



### 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						
7:50-8:10	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Morning Hygiene			
8:10-8:55											
8:55-9:30	Body Movement	Body Movement II	Body Movement	Body Movement	Body Movement	Body Movement	Body Movement	Body Movement			
9:30-10:00	Interpersonal Process Group ☐	Nutrition Therapy & ED Education : Lecture ☐	Interpersonal Process Group ☐	Individual/Family Sessions ☐	Interpersonal Process Group ☐	Shake Your Soul: Body Image Process Group	Interpersonal Effectiveness Skills: Lecture	Spirituality Group: Specialty Group			
10:00-10:30											
10:30-10:45	Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack						
10:45-11:00											
11:00-11:30	Individual/Family Sessions ☐	Art Therapy: Process Group	Individual/Family Sessions ☐	Art Therapy: Process Group	DBT Group: Lecture	Group Activity					
11:30-12:00											
12:00-12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch				
12:30-1:00											
1:00-1:30	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings				
1:30-2:00	Quiet Time: Rest and Reading☐	Quiet Time: Rest and Reading☐	Quiet Time: Rest and Reading☐	Quiet Time: Rest and Reading☐	ED-MedEd or Expressions & Espresso	Group Outing (snack)	Group Outing (snack)	Food & Feelings			
2:00-2:20											
2:20-2:30	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break							
2:30-3:00	Snack	Mindfulness Snack	Snack	Mindfulness Snack							
3:00-3:30	DBT Group: Lecture	Community Meeting	DBT Group: Mindfulness	Body Image Group: Process Group	Snack	** 1st Saturday of Every Month, Community Service	** 1st Saturday of Every Month, Community Service	Visiting Hours (or phone time) (snack)			
3:30-4:00											
4:00-4:10	Bathroom Break	Yoga/Mindfulness: Specialty Group	Culinary Group: Specialty Group		Yoga/Mindfulness: Specialty Group						
4:10-5:00	Spirituality Group: Process Group										
5:00-5:30	Individual Assignments or Meal Prep	Household Duties or Meal Prep	Household Duties or Meal Prep	Restaurant Outing, Food & Feelings: Specialty Group	Household Duties or Meal Prep	Dinner	Dinner	Dinner			
5:30-6:00											
6:00-7:00	Dinner	Dinner	Dinner		Dinner						
7:00-7:30	Food & Feelings	Food & Feelings	Food & Feelings		Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings	Food & Feelings		
7:30-7:45	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)	Leisure Activity, Free/Phone Time, Outside Meeting (Snack)	Weekend Update: Process Group			
7:45-8:30											
8:30-8:45	Snack	Snack	Dessert Snack		Snack				Dessert Snack		
8:45-9:00											
9:00-9:15	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg			Community Mtg			
9:15-9:30	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime	Prep for Bedtime			
9:30-10:30	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal	Reading/Journal			
10:30-6:30a	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

♦ Resident 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		Meal/Snack Time		Activity/Outing		Personal Time
	Lecture		Specialty Group		Body Movement		Individual Sessions