

# Looking Glass Program

2020	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:45-7:45	Wake & Dress Lock Rooms TV Time (7:15-7:55)	Wake & Dress Lock Rooms TV Time (7:15-7:55)	Wake & Dress Lock Rooms TV Time (7:15-7:55)	Wake & Dress Lock Rooms TV Time (7:15-7:55)	Wake & Dress Lock Rooms TV Time (7:15-7:55)	7:45	Wake & Dress Lock Rooms TV Time (7:15-8:25)	Wake & Dress Lock Rooms TV Time (7:15-8:25)
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	8:30	Breakfast	Breakfast
8:15-8:45	Mindfulness for Staff							
8:30	Check in and Intentions	Check in and Intentions	Check in and Intentions	Check in and Intentions	Check in and Intentions		Check in and Intentions	Check in and Intentions
	Room Visit	Room Visit	Room Visit	Room Visit	Room Visit		Room Visit	Room Visit
9:00	Process Group	Discharge and Vocation Plan <i>Computers/phones</i>	Media Lit	Personal Portfolio <i>Computers/phones</i>	Nutrition Group	9:15-10:45	Weekly review Therapy homework <i>Computers &amp; phones</i>	Weekly review Therapy homework <i>Computers &amp; phones</i>
10:15	Snack	Snack *alternates with snack outing	Snack	Snack	Snack			
10:45-11:45	DBT	Relapse Prevention	10:45-11:45 Build Your Skill Or Coping Skills	Process Group	Interpersonal Effectiveness	11:00	Snack	Snack
							Room Visit	Room Visit
11:50	Exploring My ED	Mindfulness  PRE 1230 – 1430	11:50-12:50 Craft Group	Body Image  POST 1115 – 1430	CBT	11:30	Group Activity Or PET/Rest	Group Activity or PET/Rest
12:50	Meds	Meds	Meds	Meds	Meds	12:50	Meds	Meds
1:00	Lunch	Lunch	Lunch	Lunch	Lunch	1:00	Lunch	Lunch
1:45	Room Visit				Room Visit			
1:50	Exercise Integration	Co-Gro	Yoga	Wellness Group	City Exploration	1:50	TV Time (1:50 – 3:45) Group Activity Or PET/Rest	TV Time (1:50 – 3:45) Group Activity Or PET/Rest
2:55		Room Visit	Room Visit	Room Visit				
3:00	Exercise Integration	P.E.T./Rest/ Milestone Group Walk	P.E.T./Rest/ Milestone Group Walk	P.E.T./Rest/ Milestone Group Walk	City Exploration	3:00	Group Activity Or PET/Rest	Group Activity Or PET/Rest
4:00	Snack <i>(RN/MHW)</i>	Snack <i>(RN/MHW)</i>	Snack <i>(RN/MHW)</i>	Snack <i>(RN/MHW)</i>	Snack <i>(RN/MHW)</i>	4:00	Snack <i>(RN/MHW)</i>	Snack <i>(RN/MHW)</i>
4:30-5:00	Chores	Kitchen Practicality/ Theme Dinner	Chores/School	Art Therapy  *q 2 weeks 4:30-6:00	Chores	4:45	Chores	Chores
5:00	Open Door Room Time OR Phones until 6:00	Open Door Room OR Phones until 6pm <i>Family Group 5-6pm</i>	Open Door Room Time Dog Visits	Open Door Room Time	Open Door Room Time	5:00	Open Door Room Time	Open Door Room Time
5:50	Meds <i>(RN)</i>	Meds <i>(RN)</i>	Meds <i>(RN)</i>	Meds <i>(RN)</i>	Meds <i>(RN)</i>	5:50	Meds <i>(RN)</i>	Meds <i>(RN)</i>
6:00	Dinner	Dinner	Dinner	Dinner	Dinner	6:00	Dinner	Dinner
6:45	Free Time (Computers & Phone Calls until 8:45)	Free Time (Computers & Phone Calls until 8:45)	Free Time (Computers & Phone Calls until 8:45)	Free Time (Computers & Phone Calls until 8:45)	Free Time (Computers & Phone Calls until 8:45)	6:45	Free Time (Computers & Phone Calls until 8:45)	Free Time (Computers & Phone Calls until 8:45)
8:00	Open Door Room Time	Open Door Room Time	Games Night!	Movie Night!	Open Door Room Time	8:00	Open Door Room Time	Open Door Room Time
8:45	Snack & Tea	Snack & Tea	Snack & Tea	Snack & Tea	Snack & Tea	8:45	Snack & Tea	Snack & Tea
9:00-10:00	Victories + Gratitude	Victories + Gratitude	Victories + Gratitude	Victories + Gratitude	Victories + Gratitude	10:00	Victories + Gratitude	Victories + Gratitude
10:30	Ready for Bed, Lights Out 11:00	Ready for Bed, Lights Out 11:00	Ready for Bed, Lights Out 11:00	Ready for Bed, Lights Out 11:00	Ready for Bed, Lights Out 11:00		Ready for Bed, Lights Out 11:00	Ready for Bed, Lights Out 11:00