success after hospitalization.
- ✚ Provides a process for identifying factors for admission and re-admission prevention.
- ✚ Gives the consumer and community tools to assist the consumer's to maintain stability.
- ✚ Connects the consumer's treatment in the hospital or other facility with the community.

The objective of the **S.M.A.R.T. STRATEGY** is to empower consumers in establishing their personal goals for their recovery and plans for “admission or re-admission prevention.” As consumers work through the STRATEGY they address **seven focus areas**.

1. **Feelings and Thoughts**
2. **Behavior and Consequences**
3. **Income and Residence**
4. **Physical Health**
5. **Family and Friends**
6. **Spirituality and Motivation**
7. **Interests and Time**

The **S.M.A.R.T. STRATEGY** identifies stressors or “triggers” that may interfere with a consumer's ability to manage stability and inhibit recovery. The STRATEGY utilizes evidenced based practices including elements of strengths assessments, recovery model, and cognitive behavioral treatment. The emphasis is on identifying “road blocks” for change and motivating consumers toward problem ownership and solutions.

For consumers who worked on their STRATEGY in the hospital, the STRATEGY will be part of their discharge material and information. If the consumer is re-admitted to the hospital, the **S.M.A.R.T. STRATEGY** is reviewed and evaluated. The consumer, therapist, community supports, and hospital staff work to identify what is missing in the STRATEGY, what did not work, and then re-develop the plan for greater success.



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A Letter to the Consumer

Dear Consumer,

The therapy experience can be insightful, encouraging, and helpful. Sometimes it can be stressful, intense, and confusing. You will have opportunities to learn about yourself and discover solutions to problems and concerns you may have struggled with for some time. One of the purposes of treatment is to help you to **“Take Charge of Your Life.”** You may find this very difficult to do in your present situation or condition; however, you can do it.

This **S.M.A.R.T. STRATEGY** can help you succeed in your recovery. You have several worksheets to complete. The worksheets will be a guide for you to see where you need to change and how to “Discover Solutions.” The STRATEGY has several steps and will take some work on your part. But, with the help your treatment provider and others, you will find that making a STRATEGY for your recovery will give you direction and focus toward your recovery.

The **S.M.A.R.T. STRATEGY** includes Focus Exercises, Focus Area Worksheets, and a Summary Action Worksheet for you to complete. We encourage you to keep the **S.M.A.R.T. STRATEGY** Worksheets and Exercises as part of your overall recovery plan. You will make changes to the STRATEGY as you learn more about yourself and what works best for you.

May you experience confidence and success in your journey to recovery!



“I Can Take Charge of My Life.”



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Taking Charge of My Life!

Wow, can I really **“Take Charge of My Life?”** Yes you can. It is like driving a car. Before you can drive a car, there are several things you have to do. You have to get a car, a driver’s license, and insurance. You need to know and follow the rules of the road, watch out for people, objects, and other vehicles. And, you need to know where you want to go and how to get there. With all of these rules and requirements, it doesn’t sound like you’re in charge of much, except when you get behind the wheel. Behind the wheel you are in charge of how you think, feel, act, and the decisions you make.



To drive a car, you really can’t control or **“Take Charge”** of the rules to get a driver’s licence, traffic laws, weather, gas prices, pot holes, detours, traffic, or what other drivers do. When driving a car, you can decide where you want to go, but you have follow certain roads to get there. Life is the same way. You really can’t **“Take Charge”** of the hospital rules and expectations, the treatment schedule, the behavior of staff, the Judge, or how your family and other people act or feel. You may know where you want to go in life, but to get there you have to do certain things and follow the right path.

Sometimes, out of frustration, you may try to **“Take Charge”** of other people. You may use anger or try to control the rules and situation. You also may choose to not follow rules or argue with others. In reality, all of us have circumstances we cannot control. Even when you drive a car, the only thing you can really control is the what you do as you drive. So you may ask, **“Can I really ‘Take Charge’ of anything?”** **YES YOU CAN!**

You can **“Take Charge”** of your emotional, spiritual, and mental well-being, and your happiness. You can **“Take Charge”** of what you do and what you say. You can **“Take Charge”** of whether you get angry and aggressive, or be kind, helpful, and giving. You can **“Take Charge”** of following your treatment plan, taking your medications, participating in treatment, and supporting others.

I can **“Take Charge” of how I Think, Feel, and Act!**

You may not be able to control where you live, when you leave a hospital, or other people, but like driving a car, you are in charge of the decisions you make in the situations you face. Making healthy decisions will help you think, feel, and act better and **“Take Charge of Your Life.”** Making unhealthy decisions can cause you negative consequences, disappointment, and **loss of control**.

Healthy Decisions = **“Taking Charge of My Life” Unhealthy Decisions = **Loss of control****

The **S.M.A.R.T. STRATEGY** is like the road map to find your way. It can help you figure out what gets in the way of your recovery and the direction (road) you will take to be better and stay better.



S.M.A.R.T. STRATEGY

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Discovering Solutions

For every problem there is a solution. Do you believe it? How about, for every problem there are three or even more solutions? Solutions are real and available for everyone. All we have to do is discover them. Of course, discovering solutions is not always that easy. Sometimes other things or people get in the way. However, people and things can also help. It is like losing the keys to a car. For example, let's say you have a very important appointment. Right before you are ready to get into the car to leave, you can't find the keys. You first look around and think they are close by. But when you don't find them right away you begin to worry, "Oh no, where are those stupid keys?"



You look everywhere, under the bed, the sofa, in pockets, drawers, on the floor, and even in the car. The keys are nowhere to be found. Now you begin to get frustrated. You are going to be late to your appointment which could cause even more problems. To solve this situation you need to first be clear about the problem. What is the real problem? Losing the keys or being late for an important appointment. Well, it is kind of both. One problem is causing another. To discover solutions you first need to set priorities. In other words, which problem needs to be solved first? In this situation, the bigger problem is being late for the appointment. Some solutions to this problem could be:

1. Forget about the keys and call a friend to take you to the appointment.
2. Call the people you were supposed to see and let them know you will be late.
3. Set another appointment for another day.
4. Ask a friend for suggestions and help.

Pick the best solution then go to the next problem, the keys. Once the appointment problem is solved, then look at the possible solutions for the keys, such as:

1. Ask a family member or friend to help you look.
2. Think of the last time you had your keys and trace back your steps and actions.
3. Make a game with your or a friend's children and give them a prize for finding them.
4. Get another set of keys made.

Steps to discover solutions are:

- | | |
|---|---|
| <input type="checkbox"/> Stop, step back, and think. | <input type="checkbox"/> Identify several solutions. |
| <input type="checkbox"/> Clarify the problems. | <input type="checkbox"/> Ask for help from others. |
| <input type="checkbox"/> Prioritize the problems | <input type="checkbox"/> Pick a solution and do it. |

If the solutions didn't work, pick some new ones and try again. There is a solution for the problem; you just have to keep at it until it is discovered. The **S.M.A.R.T. STRATEGY** is the same way. If the solutions you identified didn't work and you need to go or return to the hospital, it is not a failure. We just need to go back, clarify the problems, and discover the solutions that will work best for you.



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY **Seven Focus Areas**

The **S.M.A.R.T. STRATEGY** has **Seven Focus Areas** to help you on your journey to **“Take Charge of Your Life.”** Each Focus Area has a worksheet for you to complete.

#1 - Feelings and Thoughts



How you feel and what you think have a powerful effect on your happiness and recovery. This focus area is to help you look at the feelings and thoughts you have that negatively and positively affect your recovery. You can discover that feelings and thoughts can change, and you can be in charge of what you think and feel.



#2 - Behavior and Consequences

Everything you do has a consequence. You are responsible for what you do and can choose your behavior. However, you cannot choose your consequences. Sometimes you want to “Take Charge” of the consequences of your behavior, but find you cannot, often resulting in frustration and conflict. What you can “Take Charge” of, is what you do in the first place. Like a report card in school, if you work hard and make good decisions you can get rewarding consequences such as good grades. If you don’t study, don’t pay attention, and play around, you can get negative consequences such as bad grades. Life is the same way. Choosing healthy and positive behaviors will result in consequences that are more manageable and rewarding.

#3 - Income and Residence



Where you live, your income, job, and education can help or get in the way of your recovery. Some consumers find they have few choices as to where they live or have a very limited income. Addressing how your job, education, income, and living situation affect your recovery can help you to prevent problems or issues before they arise.



#4 - Physical Health

What goes into your body and how you exercise and use your body can impact your recovery in positive or negative ways. Drugs and alcohol can hurt your ability to make good decisions, your health, and your ability to maintain recovery. You may find you have become trapped in bad eating habits and addiction. Your recovery from mental illness can be improved as you learn better eating patterns, get into recovery from addictions, and practice healthy exercise.



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#5 - Family and Friends

Perhaps one of the most effective changes you can make is who you associate with and how you interact with them. Family and friends can support you or lead you to problems and conflict. You can choose who you associate with, improve the way you interact with people, and form relationships that support your recovery and not trigger you to problems. You may want to ask yourself, does this person help or hurt my recovery?



#6 - Spirituality and Motivation

Spiritual wellbeing can be motivating and provide you strength and purpose. Often, spirituality is forgotten in a wellness plan. As you focus on seeking spiritual strength, look for guidance, moral ground, and purpose in life. Lean on your spiritual help to relieve stress, anxiety, and to encourage you for change and direction.



#7 - Interests and Time

Spending quality time doing good things can improve your rest and relaxation. Many individuals try to relax by watching a lot of TV or sitting around. These activities can create uneasiness, boredom, and irritability. Engaging in productive activities and things that interest you, will increase your rest, reduce stress, and improve your confidence. You will experience more enjoyment and self fulfillment.

"I Can Take Charge of My Life."



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Setting a Recovery Goal

Name:

Date:

The purpose of the **S.M.A.R.T. STRATEGY** is to increase your success once discharged from the hospital. It can be a guide for you, your family, therapist, and others to keep you on the right track and reduce your risk for re-admission to the hospital. This **STRATEGY** can increase your power to **“Take Charge”** of your own personal “Treatment” and journey with recovery.

The **S.M.A.R.T. STRATEGY** can help you figure out what works for you and what does not. The STRATEGY works best if you are honest with yourself and others as well as open to suggestions and help. Instead of seeing the admission or re-admission to a hospital as a failure, view it as an opportunity to re-evaluate and improve your **STRATEGY** for greater success.

To get started you need to know where you are going. The “Recovery Goal” is a vision of what recovery is for you. You will work with your therapist to complete your “Recovery Goal” and **S.M.A.R.T. STRATEGY**. After you leave the hospital, family and/or friends and staff from the community mental health center can assist you to follow through with your STRATEGY and successfully reach your “Recovery Goal.”

Let’s start by answering the following questions. Feel free to ask for help.

1. What are some of the reasons you are in the hospital?
2. What are some of the problems or concerns you will face when you leave the hospital?
3. Of the Seven Focus Areas, which areas do you struggle with the most?
4. What gets in your way of **“Taking Charge of Your Life?”**



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY My Recovery Goal

Name:	Date:
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For this assignment to be most helpful it is important that the goal be big but realistic. Focus the goal on something that helps define your purpose or the direction you want to take in life. Basically, the goal needs to be your “Vision” of what kind of a person you could be when you are in recovery.

Examples of Recovery Goals:

“I know I am in recovery when I feel happy most of the time, do not allow depression to overwhelm me, and like who I am.”

“I know I am in recovery when I understand I have a mental illness, and I always take my medications to manage the symptoms.”

“I know I am in recovery when I am able to ask for help from professionals when I start to struggle with my illness.”

“I know I am in recovery when I feel in charge of my emotional, mental, and spiritual well being and make healthy choices.”

Remember, for your Recovery Goal, stay away from goals that are about where you live, getting out of jail, facility or hospital. Your Recovery Goal needs to be about you, what you can do for yourself, and how you can “Take Charge” of your recovery no matter where you are or your circumstances.

My Recovery Goal:
<p>“I know I am in recovery when</p> <hr/> <hr/> <p>.”</p>

You are now ready to start your STRATEGY!



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The Basic Elements

An effective and helpful **S.M.A.R.T. STRATEGY** has four **Basic Elements**, which are:

✚ **Stress or Triggers**

✚ **Action Plans**

✚ **Objectives**

✚ **Rewards**

You can remember the **Basic Elements** with the word **SOAR**:

S for Stress and Triggers, **O** for Objectives, **A** for Action Plans, and **R** for Rewards

“With your **S.M.A.R.T. STRATEGY you can **SOAR** to recovery.”**

Stress and Triggers

“Stress and Triggers” are the thoughts, feelings, situations, people, or circumstances that cause you stress or push you to return to your symptoms of mental illness or other problems in your life. Stress can result in feelings and thoughts that build up over time. Stress often comes before a trigger. A trigger is something that happens and causes you to react in a negative way. Triggers come “all of a sudden” without a lot of warning. You will be asked to examine your “Stress or Triggers” for each of the **Seven Focus Areas**. This will help you to develop plans and interventions to deal with the Stress or Triggers before they get too serious and unmanageable.

Objectives

For an effective STRATEGY, you need to set an “Objective” for each focus area. An objective is what you want to accomplish. An objective needs to be realistic considering your situation and specific focus area. Your therapist can help you to find objectives that best address your focus areas.

Action Plans

An “Action Plan” means to make a plan of how you will act before the problem instead of re-act after the problem. At times, you may find yourself trying to solve problems after they happen. This approach will sometimes cause more problems and consequences. An action plan looks at possible solutions to problems before they arise, giving you more choices and preparing you to make a better decision when you need it the most. Your action plan may include interventions you take once you are in a problem situation. Interventions can help you interrupt and stop what you are doing and then act in a positive way.

Rewards

A “Reward” is what you hope will happen if you follow your “Action Plan.” When you write your potential “Reward,” consider how things could be if you met your “Objectives” in a healthy way instead of the negative ways you have in the past. Each potential “Reward” needs to relate to the “Stress and Triggers, Objectives, and Active Plans” you listed for that focus area. Your therapist and other group members can help you identify the “Rewards” you could potentially expect.



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“With my **S.M.A.R.T. STRATEGY** I can **SOAR** to recovery.”



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Focus Exercise

Name: _____

Date: _____

Time of Day: _____

As problems and concerns arise you can use this exercise to focus on your **Seven Focus Areas** and **Basic Elements** of your STRATEGY. You may do a Focus Exercise when you feel upset, happy, or sad. Sometimes staff may request you to complete one as well. When finished, give it to a therapist or other staff member.

How am I feeling? (Select one and/or add your own) _____



ENRAGED

1



SAD

2



FRUSTRATED

3



NEGATIVE

4



ANXIOUS

5



OPTIMISTIC

6



INTERESTED

7



SATISFIED

8



CONFIDENT

9



HAPPY

10

What is the problem or concern I am having right now? _____

What Focus Area does this issue affect? (Circle all that apply)



Feelings and Thoughts



Behavior and Consequences



Income and Residence



Physical Health



Family and Friends



Spirituality and Motivation



Interests and Time

What triggered this problem?

What can I do right now to **"Take Charge"** of my thoughts and behavior?

What do I need to help me in this area in the future?



S.M.A.R.T. STRATEGY




Stabilization Management And Recovery Treatment STRATEGY Strengths Recognition

Name:	Date:	Time of Day:
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As you work on improving your life and begin to make changes, you may find yourself mostly focused on the negative side of yourself. Although you need to look at what needs to change and where you can improve, it takes strength and personal resolve to make it happen. You have several strengths in many aspects of your life and character that can help you in your journey to recovery. Strengths according to Walter E. Kisthardt and Charles A. Rapp from the University of Kansas, School of Social Welfare are defined as the following:

- knowledge and learning
- families and social relationships
- choices, desires, and wants
- talents and hobbies
- available resources
- feelings/emotions
- pride and dignity
- achievements
- values
- awareness of self
- personal qualities
- coping mechanisms.

This assignment helps you to identify and recognize the strengths you have in each focus area. Examine each focus area and list the common stressors people in general may experience in each. Then identify and recognize the strengths you have that can help you manage, decrease, or replace the stressors that may get in your way of progressing and meeting your objectives.

Focus Areas	Common Stressors	Strengths I have
<p>1. Feelings and Thoughts</p> 		
<p>2. Behavior and Consequences</p> 		
<p>3. Income and Residence</p> 		

"I Can Take Charge of My Life."



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Focus Areas	Common Stressors	Strengths I have
<p>4. Physical Health</p>  A cartoon illustration of a person in a green shirt and blue shorts hula hooping on a yellow mat.		
<p>5. Family and Friends</p>  A cartoon illustration of three people sitting around a table with plates of food, appearing to be in a dining setting.		
<p>6. Spirituality and Motivation</p>  A stylized graphic of a person in a prayer position (hands joined in a triangle) with a colorful sunburst behind their head.		
<p>7. Interests and Time</p>  A cartoon illustration of a person sitting at a desk, looking at a computer monitor and holding a small object.		



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Focus Area #1 - Feelings and Thoughts

Name:

Date:

Sometimes certain thoughts and feelings can cause stress and confusion. These thoughts and feelings may be overwhelming at times and may trigger you to do things you regret or did not want to do. As you work on this **Focus Area**, consider the positive and healthy thoughts and feelings you could have that may be more helpful and cause you to have more positive behaviors.

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Feelings and Thoughts	<p>What are some of the thoughts you have that may cause stress or problems? (Example: "I can never do anything right." or "No one cares about me." or "Some people are out to get me.")</p>	<p>What objective could help you better manage your thoughts or feelings? (Example: I would like to change how I think about myself." or "I would like to feel less lonely.")</p>	<p>What are some of the things you could say to yourself or do, to change your thoughts and feelings? (Example: "I will take my medications as prescribed." or "I will attend all my appointments and support groups." or "I will practice positive thoughts and manage my feelings as I am learning in my treatment.")</p>	<p>How would things be better as you reach your objective? (Example: "I will have less anger or loneliness." or "I will not be as sad." or "I will have fewer problems with aggression or inappropriate behaviors.")</p>
	<p>What feelings do you have when you struggle the most with your thoughts or behaviors? (Example: You may feel anger, sadness, fear, worry, disappointment, resentment, jealousy, frustration, loneliness, etc.)</p>			

"I Can Take Charge of My Life."



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY



Focus Area #2 – Behaviors and Consequences

Name:	Date:
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Sometimes the things you do can cause negative consequences and get you into trouble. As you work on this **Focus Area**, consider how the positive behaviors you could do would help you avoid negative consequences and have a happier future.

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Behavior and Consequences	<p>What are some of the things you do that cause you negative consequences the most? (Example: Drinking alcohol or using drugs, hanging out with the wrong crowd, spending too much time alone, going to bars, avoiding family or friends, being aggressive or argumentative)</p>	<p>What behavior will you no longer do or new behavior you will start to do? (Example: "I will no longer use alcohol or drugs," or "I will spend more with friends." or "I will no longer be aggressive to others.")</p>	<p>What are some of the things you could do to help you change or manage your behaviors? (Example: "I will plan my day so I don't spend too much time alone." or "I will attend all my support groups and follow my recovery program." or "I will practice anger management techniques.")</p>	<p>How would things be better as you reach your objective? (Example: "I will maintain my sobriety from drugs and alcohol." or "I will not get in trouble with the law." or "More people will want to be around me.")</p>



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Focus Area #3 - Income and Residence

Name:	Date:
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You may find that where you work, live, or your income may cause increased stress and consequences. These circumstances may or may not be completely under your control, but may trigger you to do or feel things you would rather not. As you work on this **Focus Area**, look at positive things you could do to be more helpful and allow you to prepare and deal with these situations in a healthier manner.

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Income and Residence	<p>What are some of the problems you may be having with work, money, or living situation that is causing you the most stress or problems? (Example: "I do not have a job and can't seem to find one." or "I have no place to go." or "My spouse and I are always arguing, and I sometimes have to move out.")</p>	<p>What objective could you set that could manage your situation and respond in a healthier way? (Example: "Develop a plan to get employment." or "Find a better place to live." or "Manage my income better.")</p>	<p>What are some of the things you could do that would improve or manage your work, money, or living situation? (Example: "I will establish a budget or have a trusted family member help manage my money." or "I will go to a job training program or get some education." or "I will establish a back up place to live in case things go wrong." or "I will find a better place to live.")</p>	<p>How would things be better as you reach your objective? (Example: "I will have a better place to live and increase my income." or "I will manage my money much better.")</p>



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Focus Area #4 - Physical Health

Name:

Date:

As you work on your recovery, you may find how you eat, use drugs and alcohol, exercise, or physical problems can cause increased stress and complications. These habits and physical problems may be overwhelming at times and may trigger you to do or feel things you regret and would rather not do. Consider the more positive things you could do that would cause you to be healthier physically and better emotionally and mentally.

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Physical Health	<p>What are some of physical health issues that may cause you stress or negative results? (Example: "I am overweight, and I feel bad about myself." or "I have difficulty walking, and I can't work." or "I smoke and want to quit." or "I drink too much and need to cut back.")</p>	<p>What objective could you set that could help you better manage your physical health? (Example: "I would like to eat better, exercise, and lose weight." or "I would like to manage my health better and be able to do more.")</p>	<p>What are some of the things you could do to improve your health? (Example: "I will start a weight loss program." or "I will exercise by walking 2 miles every day." or "I will practice the exercises for my legs as directed by my doctor.")</p>	<p>How would things be better as you reach your objective? (Example: "I will feel better, look better, and be able to do more things with my family and friends." or "I will be able to deal with my stress better with good exercise." or "I will have fewer problems with sleep because I will be in less physical pain.")</p>



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Focus Area #5 - Family and Friends



Name:	Date:
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Family and friends have a powerful influence on your recovery and can help or hinder your progress to success. Sometimes you may need to change your friends or set boundaries for your family in order to stay safe and stable. Sometimes unhealthy relationships can cause stress and trigger you to do things you would rather not do. Changing relationships can be very hard and may require making big changes in where you go, what you do, and with whom. Consider how more positive relationships could help you. Make a plan on how to make healthier choices with your friends and family.

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Family and Friends	Who are some of the individuals or relationships that cause you the most stress, problems, or negative consequences?	What objective could you set to have healthier relationships? (Example: I need to have friends that do not drink." or "I need to spend less time with my cousin who argues all the time.")	What are some of the things you can do to improve and/or change your relationships? (Example: "I am going to tell my cousin to not come over anymore." or "I will stop hanging out with the friends in the neighborhood." or "My spouse and I are going to start counseling together.")	How would things be better as you reach your objective? (Example: "I will have fewer problems in my marriage." or "I will have friends who encourage me to do right." or "People will not take advantage of me anymore.")



S.M.A.R.T. STRATEGY



Stabilization Management And Recovery Treatment STRATEGY

Focus Area #6 - Spirituality and Motivation

Name:	Date:
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Sometimes you may struggle with staying focused on your recovery and may lose motivation. You may also feel you have no direction in life and are not sure of your purpose. Having purpose and direction can be very motivating and keep you on track. Those who seek spiritual strength have found focusing on a power greater than themselves keeps them centered on what is most important in life. As you work on this **Focus Area**, explore the positive things you can do to increase your focus and motivation for change in your life.

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Spirituality and Motivation	<p>What are some of the things you do or have done that have kept you from spiritual growth and effected your motivation? (Example: "I never take time to meditate or read inspirational material." or "I often spend time watching TV or going out when I could be spending time doing good for others or spending time in prayer." or "I sometimes do things I know are wrong, and I feel guilty about it.")</p>	<p>What objective could you set about your spiritual life and motivation? (Example: "I would like to be motivated to change." or "I would like to know my purpose in life." or "I will live a better life and not do the things that make me feel guilty or bad about myself.")</p>	<p>What are some of the things you could do to increase your spirituality and motivation? (Example: "I will attend my AA meetings and focus on my Higher Power." or "I will go to church with a friend regularly." or "I will read inspirational books." or "I will set personal objectives to improve myself.")</p>	<p>How would things be better as you reach your objective? (Example: "I will be focused and less confused." or "I will have better self esteem." or "I will rely on my Higher Power and feel confident in my direction in life.")</p>



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY



Focus Area #7 - Interests and Time

Name:	Date:
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How you spend your time can have a big impact on your confidence, and ability to rest and relax. Everyone needs to have time to rest and feel energized. True rest is more than sleep or naps. Some people sleep or even vacation, but never really feel rested or relaxed. True rest is the ability to take a break from your problems and be re-energized in a healthy and productive way. When you take time to pursue your interests and truly relax you will have the strength to do what you need to do, and you will feel the confidence you need to:

“Take Charge of Your Life”

Focus Area	Stress and Triggers	Objectives	Action Plans	Rewards
Interest and Time	<p>What are some of the things that cause you stress or anxiety and keep you from “true rest?” (Example: “I pace all the time and never relax.” or “I don’t do anything for myself, only for everyone else.”)</p>	<p>What objective could you set to improve your ability to relax? (Example: “I would like to take time with my hobby.” or “I would like to be able to feel more confident in myself.”)</p>	<p>What are some of the things you could do that would improve your ability to rest and reach your objective? (Example: “I will exercise every day.” or “I will join a club or group who has the same hobbies as mine.” or “I will practice relaxation techniques.”)</p>	<p>How would things be better as you reach your objective? (Example: “I will feel rested.” or “I will get more things done.” or “I will enjoy doing things that I like to do.”)</p>



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY Summary Action Worksheet

The Summary Action Worksheet is for you to put all your work on your **Recovery Goal** and the **Seven Focus Areas** together onto one document. On the back side of this page, put short sentences and words that will remind you of your **S**tress and Triggers, **O**bjectives, **A**ctions Plans, and **R**ewards for each focus area.

The Summary Action Worksheet on the back side of this page is your completed **S.M.A.R.T. STRATEGY**. This **STRATEGY** will help you soar to recovery and manage your stability outside of the hospital. Keep the **STRATEGY** where you can see it every day. A copy of the **STRATEGY** will be given to your community mental health center, family, friends, and/or other support persons in the community. They can help you stay on track and keep your plans and reach your rewards.

This S.M.A.R.T. STRATEGY belongs to:

(Date)

My Recovery Goal

I know I am in recovery when:



“With my **S.M.A.R.T. STRATEGY** I can **SOAR** to recovery.”

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“I Can Take Charge of My Life.”

Focus Areas	Stress and Triggers	Objectives	Action Plans	Rewards
<p>1. Feelings and Thoughts</p> 				
<p>2. Behavior and Consequences</p> 				
<p>3. Income and Residence</p> 				
<p>4. Physical Health</p> 				
<p>5. Family and Friends</p> 				
<p>6. Spirituality and Motivation</p> 				
<p>7. Interests and Time</p> 				

"I Can Take Charge of My Life."



S.M.A.R.T. STRATEGY

Stabilization Management And Recovery Treatment STRATEGY

I am ready to

“Take Charge”

Of My



LIFE!

“I Can Take Charge of My Life.”



**Developed for the Kansas
Department of Social
Rehabilitative Services**

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Hope Program Daily Schedule

Time	Required		Optional/Encouraged		
5:00am		ADLs and personal hygiene	Get up, shower, go to day hall, vitals, room care	TV On	
6:00am	Vitals				
7:00am	Labs, meds			Phones On	
7:35am	Breakfast		Coffee for unit status		
8:15am-8:30am	Lock rooms		IDT rounds	TV Off/Phones Off	
8:30am-8:55am	Goal Setting Meeting				
9:00am-9:45am	Groups	IDT Meetings			
9:45am- 10:15am	Rooms remain locked		Break—fresh air Order Salad Option for lunch		
10:15am- 11:00am	Groups				
11:00am	Unlock Rooms HOPE Chest Daily (11am-11:15am) **Friday— Motivational Enhancement Store** (11am-11:30am)	ADLs and personal hygiene	Signouts after room care and personal hygiene is completed, leisure time, nap, listen to music	TV On Phones on	
12:10pm	Lunch				
12:45pm-1:05pm	Lock rooms				Fresh air break for 10 minutes
1:10pm- 1:55pm	Groups				
2:05pm- 2:55pm	Groups			TV and Phones Off	
2:55pm-4:10pm	Free Time Unlock Rooms **Tuesday/Friday Coffee Shop/Post Office Trip **	ADLs and personal hygiene	Signouts Fresh air break Order Salad Option for dinner	TV /Phones On	
4:10pm-4:55pm	Groups/Lock Rooms			TV and Phones Off	
4:55pm	Unlock Rooms				
5:30pm	Dinner			TV /Phones On	
6:00pm-6:25pm	Goal Review Meeting			TV and Phones Off	
6:30pm-7:30pm	Groups				
7:30pm-10:30pm	Meds	ADLs and personal hygiene	Fresh Air break (if staff available) Turn in schedule after med pass	TV/Phones On	
10:30pm 11:30pm	Lights Out ***Friday Lights Out***				

CCP Weekend Schedule

Time	Required	Allowable	
5:00am	Laundry and Shower Unlocked		
6:00am	NOC distributes schedules	Managed TV Time: (News/Discovery/History/National Geographic/Animal Planet) Phones On Room Care (stamp if done by 9am)	
7:00	Meds/Full Vitals		
7:10-7:40am	Breakfast		
7:40-8:55am	Free Time		
9:00-9:45am	Weekly Unit Goal Review Meeting (Nursing)	TV and Phones off	Visiting Hours (9:30am-11:30am)
9:45-10:10am	Sign outs start		
10:10-11:45am	Free Time	Managed TV Time: News/ Discovery/ History/ National Geographic/ Animal Planet Phones on	Lunch
11:45			
12:15-1:00pm	Free Time		
1:10-1:55pm	***Saturday*** Group Lock Rooms	TV and Phones Off (when group offered) Sign outs start	***Sunday— Visiting Hours (1pm-5pm)***
2:05-2:55pm	***Saturday*** Group		
2:55-3:20pm	Break		
3:20-4:10pm	Group		
4:10-5:00pm	Free Time Unlock Rooms		TV and Phones On
5:00-5:45pm		Dinner	
5:45-6:30pm	Free Time		
6:30-7:30pm	Groups	TV and Phone Off	
7:30-8:20pm	Free Time/Meds/ Turn in schedules	TV and Phones on	Visiting Hours (7:30-9pm)
8:30-8:40pm	Unlock patient break room/cabinets		
8:40-10:30pm	Free Time		
10:30pm	Bed Time	TV and Phones Off/Shower Room Locked	***Saturday*** Unit Earned Late Night

Hope Weekend Schedule

Time	Required	Optional/Encouraged	
5:00am		Get up, shower, go to day hall, watch TV, vitals, room care, ADLs	TV/Phones On
7:00am	Meds		
7:25am-7:55am		Breakfast Coffee for unit status	
8:30am	Weekend Vitals	Signouts start after room care and personal hygiene is completed	
9:45am- 10:15am		Break—fresh air	
12:15pm	Lunch		
12:45pm-1:05pm		Fresh air break for 10 minutes	
1:10pm- 1:55pm	Group on unit	TV and Phones Off	
2:05pm- 2:50pm	On Unit Group		
3:20pm- 4:10pm	Free Time	Sign outs	TV and Phones On
4:10pm-4:55pm	***Saturday Group off unit***	TV and Phones Off	
5:20pm	Dinner		TV and Phones On
6:00pm-6:25pm	Goal Review	TV and Phones Off	
6:30pm-7:30pm	Group off unit		
7:30pm-10:30pm	Meds	Fresh Air break (if staff available) Turn in sheets after med pass	TV and Phones On
10:30pm	***Sunday Lights Out***		
11:30pm	***Saturday Lights Out***		

CCP Weekday Schedule

Time	Required			Allowable
5:00am	Laundry and Shower Unlocked			
6:00am	NOC Vitals & encourage lab work	Room Care		Phones On/Structured TV time: News/Discovery/ History/ National Geographic/ Animal Planet
6:30am	Labs –AM distributes stamp sheets			
7:05am	Wake up Breakfast			
7:30-8:15am	Meds			
8:15-8:30am	Lock Rooms (Stage 1 and 2)			
8:30-8:55am	Goal Setting Meeting			TV/Phones Off
9:00-9:45am	Groups	IDT Team Meetings		Phones On Sign out for break time only
9:45-10:10am	Break			
10:10am	Leave for Off Unit Groups			
10:15-11:00am	Group			
11:00	Unlock rooms			
11:40-12:15pm	Lunch			TV and Phones On Sign outs
12:15-12:50pm	Free Time (12:15-12:25pm--Unlock patient break room/cabinet)			
12:50-1:00pm	Unlock patient break room/cabinets			
1:00pm	Lock Rooms (Stage 1 and 2)			
1:10-1:55pm	Groups			TV and Phone Off
2:05-2:55pm	Groups **Wednesday —Program Overview on unit with L&F staff** **Wednesday at 2:30—L&F and Team Leader takes patient to ME Store**			
2:55-4:10pm	Break/Sign out , access to cabinets Unlock doors **Thursday --Trip to Coffee Shop/Post Office** (3:15)			Phones On Sign out for break time only
4:10-4:55pm	Groups **Wednesday --Continue Break Time (no groups offered)— Church begins at 4:15			TV and Phone Off
4:10-4:55pm	Free Time Unlock Rooms			TV and Phones On Sign outs
4:55-5:45pm	Dinner (5:00-5:10pm--Unlock patient break room/cabinet)			
5:45-6:10pm	Fresh Air Break (5:45-5:55pm--Unlock patient break room/cabinet) Goal Review			TV and Phone Off
6:10 – 6:30pm	Free Time			
6:30-7:30pm	Group			
7:30-8:20pm	Meds Turn in schedules (stamp sheet)	"Crack The Safe" 8:00 – 8:20 PM	Visiting Hours (7:30-9pm)	TV and Phones on
8:30-8:40pm	Unlock patient break room/ cabinets			
9pm-9:15pm	shave			
10:30pm	Bed Time			All Electronics Off Shower Room Locked

CSP Daily Schedule

Time	Required		Allowable	
5:30am	Vitals		Wake up, Shower, Laundry	Structured TV Time (news, discovery, history, weather) Phones On
6:30-7:00am	Labs if ordered			
7:05-7:45am			Breakfast/Coffee	
7:45am		Medications		TV/Phones/Radio Off
8:15-8:30 am	Final Wake Up Call, ADLs, Room care Lock Rooms			
8:30-8:55am	Goal Setting Meeting			
9:00-9:45am	Groups	IDT Team Meetings		
9:45-10:15am	Orientation Group			
10:15-11:00am	Groups		Phones On Laundry, Fresh Air in Courtyard, Snacks, Access to patient break room, Request Alternate Meal	
11:00-11:40pm	Unlock rooms		Phones Off	
		11:30am— Medications		
11:40-12:15pm			Lunch	
12:15-1:00pm			Reflection Time: Sign outs, Phones on , meet with social worker, journal, homework, write in notebooks	
1:00pm	Lock Rooms		Phones Off	
1:10-1:55pm	Groups			
2:05-2:55pm	Groups	***Wednesday*** Free Time Phone On/Rooms Unlocked		
3:00-4:10pm	Free Time (Coffee Shop/PO Trip except Wed.)			
4:10-4:55pm	Groups	***Wednesday*** Peer Support Group	Phones On Request Alternate Meal by 3:45pm ***Wednesday*** Chapel Time 3:30/4:15pm	
5:00-5:45pm	Dinner Unlock Rooms			
6pm	Goal Review Meeting Lock Rooms		TV/Phone/Radio Off	
6:30-7:30pm	Group			
7:30-9:30pm	Free Time Unlock Rooms Medications/ADLs/Laundry Use/Shaving		TV/Radio/ Phone On	Visitor Hours: 7:30pm-9:30pm
10:00pm	Dim Lights		TV/Phone/Radio Off	
10:30pm	Bed Time/Lights Out			

All activities are based on patient status and staff availability.

MAPS Daily Schedule

Escort/Standard Observational Status

Time	Required	Optional/Encouraged	
5:00 am		Wake up, ADLs	Therapeutic TV time: (news, discovery, history, educational)
6:00 am	Vitals and Labs Wake up		
7:00 am	Meds	Phones On (Limit of 10min. per patient for each block of time phones turned on)	
7:30 am	Lock Rooms	Phones/TV Off	
7:50-8:20 am	Breakfast at Cafeteria (no trays)		
8:30 am	Goal Setting Meeting at Treatment Center		
9:00 am	Group at Treatment Center	Meetings with IDT	
9:45-10:10 am	Free Time		Fresh air break in courtyard/Coffee Phones On
10:15 am	Group at Treatment Center		Phones Off
11:00-12:15 pm	Free Time Unlock doors (after noon meds)	Phones/TV On	
12:20-13:00 pm	Lunch	Phones/TV Off	
1:10 pm	Group in Treatment Center		
2:05-2:55 pm	Group in Treatment Center		
2:55-4:10 pm	Free Time in Treatment Center ***Tuesday-Motivational Enhancement Store 3:15***	Fresh air break in courtyard Coffee Shop/Post Office Trip (Monday/Thursday)	
4:10-4:55 pm	Off Unit Group—meet in Activity Center		
5:05-5:30 pm	Goal Review Meeting		
5:50-6:25 pm	Dinner		
6:30-7:30 pm	Off Unit Group		
7:30-10:30 pm	Free Time	Phone/TV On ADLs	Visitor Hours 7:30-9:00pm
10:30 pm	Bed Time	Phones/TV Off	

MAPS Daily Schedule

Escort/Standard Observational Status

Time	Required	Optional/Encouraged	
5:00 am		Wake up, ADLs	Therapeutic TV time: (news, discovery, history, educational)
6:00 am	Vitals and Labs Wake up		
7:00 am	Meds	Phones On (Limit of 10 min. per patient for each block of time phones are turned on)	
7:30 am	Lock Rooms	Phones/TV Off	
7:50-8:20 am	Breakfast at Cafeteria (no trays)		
8:30 am	Goal Setting Meeting at the Treatment Center		
9:00 am	Group at Treatment Center	Meetings with IDT	
9:45-10:10 am	Free Time		Fresh air break in courtyard/Coffee Phones On
10:15 am	Group at Treatment Center		Phones Off
11:00-12:15 pm	Free Time Unlock doors (after noon meds)	Phones/TV On	
12:20-13:00 pm	Lunch	Phones/TV Off	
1:10 pm	Group in Treatment Center		
2:05-2:55 pm	Group in Treatment Center		
2:55-4:10 pm	Free Time in Treatment Center ***Tuesday-Motivational Enhancement Store 3:15***	Fresh air break in courtyard Coffee Shop/Post Office Trip (Monday/Thursday)	
4:10-4:55 pm	Off Unit Group—meet in Activity Center		
5:05-5:30 pm	Goal Review Meeting		
5:50-6:25 pm	Dinner		
6:30-7:30 pm	Off Unit Group		
7:30-10:30 pm	Free Time	Phone/TV On ADLs	Visitor Hours 7:30-9:00pm
10:30 pm	Bed Time	Phones/TV Off	

MAPS Weekend Schedule

Escort/Standard Observational Status

Time	Required		Optional/Encouraged	
5:00 am			Wake up, ADLs	
6:00 am	Vitals		Wake up	
7:00 am		Meds	Phones On (Limit of 10min. per patient for each block of time phones are turned on)	
8:00-8:30 am	Breakfast at Cafeteria (no trays)			
9:15 am				Sign outs 9:15 am- 12:15 pm
9:30-11:30 am			Visitor Hours 9:30 am-11:30 am	
12:20-13:00 pm	Lunch			
1:10 pm	***Saturday—Group***		***Sunday—Sign outs***	
2:05-4:10 pm	Free Time		Free TV Time	
4:10-4:55 pm	Off Unit Group			
5:50-6:20 pm	Dinner		TV Off	
6:30-7:30 pm	Off Unit Group			
7:30 pm	Free Time		Phone/TV On ADLs	Visitor Hours 7:30 pm-9:00 pm
10:30 pm	***Sunday*** Bed Time		Phones/TV Off	
11:30 pm	***Saturday*** Bed Time			

MAPS Daily Schedule

Unit Observational Status

Time	Required		Optional/Encouraged	
5:00 am			Wake up ADLs	Therapeutic TV time (news, discovery, history, educational) 5:00 am-11:00 am
6:00 am	Vitals and Labs Receive stamp sheets			
7:00 am			Meds Phones On (Limit of 10 min. per patient for each block of time phones are on)	
8:00 am	Meds		Breakfast	
8:30am	<p>***Tuesday ONLY—Rooms on north hall locked for cleaning.***</p> <p>***Wednesday ONLY—Rooms on East hall locked for cleaning.***</p> <p>(Room unlocked after room is dry.)***</p>			
9:30-10:30 am	Art/Music Activities in Group room including techs	Meetings with IDT	Turn Phones Off Assisted ADLs	
	Day hall cleaned by housekeeping			
10:30-11:00 am	Outdoor Group Activity with Therapist and Techs			
11:00-12:15 pm	Free Time		Phones/Free TV On	
12:15 pm			Lunch	
1:30-2:05 pm	Free Time		ADLs	
2:05-2:25 pm	Outside Group with Leisure & Fitness		Phones/TV/Music off	
2:25-2:55 pm	Games/Exercise Group ***Wednesday—Community Meeting with Leisure and Fitness on day hall***			
3:00 pm	Free Time		Phones/TV On	
4:00 pm	Fresh air break		ADLs	
5:50 pm	Dinner			
6:30 pm	Group in day hall		Phones/TV Off	
7:00 pm	Meds			
7:30 pm	Free Time Turn in stamp sheets		Phone/TV On ADLs	Visitor Hours 7:30-9:00 pm
8:30 pm	Treasure Chest Daily (when meds are completed)			
10:30 pm	Bed Time		Phones Off/TV Off	

MAPS Weekend Schedule Unit Observational Status

Time	Required	Optional/Encouraged	
5:00 am		Wake up, ADLs	Free TV Time
6:00 am	Vitals		
7:00 am	Meds	Phones On (Limit of 10 min. per patient for each block of time phones are turned on)	
8:00 am	Breakfast		
9:00-9:25 am	Fresh Air Break		
9:30-11:30 am		Visitor Hours 9:30-11:30pm	
12:15 pm	Lunch		
1:10-1:30 pm	Fresh Air Break		
2:05-2:55 pm	Group Lock Rooms Rooms should be unlocked as needed for patients.	TV/Phones Off	
2:55-4:10 pm	Free Time Unlock Rooms	Free TV On	
4:10-4:55pm	Group Lock Rooms Rooms should be unlocked as needed for patients.	TV/Phones Off	
5:30-5:50pm	Goal Review Meeting		
5:50 pm	Dinner	Free TV On	
6:30-7:30 pm	Group	TV/Phones Off	
7:30 pm	Free Time Trip to Treasure Chest at 8pm	Phone/TV On ADLs	Visitor Hours 7:30-9:00pm
10:30 pm 11:30 pm	***Sunday*** Bed Time ***Saturday*** Bed Time	Phones/TV Off	

SLP Weekday Schedule

Time	Required	Allowable
5:00am	Laundry and Shower Unlocked	
6:00am	NOC distributes schedules; Vitals	Phones On/Managed TV Time
6:30am	Labs	
7:00am	Wake up Breakfast	TV off
7:30-8:15am	Meds	
8:15-8:30am	Lock Rooms (Stage 1 and 2)	
8:30-8:55am	Goal Setting Meeting	TV/Phones Off Sign out if have off unit group at 10:15am
9:00-9:45am	Groups	
9:45-10:10am	Break	
10:10am	Leave for Off Unit Groups	
10:15-11:00am	Group	
11:00-11:45am	Unlock rooms **Wednesday-Standard Observational/ Escort Status-Trip to Store**	TV and Phones On Signouts Stage 3 and 4 Incentives Time
11:45-12:15pm	Lunch	
12:15-12:50pm	Free Time	
12:50-1:00pm	Unlock patient break room/cabinets	
1:00pm	Lock Rooms	TV and Phone Off
1:10-1:55pm	Groups	
2:05-2:55pm	Groups **Wednesday—Program Overview on unit with L&F staff**	
2:55-4:10pm	Free Time **Wednesday** Chapel begins at 3:30pm/4:15pm Trip to Coffee Shop/Post Office	TV and Phones On Unlock Rooms Sign out if have off unit group at 4:10pm Stage 3 and 4 Incentives Time
4:10-4:55pm	Groups	TV and Phone Off
5:00-5:45pm	Dinner	TV and Phones On Sign outs Stage 3 and 4 Incentives Time
5:45-6:10pm	Goal Review Lock Rooms	TV and Phone Off
6:10-6:30pm	Fresh Air Break	
6:30-7:30pm	Group	
7:30-8:20pm	Free Time Meds Turn in cards	TV and Phones on
8:20-8:30pm	Tool Time	
8:30-8:40pm	Unlock patient break room/ cabinets	
8:40-10:30pm	Free Time	
10:30pm	Bed Time	TV and Phones Off Shower Room Locked

Patient rooms will be locked based on group availability.

Updated 11-20-09

SLP Weekend Schedule

Time	Required	Allowable	
5:00am	Laundry and Shower Unlocked		
6:00am	NOC Distributes cards	Managed TV Time Stage 3 and 4 Incentives Time	
7:00	Meds/Full Vitals		
7:10-7:40am	Breakfast		
7:40-8:55am	Free Time	Phones On Room Care (stamp if done by 9am)	
9:00-9:45am	Weekly Unit Goal Review Meeting (Nursing)	TV and Phones off	Visiting Hours (9:30am-11:30am)
9:45-10:10am	Sign outs start		
10:10-11:45am	Free Time	Managed TV Time Stage 3 and 4 Incentives Time	Lunch
11:45			
12:15-1:00pm	Free Time	Phones On	
1:10-1:55pm	Group Lock Rooms	TV and Phones Off (when group offered)	
2:05-2:55pm	***Sunday*** Group	Sign outs start	
2:55-4:10pm	Free Time Unlock Rooms	TV and Phones On Stage 3 and 4 Incentives Time	
4:10-4:55pm	Group	TV and Phones Off	
5:00-5:45pm		Dinner	TV and Phones On
5:45-6:30pm	Free Time		
6:30-7:30pm	Groups	TV and Phone Off	
7:30-8:20pm	Free Time/Meds/ Turn in cards	TV and Phones On Stage 3 and 4 Incentives Time	Visiting Hours (7:30-9pm)
8:20-8:30pm	Tool Time		
8:30-8:40pm	Unlock patient break room/cabinets		
8:40-10:30pm	Free Time	***Saturday*** Late Night	
10:30pm	Bed Time		
		TV and Phones Off/ Shower Room Locked	

Patient rooms will be locked based on group availability.

Updated 11-20-09

CSP Weekend Schedule

Time	Required	Allowable	
5:30am	Vitals	Wake up, Shower, Laundry ADLs, Room care	Structured TV Time (news, discovery, history, weather)
6:30-7:00am			
7:05am		Breakfast, Coffee	
7:45am	Medications		
9:00am		Signouts	
9:30am			
10:00-10:30am		Visitor Hours 9:30- 11:30	Phones On Reflection Time, journal, homework, write in notebooks
		Fresh Air in Courtyard	
		Access to patient break room	
		Special Meal Request	
11:30am	Medications		
11:40-12:15pm		Lunch	
12:15-1:00pm	Free Time		
1:00pm	Lock Rooms	Phones Off	
1:10-1:55pm	On Unit Group		
2:05-2:55pm	On Unit Group		
2:55-4:10pm	Free Time Unlock Rooms		
4:10-4:55pm	Groups		
5:00-5:45pm	Dinner	Phones/TV/Radio On	
6:00pm	Lock Rooms	TV/Phone/Radio Off	
6:30-7:30pm	Off Unit Group ***Saturday*** On Unit Group		
7:30pm	Free Time Unlock Rooms Medications/ADLs/La undry Use/Shaving	TV/Radio/Phone On	Visitor Hours: 7:30pm-9:00pm
10:00pm	Dim Lights	TV/Phone/Radio Off	
10:30pm	Bed Time/Lights Out		

All activities are based on patient status and staff availability.