



Northwood Client Schedule: Monday - Friday

	TIME		ACTIVITY	NOTES
am	6:15-6:30	15 min	Wake Up & Affirmations	Brush teeth, wash face, get dressed, make bed & choose one affirmation for the day
am	6:30 - 7:00	30 min	Life Skills Activities	Clean rooms, clean bathrooms, clean common rooms and hallways. See lifeskills schedule.
am	7:00 - 7:30	30 min	Breakfast	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
am	7:30 - 8:00	30min	Meds & Hygiene	Line up in alphabetical order, with OTC's in the back of the line. Hygiene and news review for everyone else.
am	7:30-8:00	30 min	Physical Wellness Activity	If life skills activities are completed, move to open area and do exercises. See Exercise Schedule
am	8:00-9:00	1 hour	School	Follow all school guidelines.
am	9:00-10:00	1 hour	School	Follow all school guidelines.
am	10:00-10:15	15 min	Hygiene & Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
am	10:15-11:00	1 hour	School	Follow all school guidelines.
am	11:00 - 11:15	15 min	Physical Wellness Activity	Complete Exercises. (See Exercise Schedule)
am	11:15-11:30	15 min	Hygiene	Use restroom and wash hands. Line up quietly for lunch time.
pm	11:30 - 11:50	20 min	Lunch	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
pm	11:50 - 12:00	10 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for group.
pm	12:00 - 1:00	1 hour	Peer Support Group	Peer Support Group (Tuesday - Friday)
pm	1:00-2:00	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule
	12:30-1:15		School	Clients will follow all school guidelines and focus on work given by teacher
pm	2:00-2:30	30 min	Hygiene & Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
pm	2:30-4:00	1hour 30 min	Clinical Group	Counselors will take their clients to conduct group.
pm	4:00-4:15	15 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for the evening schedule.
pm	4:15-5:15	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule (For clients that were in Peer Support Group earlier)
pm	5:15-5:35	20 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for dinner.
pm	5:35-6:05	30 min	Dinner	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
pm	6:05-6:30	25 min	Dinner Meds	Line up in alphabetical order, with OTC's in the back of the line.
pm	6:05 - 6:20	15 min	Physical Wellness Activity	Complete Exercises. (See Exercise Schedule)
pm	6:20-7:30	1 hour	Showers and TV Time/Inside Rec.	6 min. shower/brush teeth one room/client at a time. All others on hall for approved TV time.
pm	7:30-8:30	1 hour	Quiet/Reflection/Treatment Plan/Life Skills	Clients should be working on treatment plans or writing letters home. Limit noise/no TV. Clean Program for the evening.
pm	8:30-8:45	15 min	Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
pm	8:45	9 hours 15 min	Bedtime	In bed, lights out, no talking.

- > Activity Group: Structured object-oriented, dance, art, social or play therapeutic activity conducted, not for recreational purposes, to assist a client in developing or enhancing
- > Group Counseling: Insight oriented, behavior modifying, supportive or interactive psychotherapeutic service that assists clients in a group setting in achieving specific objectives of
- > Psychoeducational Group: Structured, topic specific educational service provided to assist the client and the families of clients in understanding the nature of the identified
- > Peer Support Group: Group in which PSS uses his/her life experience with mental health and/or substance use disorders, along with specialized training to promote recovery.

Northwood Client Schedule: Saturday

	TIME	ACTIVITY	NOTES	
am	6:15-6:30	15 min	Wake Up & Affirmations	Brush teeth, wash face, get dressed, make bed & choose one affirmation for the day
am	6:30 - 7:00	30 min	Life Skills Activities	Clean rooms, clean bathrooms, clean common rooms and hallways. See lifeskills schedule.
am	7:00 - 7:30	30 min	Breakfast	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
am	7:30 - 8:00	30min	Meds & Hygiene	Line up in alphabetical order, with OTC's in the back of the line. Hygiene and news review for everyone else.
am	7:30-8:00	30 min	Life Skills Activities	Clean rooms, clean bathrooms, clean common rooms and hallways. See lifeskills schedule.
am	8:00-9:00	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule
am	9:00-9:30	30 min	Hygiene & Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
am	9:30 - 11:00	1.5 hour	Clinical Group	Counselors will take their clients to conduct group.
am	11:00 - 11:15	15 min	Physical Wellness Activity	Complete Exercises. (See Exercise Schedule)
am	11:15-11:30	15 min	Hygiene	Use restroom and wash hands. Line up quietly for lunch time.
am	11:30 - 11:50	20 min	Lunch	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
am	11:50 - 12:00	10 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for group.
	12:00 - 1:00	1 hour	Peer Support Group	Peer Support Group (Tuesday - Friday)
pm	1:00-2:00	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule
pm	2:00-2:15	15 min	Hygiene & Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
pm	2:15-3:00	45 min	Sober Social Fun	Interact socially with peers in a sober environment by playing games. See Recreation Schedule.
pm	3:00-4:00	1 hour	Movie Time/Art Project	TV/Movie Time. (See Art Project Schedule)
pm	3:00-4:00	1 hour	Movie Time/Art Project	TV/Movie Time. (See Art Project Schedule)
pm	4:00-4:15	15 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for the evening schedule.
pm	4:15-5:15	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule (For clients that were in Peer Support Group earlier)
pm	5:15-5:35	20 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for dinner.
pm	5:35-6:05	30 min	Dinner	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
pm	6:05-6:30	25 min	Dinner Meds	Line up in alphabetical order, with OTC's in the back of the line.
pm	6:05 - 6:20	15 min	Physical Wellness Activity	Complete Exercises. (See Exercise Schedule)
pm	6:20-7:30	1 hour	Showers and TV Time/Inside Rec.	6 min. shower/brush teeth one room/client at a time. All others on hall for approved TV time.
pm	7:30-8:30	1 hour	Quiet/Reflection/Treatment Plan/ Life Skills	Clients should be working on treatment plans or writing letters home. Limit noise/no TV. Clean Program.
pm	8:45	9 hours 15 min	Bedtime	In bed, lights out, no talking.

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- > Peer Support Group: Group in which PSS uses his/her life experience with mental health and/or substance use disorders, along with specialized training to promote recovery.

Northwood Client Schedule: Sunday

	TIME	ACTIVITY	NOTES	
am	6:15-6:30	15 min	Wake Up & Affirmations	Brush teeth, wash face, get dressed, make bed & choose one affirmation for the day
am	6:30 - 7:00	30 min	Life Skills Activities	Clean rooms, clean bathrooms, clean common rooms and hallways. See lifeskills schedule.
am	7:00 - 7:30	30 min	Breakfast	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
am	7:30 - 8:00	30min	Meds & Hygiene	Line up in alphabetical order, with OTC's in the back of the line. Hygiene and news review for everyone else.
am	7:30-8:00	30 min	Life Skills Activities	Clean rooms, clean bathrooms, clean common rooms and hallways. See lifeskills schedule.
am	8:00-9:00	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule
am	9:00-9:30	30 min	Hygiene & Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
am	9:30 - 11:00	1.5 hour	Clinical Group	Counselors will take their clients to conduct group.
am	11:00 - 11:15	15 min	Physical Wellness Activity	Complete Exercises. (See Exercise Schedule)
am	11:15-11:30	15 min	Hygiene	Use restroom and wash hands. Line up quietly for lunch time.
am	11:30 - 11:50	20 min	Lunch	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
am	11:50 - 12:00	10 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for group.
pm	12:00 - 1:00	1 hour	Movie Time	TV/Movie Time.
pm	1:00-2:00	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule
pm	2:00-2:15	15 min	Hygiene & Snack	Open snack and give to client. Unfinished snacks should be properly disposed of to prevent trading/hiding.
pm	2:15: 3:00	45 min	Sober Social Fun	Interact socially with peers in a sober environment by playing games. See Recreation Schedule.
pm	3:00-4:00	1 hour	Movie Time/Art Project	TV/Movie Time. (See Art Project Schedule)
pm	3:00-4:00	1 hour	Movie Time/Art Project	TV/Movie Time. (See Art Project Schedule)
pm	4:00-4:15	15 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for the evening schedule.
pm	4:15-5:15	1 hour	Gym/Physical Wellness Activity	See Exercise Schedule (For clients that were in Peer Support Group earlier)
pm	5:15-5:35	20 min	Hygiene	One at a time in the bathrooms, wash hands, and prepare for dinner.
pm	5:35-6:05	30 min	Dinner	Cafeteria should be swept, mopped, tables wiped down, trash taken out, and refill coolers.
pm	6:05-6:30	25 min	Dinner Meds	Line up in alphabetical order, with OTC's in the back of the line.
pm	6:05 - 6:20	15 min	Physical Wellness Activity	Complete Exercises. (See Exercise Schedule)
pm	6:20-7:30	1 hour	Showers and TV Time/Inside Rec.	6 min. shower/brush teeth one room/client at a time. All others on hall for approved TV time.
pm	7:30-8:30	1 hour	Quiet/Reflection/Treatment Plan/ Life Skills	Clients should be working on treatment plans or writing letters home. Limit noise/no TV. Clean Program.
pm	8:45	9 hours 15 min	Bedtime	In bed, lights out, no talking.

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