



carolina house

Carolina House Program Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (A)	SATURDAY (B)	SUNDAY		
6:30-7:30a	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene			
(6:30-7:50)	Nursing	Nursing	Nursing	Nursing	Nursing			Morning Hygiene		
7:50-8:10	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:10-8:35		ED-MedEd		ED-MedEd						
8:35-8:55		Body Movement ♦		Nutrition Therapy & Lecture □					Body Movement ♦	Body Movement ♦
9:30-10:00	Interpersonal Process Group □	Body Movement ♦	Interpersonal Process Group □	Individual/Family Sessions □	Interpersonal Process Group □	Shake Your Soul: Body Image Process Group (Pts pack snack to take with them.)	Interpersonal Effectiveness Skills: Lecture (with break for snack)	Spirituality Group: Specialty Group		
10:00-10:30	Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack					
10:30-10:45	DBT Group: Lecture	Art Therapy: Process Group □	DBT Group: Mindfulness & HW	Art Therapy: Process Group □	DBT Group: Lecture					
10:45-11:00		Lunch	Lunch	Lunch					Lunch	
11:00-11:30	Food & Feelings	Food & Feelings	Food & Feelings	Restaurant Outing, Food & Feelings: Specialty Group	Lunch				Lunch	Lunch
11:30-12:00	Quiet Time: Rest and Reading □	Quiet Time: Rest and Reading □	Quiet Time: Rest and Reading □	Quiet Time: Rest and Reading □	Food & Feelings	Food & Feelings	Food & Feelings			
12:00-12:30	Bathroom Break	Bathroom Break	Bathroom Break		Food & Feelings	Food & Feelings	Food & Feelings			
12:30-1:00	Snack	Mindfulness Snack	Snack		Brief Check-ins □	Group Outing (snack) **schedule may change for community service, once per month	Group Outing (snack) **schedule may change for community service, once per month	Lunch		
1:00-1:30	Individual/Family Sessions □	Community Meeting	Culinary Group: Specialty Group □	Motivational Snack	Mindfulness Snack					
1:30-2:00	Spirituality Group or Expresso: Process Group □	Yoga/Mindfulness: Specialty Group □	Brief Check-ins □	Body Image Group: Process Group	Yoga/Mindfulness: Specialty Group □					
2:00-2:20	Household Duties or Meal Prep □	Household Duties or Meal Prep □	Household Duties or Meal Prep □	Household Duties or Meal Prep □	Household Duties or Meal Prep □				Household Duties or Meal Prep □	Household Duties or Meal Prep □
2:20-2:30	Dinner	Dinner	Dinner	Dinner	Dinner				Dinner	Dinner
2:30-2:50	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings			
2:50-3:00	Free/Phone Time, Outside Meeting	Personal Time & Assignments	Free/Phone Time, Outside Meeting	Free/Phone Time, Outside Meeting	Free/Phone Time, Outside Meeting	Leisure Activity, Free/Phone Time, Outside Meeting (Snack)	Leisure Activity, Free/Phone Time, Outside Meeting (Snack)	Weekend Update: Process Group		
3:00-3:30	Dessert Snack	Snack	Dessert Snack	Snack	Snack					
3:30-4:00	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg					
4:00-4:30	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime		
4:30-5:00	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal		
5:00-5:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep		

* Schedule subject to change based on program and individual needs

** Schedule will be adjusted to reasonably accommodate needs of diverse faith practices

♦ Patient appropriateness for this activity determined by physician in collaboration with clinical team.

□ Family/Individual Sessions may be scheduled at these times. Individual Sessions may be with Therapist, MD, Nurse, Dietitian, or other provider.

	Process Group
	Lecture

	Meal/Snack Time
	Specialty Group

	Activity/Outing
	Body Movement

	Personal Time
	Individual Sessions

Revised by LGM

6/24/2009