



Nursing Service Guidelines Inpatient Behavioral Health

Title: PROGRAM ELEMENTS

Purpose of Guidelines: To describe the therapeutic program for all staff, referral sources, and patients and provide a clear overview of the program by means of a program schedule of services. The schedule will reflect a minimum range of services up to 30 hours of program per week.

Responsibility: Trained Inpatient Behavioral Health staff

Procedure:

A current schedule will be maintained at all times and posted in a visible location for staff orientation and patient care. A variety of multi-modal therapies and activities will be used to meet the patient's individual needs. This schedule will include at a minimum the therapies listed below.

1. Daily therapeutic programming includes the following at a minimum:

Goals Group

1. Conducted at a minimum of 7 times per week
2. Attended by qualified staff
3. Purposeful with a well-defined structure and agenda

Group Therapy Sessions

1. Are conducted daily by a master's prepared/or qualified staff
2. Focus on dynamic, interpersonal relationships, and problems effecting behavior and actions

Recreational/Activity Groups

1. Conducted daily or as prescribed by state regulations
2. Appropriate in relation to the patient's age, cognitive ability, and functional capacity, reflecting multi-track programming as appropriate
3. Focus on mind-body connection, interests, leisure and functioning abilities/capabilities, build on strengths

Patient Education Groups

1. Conducted daily with frequency and type determined by patient needs
 2. Education and resource focus based on individual needs including relapse prevention, anger management, relaxation techniques, stress management, spirituality communication, medication education, crisis management, etc.
 3. Family education is provided 1:1 or in a weekly multi-family group as needed
2. The therapeutic program schedule reflects a minimum of 30 hours of scheduled therapeutic activities for the week. It reflects a minimum of 4 hours daily of active, group-oriented therapeutic activities on holidays (excluding visitation).

3. The therapeutic program schedule elements are developed and conducted by all disciplines representing the interdisciplinary team.
4. A group is held, designed to assist patients with reviewing their treatment day's activities (i.e., goal attainment, wrap-up, etc.).
5. Adequate free time/visiting time is reflected on the daily program schedule.
6. When indicated, alternate tracks that focus on specific needs or diagnostic categories are offered to meet the identified needs of the patient population.
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(Program schedule available in unit)

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