

## Sample PMIC Schedule

06:45 – 07:30

- Meds, option of fruit, toast, or PB if hungry and to choose from Activities 101 Cabinet for independent play or small group play. Clients may also start on their hygiene if they choose to

07:30 – 08:00

- Eat breakfast and clean up kitchen (or upstairs dining area- all clients are expected to help with clean up at this time)

08:00 – 08:30

- Mind and Body Activities
  - All clients will complete their Mind and Body Sheet, debrief with staff and the present/discuss their mind and body sheets as a group in the living room

08:30 – 9:00

- Check in, Daily Plan/Expectations Group
  - All clients will check in and then be provided with the plan for the day and expectations that align with the plan

9:00 – 9:30

- Routines. All clients are expected to complete their Room, Bathroom, Chore and Hygiene expectations at this time

9:30 – 10:00

- Morning Snack and ADL/Baseline Interventions Group

10:00 – 12:00

- Rec expectations group and recreation.

12:00 – 12:30

- Eat lunch. Review post rec questions during meal. Clean up kitchen (or upstairs dining- all clients are expected to help with clean up).

12:30 – 1300

- 365 group and morning treatment time

1:00 –2:00

- Rec expectations group and recreation

2:00 – 2:30

- Post Rec Questions and Structured Group Play- Clients can choose from Activities 101 Cabinet activities, or they can choose from the Group Play Cabinet for structured activities at this time

2:30-3:00:

- Consumers return from school snack, Mind and Body, Routine, and Engage in Sensory/OT work

3:00- 3:30: Check in Group and Goal Setting

- Set Rec goal for 4pm rec.

3:30-4:00: Consumers take meds and complete the Rest of Routine.

- Pod out early for Rec or engage in Activities 101 to decompress from school day

4:00-5:00: Rec

- Everyone is expected to participate for 30 minutes- privileges will be lost if refusing to participate in Rec Activities\*

5:00-5:30: Dinner

- Post Rec Questions

5:30-6:00: Showers or Anchor time

- During Anchor time clients can choose from the following options:
  - Activity 101
  - Coping Skills
  - Exercise or going for a walk
  - MS DR Room- availability and access to this determined by the LP

6:00-6:45: Complete Group 365 and Treatment

- Set Rec Goal for 7pm Rec

6:45-8:00: Rec, Meds

- Take meds
- Prepare for bed if clients chose to
- Earned Screen Time for Individual Plans or Activities 101 or Preferred Rec Activity

8:00-8:30 Bedtime routines

- Post Rec Questions
- Complete meds
- Snack