

Cedar Springs Hospital Adult Partial Hospitalization Program Schedule/Curriculum Guide

Time	Monday	Tuesday	Wednesday	Thursday	Friday
800-845AM	Transport	Transport	Transport	Transport	Transport
845-930AM	Check In/Community Group	Check In/Community Group	Check In/Community Group	Check In/Community Group	Check In/Community Group
930-1130AM	Mindfulness	Distress Tolerance	Interpersonal Effectiveness	Emotion Regulation	DBT overview
1130-1230PM	Substance Abuse	Cognitive Skills	Substance Abuse	Cognitive Skills	Substance Abuse
1230-130PM	Lunch/Mindfulness Skill Application	Lunch/Distress Tolerance Skill Application	Lunch/Interpersonal Effectiveness Skill Application	Lunch/Emotion Regulation Skill Application	Lunch and Overall DBT Skill Application
130-230PM	Nutrition Education	Medication Clinic/Mental Health Diagnosis Education	Living With Mental Illness	Medication Education	Leisure Education
230-300pm	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
300PM	Transport	Transport	Transport	Transport	Transport

Individual Therapy will be provided once per week during the regular 830-300 day schedule.

Family Therapy will be provided on a case by case basis according to the interdisciplinary treatment plan, and typically outside of the scheduled day.

Breaks, including smoking breaks, will take place at 9:30am, 10:30am, at lunch and 1:45.

MHT
Nurse Manager & MHT
Therapist
Nurse Manager
Nutritionist