

PEACHFORD HOSPITAL

Adult Outpatient Services Schedule (PHP 9a-3p; IOP 9a-12:45p)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am-10:00am	Check-In Education Group (bb/db)	Check-In Education Group (bb/db)	Check-In Education Group (bb/db)	Check-In Education Group (bb/db)	Check-In Education Group (bb/db/lf)	Check-In Education Group	Check-In Education Group
10:00am-10:15am	Break	Break	Break	Break	Break	Break	Break
10:15am-11:00am	Psycho-Educational Group (lf)	Psycho-Educational Group (bb/db)	Psycho-Educational Group (bb)	Psycho-Educational Group (bb/db)	Psycho-Educational Group (bb/db/lf)	Psycho-Educational Group (lf)	Psycho-Educational Group
11:00am-11:15am	Break	Break	Break	Break	Break	Break	Break
11:15am-12:45pm	Group Psychotherapy (bb/db/jb)	Group Psychotherapy (bb/db/jb)	Group Psychotherapy (bb/db/jb)	Group Psychotherapy (bb/db/jb)	Group Psychotherapy (bb/db/lf/jb)	Group Psychotherapy	Group Psychotherapy
12:45pm-1:30pm	Lunch IOP END OF DAY	Lunch IOP END OF DAY	Lunch IOP END OF DAY	Lunch IOP END OF DAY	Lunch IOP END OF DAY	Lunch IOP END OF DAY	Lunch IOP END OF DAY
1:45pm-2:30pm	Psycho-Educational Group (bb)	Psycho-Educational Group (db)	Psycho-Educational Group (bb)	Psycho-Educational Group (db)	Psycho-Educational Group (bb/lf)	Psycho-Educational Group	Psycho-Educational Group
2:30pm-2:45pm	Break	Break	Break	Break	Break	Break	Break
2:45pm-3:00pm	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group

Revised 2/1/10

Psychoeducational Group Topics

Aftercare & Discharge Planning

Anger Management

Assertiveness Training

Dialectical Behavior Therapy (DBT) Skills Training

Chemical Dependency

Coping Skills

Grief/Loss Group

Guilt vs. Shame

Healthy Life Skills

Spirituality/Cultural Issues

Family Education

Learning Healthy Interpersonal Boundaries

Medical Education

Nutrition & Health

Personal Development

Relapse Prevention

Recovery Fundamentals (12-step)

Stress Management Skills

Values Clarification

Healthy Relationships

Additional Information:

As the Partial Hospitalization Program is designed to provide an intensive level of therapy, it is very important that patients attend all scheduled groups. There are breaks scheduled throughout the day for patients to use the restroom, eat a snack make personal telephone calls, or take care of other personal business. However, personal business needs to be conducted during these scheduled breaks or lunchtime so that participation in all group sessions occurs daily.