

# **EXHIBIT 8**

# ADOLESCENT INPATIENT UNIT WEEKLY SCHEDULE

Updated 2/16/15

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45	Wake up- Clean-up		Wake up- Clean-up		Wake up- Clean-up		Wake up- Clean-up		Wake up- Clean-up		Wake up- Clean-up		Wake up- Clean-up	
8:30	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
9:00	GOALS (Nur)		GOALS (Nur)		GOALS (Nur)		GOALS (Nur)		GOALS (Nur)		GOALS (Nur)		GOALS (Nur)	
9:15	Exercise in GYM(RT) or Therapy Balls On Unit		Exercise in GYM(RT) or Therapy Balls On Unit		GYM (Nur.) or Therapy Balls On Unit		Exercise in GYM (RT) or Therapy Balls On Unit		Exercise in GYM(RT) or Therapy Balls On Unit		GYM or Therapy Balls On Unit		GYM or Therapy Balls On Unit (Nur)	
10:00	Unit Game (RT)		Art Therapy		Art Therapy		Unit Game (RT)		Unit Game (RT)		Games in RT Shop		Games in RT Shop (Nur.)	
10:45	Free Time* <b>ST</b> SE Walks Sensory Sign out		Free Time* <b>ST</b> SE Walks Sensory Sign out		Free Time* <b>ST</b> SE Walks Sensory Sign out		Free Time* <b>ST</b> SE Walks Sensory Sign out		Free Time* <b>ST</b> SE Walks Sensory Sign out		Free Time* <b>ST</b> SE Walks Sensory Sign out		Free Time* <b>ST</b> SE Walks Sensory Sign out	
11:00	Emotional Reg. (Nur)		Sub. Abuse Ed. (CD)		Medication Group (Nur)		Sub. Abuse Ed. (CD)		Distress Tolerance (Nur)		Emotional Reg.(Nur)		Medication Group (Nur)	
11:45	Positive Thinking (RT)		Distress Tolerance (RT)		Comm.and Coop.Skills/ (RT)		Interpersonal Effectiveness (RT)		Leisure Awareness (RT)		Unit Game		ME BOOK GROUP (NUR)	
12:15	Free Time <b>ST</b>		Free Time <b>ST</b>		Free Time <b>ST</b>		Free Time <b>ST</b>		Free Time <b>ST</b>					
12:30	Disc. Plan./Prep. Group (Nur)		Pt. Safety Plan Group (Nur)		Family Meeting Prep		Wellness Journals (Nur)		Disc. Plan./Prep. Group (Nur)		Pt. Safety Plan Group (Nur)			
1:00	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
1:30	Me Time		Me Time		Me Time		Me Time		Me Time		Me Time		Me Time	
2:00	A/C or Games in RT Shop (RT)		A/C or Games in RT Shop (RT)		A/C or Games in RT Shop (RT)		A/C or Games in RT Shop (RT)		A/C or Games in RT Shop (RT)		Free  Time		V I S I T I N G	
2:45	Healthy Living		Distress Tolerance (Nur)		Mindfulness (Nur)		Interpersonal Effectiveness (Nur)		Healthy Living					
3:15	Me Time		Me Time		Me Time		Me Time		Me Time					
3:45	Diary Card GP		Diary Card GP		Diary Card GP		Diary Card GP		Diary Card GP					
4:00	GYM (RT)		GYM (RT)		GYM (RT)		GYM (RT)		GYM (RT)		GYM (Nur.)		GYM (Nur.)	
4:45	Free Time		Free Time		Free Time		Free Time		Free Time		Free Time		Free Time	
5:00	Reflection Group (Nur)		Reflection Group (Nur)		Reflection Group (Nur)		Reflection Group (Nur)		Reflection Group (Nur)		Reflection Group (Nur)		Reflection Group (Nur)	
5:30	DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
6:00	Me Time		Me Time		Me Time		Me Time		Me Time		Me Time		Me Time	
6:30	Emotional Regulation (Nur)		Distress Tolerance (Nur)		Mindfulness (Nur)		Interpersonal Effectiveness (Nur)		Distress Tolerance (Nur)		Emotional Regulation (Nur)		Mindfulness (Nur)	
7:00	Cards/ Games <b>STAFF TALKS</b> Phone Time	V I S I T I N G	Cards/ Games <b>STAFF TALKS</b> Phone Time	V I S I T I N G	Cards/ Games <b>STAFF TALKS</b> Phone Time	V I S I T I N G	Cards/ Games <b>STAFF TALKS</b> Phone Time	V I S I T I N G	Cards/ Games <b>STAFF TALKS</b> Phone Time	V I S I T I N G	Me Book Time		Me Book Time	
											7:30 Movie		7:30 Movie	
8:00	GYM or Therapy Balls on Unit		GYM or Therapy Balls on Unit		GYM or Therapy Balls on Unit		GYM or Therapy Balls on Unit		GYM or Therapy Balls on Unit		GYM or Therapy Balls on Unit		GYM or Therapy Balls on Unit	
8:45	Work Book Rev		Work Book Rev		Work Book Rev		Work Book Rev		Work Book Rev		Work Book Rev		Work Book Rev	
9:00	Snacks, Meds, Points Cash-in <b>Staff Talks</b>		Snacks, Meds, Points Cash-in <b>Staff Talks</b>		Snacks, Meds, Points Cash-in <b>Staff Talks</b>		Snacks, Meds, Points Cash-in <b>Staff Talks</b>		Snacks, Meds, Points Cash-in <b>Staff Talks</b>		Snacks, Meds, Points Cash-in <b>Staff Talks</b>		Snacks, Meds, Points Cash-in <b>Staff Talks</b>	
9:30	Me Time		Me Time		Me Time		Me Time		Me Time		Me Time		Me Time	

**10:00 LIGHTS OUT**

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

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

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

## FENTON INPATIENT PROGRAM SCHEDULE

[illegible]

## 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

Young Adult

[illegible]