

START Inpatient Unit Sample Schedule

START Group Schedule						
Sunday	Monday	Tues	Wednesday	Thurs	Fri	Sat
8:15 - 8:45 Breakfast						
8:45-9:30 am Scheduled Routine Prenatal Physician Appointments & Weekday morning phones						
8:45 Recovery Support Group (SUDP)	9:30 SUD Education (SUDP)	9:30 Birth Prep (RN)	9:30 Prenatal Exercise (RN)	9:30 Seeking Safety (SUDP)	9:30 Physician Group Time	8:45 Recovery Support Group (SUDP)
10:30 Snacks						
11:00 Nurse Group (Eat, Sleep, Console)	11:00 Discharge Planning Group (SUDP)	Spiritual Care	11:00 Breastfeeding (RN)	11:00 Relapse Prevention (SUDP)	11:00 Parenting in Recovery (SUDP)	11:00 Defining Recovery (SUDP)
12:30 - 1:00 Lunch						
1:00 Walk						
2:00 Crafts in Recovery Group (SUDP)	11:00 Mindfulness Meditation (SUDP)	2:00 Resilience and Recovery (SUDP)	2:00 Process Group (SUDP)	2:00 Recovery Management (SUDP)	2:00 Process Group (SUDP)	2-4 pm Visiting
	2:30 Snacks					
	Quiet Time, Homework, etc.	Quiet Time, Homework, etc.	Quiet Time, Homework, etc.	Quiet Time, Homework, etc.	Quiet Time, Homework, etc.	
5:15 - 5:45 Dinner						
Weekday evening phones 6:00-6:30 pm						
		Homework & Relaxation time			Homework & Relaxation time	6-8pm Movie Night
Phones 8:00-9:00 pm	8pm Recovery Support Group (RN)		8pm Recovery Support Group (RN)	8pm Recovery Support Group (RN)		Phones 8:00-9:00 pm
Bed time 10:30pm						