

Sample Day Program Schedule

Psychiatric Rehabilitation Day Program For Adults

8:30 – 9:00 a.m.	Breakfast
9:15 – 9:45 a.m.	Goals group
9:45 – 10:15 a.m.	Room cleanup and activities of daily living
10:00 – 11:00 a.m.	Recovery skills
11 – 11:30 a.m.	Walk/fresh air
11:30 a.m. – 12:15 p.m.	Cognitive Behavioral Therapy (CBT)
12:30 – 1:00 p.m.	Lunch
1:15 – 2:00 p.m.	Safety skills
2:30 – 3:15 p.m.	Communication skills / Therapeutic games
3:15 – 4:00 p.m.	Wrap-up (Patients review their day/the goals they set in the morning and how they did at reaching those goals throughout their day)

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