# **EXHIBIT 8**

#### ADOLESCENT INPATIENT UNIT WEEKLY SCHEDULE

TIME	MONDA	v	TUESDAY	7	WEDNESD	AV	THURSDA	v	FRIDA	<u> </u>	ated 2/16/1: SATUR		SUNI	)AV
				[										
7:45	Wake up		Wake up-		Wake up		Wake up		Wake up		Wake	-	Wake	-
0.00	Clean-up		Clean-up		Clean-up		Clean-up		Clean-up		Clean	<u> </u>	Clear	1
8:30	Breakfas	-	Breakfast		Breakfas	-	Breakfas		Breakfast		Break		Break	
9:00	GOALS (N		GOALS (Nu		GOALS (N		GOALS (N			GOALS (Nur)		(Nur)	GOALS	
9:15	Exercise		Exercise in		GYM (Nur.)		Exercise		Exercise		GYM		GYN	
	GYM(RT)		GYM(RT) of Thereau Pall		Therapy Ba On Unit	lls	GYM (RT) Therapy Ba		GYM(RT)		Therapy On U		Therapy On U	
	Therapy Ba On Unit	IIS	Therapy Bal On Unit	15	On Unit		On Unit		Therapy Ba On Unit		Un C	mit	(Nu	
10:00	Unit Gam	a.	Art Therap	v	Art Therap	w	Unit Game		Unit Gam		Games	in RT	Games	
10100	(RT)		int inclup	9	The moral	<i>.</i>	(RT)	•	(RT)		Sho		Shop (	
10:45	Free Time*	ST	Free Time* S	т	Free Time*	ST	Free Time*	ST	Free Time*	ST	Free Tin	- ne* ST	Free Tin	
10.45	SE Walk		SE Walks		SE Walk		SE Walks		SE Walk		SE W		SE W	
	Sensory Sign		Sensory Sign o		Sensory Sign		Sensory Sign		Sensory Sign		Sensory S		Sensory S	
11:00	Emotional F		Sub. Abuse E		Medicatio		Sub. Abuse	Ed.	Distress Tole	rance	Emoti	onal	Medic	ation
	(Nur)		(CD)		Group (Nu	ır)	(CD)		(Nur)		Reg.(1	Nur)	Group	(Nur)
11:45	Positive		Distress		Comm.and	b	Interpersor	nal	Leisure Awar	eness	Unit G	lame		
	Thinking (R	(T)	Tolerance		Coop.Skill	s/	Effectivene	ess	(RT)				M	
			(RT)		(RT)		(RT)						BOO	
12:15	Free Time S	ST	Free Time S	Т	Free Time S	ST	Free Time S	ST	Free Time	ST			GRO	
12:30	Disc. Plan./P	rep.	Pt. Safety Pl	an	Family Mee	ting	Wellness	5	Disc. Plan./F	rep.	Pt. Safet	y Plan	(NUR)	
	Group (Nu	r)	Group (Nu	:)	Prep	-	Journals (N	ur)	Group (Nu	ur)	Group	(Nur)		
1:00	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUN	СН	LUN	СН
1.00														
1:30	Me Time	•	Me Time		Me Time	•	Me Time	2	Me Time	e	Me Time		Me T	ime
2:00	A/C or Game	s in	A/C or Games	in	A/C or Game	s in	A/C or Game	es in	A/C or Game	es in	V		V	
	RT Shop (RT)				RT Shop		RT Shop	RT Shop RT Shop				Ι		Ι
			(RT)		(RT)		(RT)		(RT)			S		S
2:45	Healthy Living		Healthy Living Distress		Mindfulness		Interpersor	rpersonal Healthy L		ving	Free I	Free	I	
21.10			Tolerance		(Nur)	55	Effectivene		Treating En	ing		T I		T I
			(Nur)		(i (ui)		(Nur)	000			Time	N I	Time	N
3:15	Me Time	;	Me Time		Me Time	;	Me Time	<b>.</b>	Me Time			G		G
2.45	D: 0 1	CD	D: 0 10			CD		CD		CD				
3:45	Diary Card	GP	Diary Card C	jΡ	Diary Card	GP	Diary Card	GP	Diary Card	GP	CV		CV	<u>.</u>
4:00	GYM (RT)		GYM (PT)		GYM (RT)		GYM (RT)		GYM (RT)		GYI (Nu		GY (Nu	
4.45	Free Time		(RT)						Free Time					
4:45	Reflection G		Free Time		Free Time Reflection Gr		Free Time Reflection Gr		Reflection G		Free T Reflec		Reflec	
5:00		tion Group Reflection Group Nur) (Nur)		Jup	(Nur)	oup	(Nur)		(Nur)	roup	Grou		Gro	
	(I'ui)		(itui)		(itui)		(I'ui')		(Itul)		(Nu		(Nu	
5:30	DINNER		DINNER		DINNER		DINNER		DINNER	ł	DINN		DINN	,
6:00	Me Time	•	Me Time		Me Time		Me Time	,	Me Tim	<u>a</u>	Me T	ime	Me T	ime
6:30	Emotiona		Distress		Mindfulne		Interpersor		Distress Tole		Emoti		Mindfu	
	Regulatio		Tolerance		(Nur)	55	Effectivene		(Nur)		Regula		(Nu	
	(Nur)		(Nur)		(1,01)		(Nur)		~ /		(Nu			
7:00	Cards/	V	Cards/	V	Cards/	V	Cards/	V	Cards/	V	Me B	,	Me Boo	k Tim
	Games	Ι	Games	Ι	Games	Ι	Games	Ι	Games	Ι	Tin			
	STAFF	S	STAFF	S	STAFF	S	STAFF	S	STAFF	S	7:3		7:3	80
	TALKS	I	TALKS	I	TALKS	I	TALKS	I	TALKS	I	Mov		Mor	
	Phone Time	Τ.	Phone Time	Т	Phone Time	Τ.	Phone Time	Τ.	Phone Time	Τ.				
8:00	GYM or The		GYM or Thera		GYM or The		GYM or The		GYM or The		GYM		GYN	
	Balls on U	11t	Balls on Uni	It	Balls on Ur	11t	Balls on Ur	nıt	Balls on U	nıt	Therapy I Un		Therapy I Un	
9.15	Work Book Rev		Work Deal I	)	Work Deel	Darr	Work Dest	Darr	Worl-Day1	Darr	Work Bo	-		
8:45			Work Book F		Work Book		Work Book		Work Book				Work Bo	
9:00	Snacks, Me		Snacks, Med		Snacks, Me		Snacks, Me		Snacks, Me	· ·	Snacks,		Snacks,	
	Points Cash-in				Points Cash		Points Cash		Points Casl		Points C		Points C	
		70	Ct_ff T_11_	a										
9:30	Staff Tall Me Time		Staff Talk Me Time	S	Staff Tall Me Time		Staff Tall Me Time		Staff Tal Me Time		Staff T Me T		Staff 7 Me T	

Color Grid to represent primary DBT skills addressed: Purple= Emotional Regulation Green= Interpersonal Effectiveness Red= Distress Tolerance

Blue= Mindfulness

## ADULT UNIT PROGRAM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am	Morning	Morning	Morning	Morning	Morning	Morning	Morning
	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
8:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:15am	Medication	Medication	Medication	Medication	Medication	Medication	Medication
10:00am	GOALS/Meet	GOALS	GOALS	GOALS	GOALS	GOALS	GOALS
	the Manager	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)
	(Nursing/Unit						
	Manager)						
10:30am	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching
11:15am	Discharge	Expressive	Chemical	Current Events	Coping Skills	DBT Concepts/	DBT Concepts/
	Planning	Therapy	Dependency	(RT)	(RT)	Education	Education
	(DC Coor.)	(AT/Rehab)	(CD Couns.)			(Nursing)	(Nursing)
	PSP/LWL						
	(Nursing)						
12:15pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
1:15pm	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/
	Education	Education	Education	Education	Education	Education	Education
	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)
2:15pm	Distress	Stress	Positive	Mindfulness	Relaxation	VISITING	VISITING
	Tolerance (RT)	Management	Thinking	(RT)	Techniques	2pm – 4pm	2pm – 4pm
		(RT)	(RT)		(RT)		
3:00pm	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
3:45pm	Open	Leisure	Open	Leisure	Open	4:00pm	4:00pm
	Recreation	Awareness	Recreation	Awareness	Recreation	REC Room	REC Room
	(RT)	(RT)	(RT)	(RT)	(RT)	Activity	Activity
4:45pm	SE Walk	SE Walk	SE Walk	SE Walk	SE Walk	SE Walk	SE Walk
	(RT)	(RT)	(RT)	(RT)	(RT)	(Nursing)	(Nursing)
5:15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
6:15pm	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/	DBT Concepts/
	Education	Education	Education	Education	Education	Education	Education
	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)
7:00pm	VISITING	VISITING	VISITING	VISITING	VISITING	Staff Talks &	Staff Talks &
	Staff Talks	Staff Talks	Staff Talks	Staff Talks	Staff Talks	Free Time	Free Time
8:15pm	Goals Review	Goals Review	Goals Review	Goals Review	Goals Review	Goals Review	Goals Review
9:00pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
9:30pm	Evening	Evening	Evening	Evening	Evening	Evening	Evening
	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
10:30pm	TV Off	TV Off	TV Off	TV Off	TV Off	TV Off	TV Off
	Lounge Closed	Lounge Closed	Lounge Closed	Lounge Closed	Lounge Closed	Lounge Closed	Lounge Closed

#### DBT Skills addressed:

- Monday- Distress Tolerance
- Tuesday- Emotion Regulation
- Wednesday- Distress Tolerance
- Thursday- Mindfulness
- Friday- Interpersonal Effectiveness
- Saturday- Emotion Regulation
- Sunday- Mindfulness

- \* The Telephones and Tv's are kept off during mealtimes and Group times.
- \* Schedule may change based on therapeutic needs and outside factors.

## **Co-Occurring Unit Schedule**

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45	Juice Bar 6:45-7:15						
8:00	BREAKFAST						
8:30	MEDICATION						
9:00-	Community Mtg					Community Mtg	Community Mtg
9:30	Goals Group	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Goals Group	Goals Group
9:30-	Social Work &	Goals Group	Goals Group	Goals Group	Goals Group	FREE TIME	FREE TIME
9:45	DC Planning Group					Juice Bar 10am	Juice Bar 10am
10:00-	Chemical Dependency	Narcotics	Narcotics				
10:45	w/George (CD Room)	Anonymous	Anonymous				
11:00-	Creative Expression	Positive Thinking	Co-Occurring Disorders	Wellness in Recovery	Leisure Education	10:00-	10:00-
11:45	w/Tara (Rec Room)	w/Tara on unit	w/Tara (Rec Room)	w/Tara (Rec Room)	w/Tara (Rec Room)	11:00am	11:00am
12:00	LUNCH						
12:30	FREE TIME						
1:00-	Recreation Therapy	OUTDOOR	OUTDOOR				
2:00	w/Tara (Rec Room)	RECREATION*	RECREATION*				
2:15-	Restorative Stretching	VISITING	VISITING				
2:45	w/Tara on unit	2:00-	2:00-				
3:00-	Chemical Dependency	4:00pm	4:00pm				
3:45	w/George (CD Room)						
4:00	FREE TIME & Juice Bar 4:00-4:30						
5:00	DINNER						
6:00	FREE TIME or	FREE TIME or	Narcotics Anon.	Alcoholics Anon.	FREE TIME or	Alcoholics Anon.	DINNER
0.00	GYM/OUTDOOR REC*	GYM/OUTDOOR REC*	6:00 - 7:00pm	6:00 - 7:00pm	GYM/OUTDOOR REC*	6:30 - 7:30pm	FREE TIME
7:00	VISITING	VISITING	VISITING	VISITING	VISITING	FREE TIME	
8:00	Narcotics Anon.	Evening Wrap Up					
	8:00 - 9:00pm	& Feelings					
	Juice Bar 8:00-8:30						
9:00	Evening Wrap Up & Feelings	FREE TIME					
9:30	MEDICATION						
10:00	PHONES OFF						
10:30	TV OFF						

**NOTE**: Television and phones are *turned off* during scheduled group times. Scheduled groups are shaded in with color. *Groups are subject to change without notice*.

**FREE TIME**: Free time is included in the daily schedule to allow you time to make important phone calls, plan for aftercare, and recharge between groups. Take advantage of this scheduled free time to ensure that you are being proactive in your treatment and maintaining consistent group participation.

**<u>KEY</u>: Recreation Therapy Chemical Dependency Counseling Groups with Unit Staff Support Meetings \*At unit staff's discretion</u>** 

## FENTON INPATIENT PROGRAM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Morning	Morning	Morning	Morning	Morning	Morning	Morning
	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
7:45am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	Medication	Medication	Medication	Medication	Medication	Medication	Medication
9:00am	Daily Goals	Daily Goals	Daily Goals	Daily Goal	Daily Goals	Daily Goals	Daily Goals
	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)
9:30am	Safety Plan		Safety Plan		Safety Plan	Relaxation	Safety Plan
	(Nursing)	9:45am	(Nursing)	9:45am	(Nursing)	(Nursing)	(Nursing)
		Relaxation		Relaxation			
10:00am	Sensory	(Nursing)	Art Therapy	(Nursing)	Self Esteem	Diet & Sleep	Relaxation
	Awareness		(ART)		(ET)	Routine	& Breathing
	(ET)				× ,	(Nursing)	(Nursing)
11:15am	Exercise	Exercise	Exercise	Exercise	Exercise	11:30am	11:30am
	(ET)	(ET)	(ET)	(ET)	(ET)	GYM	GYM
		``´		<b>`</b>	× ,	(Nursing)	(Nursing)
12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
1:15pm	Substance	Expressive	Communica	Coping	Leisure	Focus Film	Structured
-	Abuse ED	Therapy	tion	Skills	Awareness	(Nursing)	Games
	(CD)	(ET)	(ET)	(ET)	(ET)		(Nursing)
2:00pm	Mindfulness	Mindful	Mindfulness	Mindful	Mindfulness	VISITING	VISITING
-	(ET)	Movement	(ET)	Movement	(ET)	2pm-4pm	2pm-4pm
		(ET)		(ET)			
3:30pm	Open	Open	Open	Open	Open	Visiting to 4p	<b>Both Days</b>
-	Recreation	Recreation	Recreation	Recreation	Recreation	Free Time	Free Time
	(ET)	(ET)	(ET)	(ET)	(ET)	Staff Talks	Staff Talks
4:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:15pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
6:00pm	Medication	Preventing	Illness	Medication	Preventing	Illness	Medication
	Teaching	Relapse	Education	Teaching	Relapse	Education	Teaching
	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)	(Nursing)
7:00pm	VISITING	VISITING	VISITING	VISITING	VISITING	Staff Talks &	Staff Talks
	Staff Talks	Free Time	Free Time				
8:15pm	Daily Goals	Daily Goals					
-	Review (N)	Review (N)					
9:00pm	Medication	Medication	Medication	Medication	Medication	Medication	Medication
9:30pm	Evening	Evening	Evening	Evening	Evening	Evening	Evening
	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
10:30pm	TV Off	TV Off					
-	Lounge	Lounge	Lounge	Lounge	Lounge	Lounge	Lounge
	Closed	Closed	Closed	Closed	Closed	Closed	Closed

### **GERIATRIC UNIT DAILY SCHEDULE**

	SUN	MON	TUES	WED	THURS	FRI	SAT
9:00-9:20	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
9:30- 10:15	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
10:15-10:30	Community Mtng	Community Mtng	Community Mtng	Community Mtng	Community Mtng	Community Mtg	Community Mtg
10:30-11:30	Illness Ed.	Communication Skills	PsychoEd Group	Cognitive Skills	Spirituality	Leisure Ed.	Medication Ed.
11:30 - 12	Rest Period	Rest Period	Rest Period	Rest Period	Rest Period	Rest Period	Rest Period
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting
2:00-3:15	Creativity	Music Therapy	Music Therapy	Pharmacy Group	Music Therapy	Music Therapy	Social Skills
3:30-4:30	Quiet time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
4:30-6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-7:00	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting
7:00-8:00	Wrap-Up/ Relax	Wrap-Up/Relax	Wrap-up/Relax	Wrap-up/Relax	Wrap-Up/Relax	Wrap-up/Relax	Wrap-up/Relax

## **2F GROUP SCHEDULE**

Yoong Adutt

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Hygiene/Lab Work/Vital Signs						
8:30	Breakfast						
9:00	Medications						
9:30	Goals Group						
10:15	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break
11:15	Anger Management	Self Awareness/ Esteem	Emotional Awareness	Team Building	Interpersonal Relationships	Life Skills	Coping Skills
12:30	Lunch						
1:00	Medications						
1:15	Goal Setting	Addictions	Creative Expressions	Medication Education	Leisure Education	2F Karaoke	Medication Education
2:15	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break	SE Walk/ Beverage Break
3:00- 4:00	Game Time						
4:00	Vital Signs/Free Time						
4:30	Dinner						
5:30	Visiting Hours Begin	Visiting Hours Begin	Visiting Hours Begin	Visiting Hours Begin	Visiting Hours Begin	Visiting Hours Begin	Visiting Hours Begin
7:30	Visiting Hours End SE Walk	Visiting Hours End SE Walk	Visiting Hours End SE Walk	Visiting Hrs. End SE Walk	Visiting Hours End SE Walk	Visiting Hours End SE Walk	Visiting Hours End SE Walk
8:00	Goals Review						
8:30 9:30	Wii Time/ Beverage Break	Wii Time/ Beverage Break	Wii Time/ Beverage Break	Wii Time/ Beverage Break	Wii Time/Beverage Break	Wii Time/Beverage Break	Wii Time/Beverage Break
9:00	Medication						
10:00	Free Time						
11:00	TV & Phones off						