








### General Schedule- Tuesday 5<sup>th</sup> November 2019

Time	Activity	Details
7:15-7:30am	Morning Routine	Time to start the day 
7:30-8:30am	Medication	See nursing staff for morning medication
7:30-8:30am	Breakfast	Breakfast served in the dining room
8:00-9:00am	Gym- Group Circuit Session with Christie	Gym, Ground Floor 
9:00-9:15am	Patient Liaison Meeting	Common Room, Level 3 Welcome new patients, discuss schedule for day, meet & greet with Art Therapist Bring your 'Program Manual'
9:00am-8:00pm	Open Art Studio	Art Room, Ground Floor <i>See door for program session times</i> 
10:30-11:00am	Tea Break in Dining Room	
10:30-12:00pm	Art Studio Session	Join Melissa for 'Introduction to mindful art journaling' in the Art Room, ground floor 
12:00-1:00pm	Lunch	Lunch served in dining room
3:00-3:30pm	Tea Break in Dining Room	
5:00-6:00pm	Yoga with Natalie	Gym, Ground Floor 
5:00-5:30pm	Homework Time	Self-directed homework from Therapy group 

		session in preparation for next session (if applicable)
5:30-7:00pm	Dinner	Dinner served in dining room
7:00-8:30pm	Narcotics Anonymous	Hyams room, Ground Level Open support group, anyone can attend
7:30-8:00pm	Relaxation Therapy	Stanwell room, Level 1 (Nursing supervision coordinated by Nurse in charge on Level 3)
8:00-9:00pm	Medication	See nursing staff for evening medication
9:00-10:00pm	Wind down and bedtime routine	Courtyard closes at 10pm
10:00-11:00pm	Bedtime- 10:00pm Lights out- 11:00pm	Get a good night's sleep in preparation for a positive following day 

## Kitchen Menu

Meal Time	Menu
Lunch	<i>Option 1:</i> Chili con carne soft shell taco
	<i>Option 2:</i> Black bean and sweet potato chili soft shell taco
Dinner	<i>Entrée:</i> 3 cheese tart
	<i>Option 1:</i> Grilled barramundi with roast potato wedges and veggies
	<i>Option 2:</i> Lemon pepper tofu steak with wedges and veggies

### Additional Notes:

**If you have not been orientated on your admission please see your nursing staff**

**The gym is now available for unsupervised use - check gym timetable on notice boards for availability.**

To use the gym unsupervised patients must have completed the following conditions:

1. Medical clearance from the General Practitioner.
2. Treating Psychiatrist approval to use gym unsupervised.
3. Completed gym orientation and pre-exercise screening tool.
4. Complete and returned unsupervised gym use disclaimer to Exercise Physiologist.

## Programs Schedule – Tuesday 5<sup>th</sup> November 2019

*Please speak to nursing staff if you are unsure of your group allocations*

### Mood and Anxiety Program

Time	Activity	Location
9:30-11:30am	Mood & Anxiety Group 1 Session	Stanwell Room, Level 1
1:00-3:00pm	Mood & Anxiety Group 3 Session	Stanwell Room, Level 1
1:00-3:00pm	Mood & Anxiety Group 2 Session	Wombarra Room, Level 1

### Alcohol and Other Drugs

Time	Activity	Location
9:30- 11:00am	Alcohol & Other Drugs Session	Mystics Room, Ground Floor
11:15-12pm	Alcohol & Other Drugs Gym Time	Gym, Ground Floor
1:00-2:30pm	Alcohol & Other Drugs Session	Mystics Room, Ground Floor

### PTSD

Time	Activity	Location
9:15-10:00am	PTSD Gym Session	Gym, Ground Floor
10:30-12:00pm	PTSD Group Session	Warilla Room, Level 1
1:00-2:30pm	PTSD Group Session	Warilla Room, Level 1

### Managing Distress

Time	Activity	Location
9:30-11:30am	Managing Distress Session	Belmore Room, Level 1
2:30-3:30pm	Managing Distress Art Therapy	Art Room, Ground Floor