

BayRidge PHP Sample Group Schedule

All groups are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30	Team Meeting	Team Meeting	Team Meeting	Team Meeting	Team Meeting
8:30-9:00	Orientation	Orientation	Orientation	Orientation	Orientation
8:30-9:00	Morning Check In	Morning Check In	Morning Check In	Morning Check In	Morning Check In
9:00-9:45	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
9:45-10:00	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1
10:00-10:45	DBT	DBT	DBT	DBT	DBT
10:45-11:00	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1
11:00-11:45	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy
11:45-12:15	Lunch	Lunch	Lunch	Lunch	Lunch
12:15-1:00	Psychoeducation	Medication Education/ Psychoeducation	Psychoeducation	Medication Education/ Psychoeducation	Psychoeducation
1:00-1:15	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1
1:15-2:00	Expressive Therapy	Expressive Therapy	Expressive Therapy	Expressive Therapy	Expressive Therapy
2:00-2:15	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up

*Psychoeducation includes groups like: Grounding, Wellness/Health/Medication Education, Understanding Diagnosis, Anger Management, Identity/Values, Safety Planning, CBT, ACT skills, Life After PHP, etc.

*Expressive Therapy includes groups like: art therapy, music therapy, creative writing, journaling, and poetry