

Inn Residential Program–Groups: Sample Schedule

Time	Appointment	Location
7:45-10:30 a.m.	Breakfast	Inn Dining Room
8:30 a.m.		
9:00-9:30 a.m.	Medication Dispensing	Medication Closet
9:40 a.m.	Inn Residential Program (IRP-G) Meeting	Inn Library
10:30 a.m.	Clinical Social Work Meeting	Medical Office Building
11:30 a.m.		
12:00 p.m.	Medication Dispensing	Medication Closet
12:30-1:15 p.m.	Lunch	Inn Dining Room
1:00 p.m.		
2:00 p.m.	Individual Psychotherapy	Medical Office Building
3:00 p.m.		
4:00 p.m.	Community Meeting (CM)	Community Center
5:00 p.m.		
5:30-6:00 p.m.	Medication Dispensing	Medication Closet
5:45-6:45 p.m.	Dinner	Inn Dining Room
6:40-7:30 p.m.	Inn Residential Program (IRP-G) meeting	Inn Living Room
7:15-8:00 p.m.	Coffee Hour	Community Center

Inn Residential Program—Groups: Sample Schedule, cont.

Patients in the first six weeks of the Inn Residential Programs have access to:

- A doctoral level psychotherapist four times per week**
- A psychopharmacologist once a week (unless therapist is also psychopharmacologist)
- A social worker at least once a week
- Nursing staff (frequency depends on the specific program)
- A registered dietitian and substance use counselors (as indicated)
- Program groups (frequency depends on the specific program)
- Daily Community Meetings

***On occasion, fewer than four sessions may be scheduled due to holidays and therapist absences. Interim therapy during therapist absences is two times/week.*

During open time, depending on length of stay, patients may choose to participate in any of the following:

Process Groups

- These groups are smaller and focused around a topic. Process group topics reflect the needs of the current patient population.

Coping Skills Groups/Workshops

- These groups focus on learning coping skills, similar to the Dialectical Behavior Therapy (DBT) model.

Patient Government

- Elected for eight-week terms, patients participate in meetings associated with these positions.

Activities

- These include our art studio, theater, music cottage, music and voice lessons, greenhouse, volunteering at our nursery school, utilizing our full gym/fitness classes. Social activities on campus are also an option (e.g. movie night, game night, etc.)

Off Campus Activities

- Patients have the freedom to leave campus as they please and enjoy events off campus such as going to a movie, shopping and a meal out, or going for a hike in the beautiful Berkshire hills.