

WOODLANDS UNIT PROGRAM

| | Monday 1st February | Tuesday 2nd February | Wednesday 3rd February | Thursday 4th February | Friday 5th February | Saturday 6th February | Sunday 7th February |
|-------------------|--|--|--|--|--|--|---|
| 9:00-9:15 | Morning Meeting with Jess (Dining Room) | Morning Meeting with Jess (Dining Room) | Morning Meeting with Sara (Dining Room) | Morning Meeting with Jess (Dining Room) | Morning Meeting with Sara (Dining Room) | | |
| 9:15-10:00 | Exercise Walk with Jess | Exercise Walk with Jess | Exercise Walk with Sara | Exercise Walk with Jess | Exercise Walk with Sara | 9:30-9:45 Morning Meeting with Olivia | 9:30-9:45 Morning Meeting with Sara |
| 10-10:30 | Morning Tea | Morning Tea | Morning Tea | Morning Tea | Morning Tea | 9:45-10:30 Exercise Walk with Olivia | 9:45-10:30 Exercise Walk with Sara |
| 10:30-11 | Mindfulness with Jess (Group Room 1) | Mindfulness with Jess (Group Room 1) | Mindfulness with Sara (Group Room 1) | Mindfulness with Jess (Group Room 1) | Mindfulness with Sara (Group Room 1) | Morning Tea | Morning Tea |
| 11-12:00 | Cognitive Defusion with Jess (Group Room 1) | Yoga with Jim (Group Room 1) OR Goal Setting with Jess (Group Room 2) | Healthy Eating Education with Seth (Group Room 1) OR Stress Management with Sara (Group Room 2) | Willingness and Acceptance with Jess (Group Room 1) | Yoga with Jim (Group Room 1) OR Discharge Planning With Sara (Group Room 2) | Sleep Hygiene with Olivia (Group Room 1) | Understanding Mindfulness with Sara (Group Room 1) |
| 12:00-1:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00-2:00 | Leisure Walk with Kylie OR Group Activity: Yoga with Jess (Group Room 1) | Leisure Walk with Kylie OR Group Activity with Jess (Dining Room) OR 1:30-2:00 TTS Info Session with Bec (Group Room 1) | Leisure Walk with Rosie OR Group Activity with Sara (Dining Room) | 1:00-2:30 Art Therapy with Nicole (TTS – meet at lift) OR Leisure Walk with Rosie | Leisure Walk with Rosie OR Group Activity with Sara (Dining Room) | 1:00-1:30 Mindfulness with Olivia (Group Room 1) | 1:00-1:30 Mindfulness with Sara (Group Room 1) |
| 2:00-3:00 | Exploring Change with Jarrod (Group Room 1) OR Focus Group: Values with Jess (Group Room 2) | Early Warning Signs with Taryn (Group Room 1) OR Focus Group: Demons on the Boat with Jess (Group Room 2) | Mental Illness and the Brain with Jesse (Group Room 2) OR Focus Group: Self as Context with Jess (Group Room 2) | Focus Group: Choice Point with Jess (Group Room 2) | Drumming Group with Benji (Group Room 1) OR Emotional Eating with Sara (Group Room 2) | Saturday Night Movie night from 8pm, patients to decide as a group what movie or sports to watch. Snacks are provided, please see nursing staff. | Free time |
| 3:00-3:30 | Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea | | |
| 3:30-4:00 | Therapy Pool with Kylie OR Relaxation with Jess (Group Room 1) | Therapy Pool with Kylie OR Relaxation with Jess (Group Room 1) | Therapy Pool with Rosie OR Relaxation with Sara (Group Room 1) | Therapy Pool with Rosie | Therapy Pool with Rosie OR Relaxation with Sara (Group Room 1) | | |
| 4:30-5:00 | Gym with Kylie | | Gym with Rosie | Gym with Rosie | Gym with Rosie | | |
| 5.00-6.00 | | | | Sobriety Maintenance Dr. Kendurkar (Group Room 1) | | | |

For the group walk, gym and art therapy groups please sign out and meet therapist on Woodlands ward to leave ward as a group.

Please attend discharge planning group at least once during your admission to complete your after care plan.

How to get the most out of the group program

- Groups are run from 9am- 5pm. You are expected to attend groups, unless you have special circumstances and have consulted with your nurse.
- Groups will remain open for 5 minutes after the start time; after 5 minutes have passed the group doors will close and no one is permitted to enter the group after. This applies to all reasons; doctor appointments, psychologist appointments or just generally running late. This is designed to minimise interruptions and maximise group time effectively.
- Mobile phones are not permitted in groups. If you are expecting an important call, exceptions are made (please place phone on silent).
- We ask that all group participants sit on chairs in group sessions to ensure group safety and allow staff to monitor your mental state.
- Please respect confidentiality and privacy rights of others – what is said in group stays in group.
- We aim to provide a supportive, respectful and non-judgemental environment. Please try not to dismiss what other people have to say.
- When someone in the group is speaking it is important to give that person our full attention.
- Participants are welcome to share experiences. Opinions may only be given if requested by a group member.
- Please keep in mind that some topics (for example substance use, self harm and suicide) are triggering for some fellow patients. If you wish to discuss these topics in detail please do so with your individual therapist or doctor.
- We have a no touching policy on woodlands ward. We understand you may want to offer support to someone (for example hug, supportive gesture) however please refrain from doing so.
- Focus groups are a specific, in depth group therapy session. If you are not up to this, you are welcome to attend the general group as an alternative. We have a maximum of 8 people in a focus group, first in best dressed. Please write your name on the list on the door of group room 2.
- Please refrain from using offensive language.
- Woodlands ward is a no smoking ward at all times. This includes e-cigarettes.

Group Walk Rules

- All participants must remain with the group at all times. This means that everyone leaves from the nurse's station and returns to the nurses station as a group.
- We ask that you utilise footpaths as walking on the road is not permitted.
- Like all groups, there is no smoking permitted on the walk. This includes e-cigarettes.
- Adequate foot wear must be worn. Thongs are not allowed to be worn.
- If the rules are not followed you will not be allowed to go on the walk until you able demonstrate ability to follow the rules.

Visiting Hours

Daily 2.30-7.30pm

If you have any questions regarding the ward or the program please feel free to talk to your therapist, nurse or the Nursing Unit Manager (NUM)