Perimeter Behavioral of Forrest City

400 Hall Schedule

Every Day is a Brand-New Day!

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:30am	Wake Up, Med Pass & Morning Hygiene	Wake Up, Med Pass & Morning Hygiene	Wake Up, Med Pass & Morning Hygiene	Wake Up, Med Pass & Morning Hygiene	Wake Up, Med Pass & Morning Hygiene	Wake Up, Med Pass & Morning Hygiene	Wake Up, Med Pass & Morning Hygiene
6:30am - 7:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:00am - 7:45am	Morning Chores	Morning Chores	Morning Chores	Morning Chores	Morning Chores	Morning Chores	Morning Chores
7:45am - 8:30am	Wellness / Meditation	Wellness / Meditation	Wellness / Meditation	Wellness / Meditation	Wellness / Meditation	Wellness / Meditation	Wellness / Meditation
8:30am - 9:00am	Set Daily Goals / SUDS Check	School / Set Daily Goals / SUDS Check	School / Set Daily Goals / SUDS Check	School / Set Daily Goals / SUDS Check	School / Set Daily Goals / SUDS Check	School / Set Daily Goals / SUDS Check	Set Daily Goals / SUDS Check

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am - 10:00am	Arts & Crafts/ Creative Space	School	School	School	School	School	Arts & Crafts/ Creative Space
10:00am - 11:00am	Facility Clean Up & Laundry Life Skills Rotate Every 30 Minutes	School	School	School	School	School	Facility Clean Up & Laundry Life Skills Rotate Every 30 Minutes
11:00am - 11:30am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:30am - 12:00pm	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation
12:00pm - 1:30pm	Hall Rest Time (12p – 1p)	Level Petitions	Group Therapy	Group Therapy	Group Therapy (12p – 1p)	Life Skills / Town Hall	Hall Rest Time (12p – 1p)
1:30pm - 2:00pm	TV / Media Time	School	School	School	School	School	TV / Media Time
2:00pm - 3:00pm	Activity Club	School	School	School	School	School	Activity Club
3:00pm - 4:00pm	MHT Group	MHT Group	MHT Group	MHT Group	MHT Group	MHT Group	MHT Group

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm - 4:30pm	Recreation (30min Outside [Weather Permitting])	Recreation (30min Outside [Weather Permitting])	Recreation (30min Outside [Weather Permitting])	Recreation (30min Outside [Weather Permitting])	Recreation (30min Outside [Weather Permitting])	Recreation (30min Outside [Weather Permitting])	Recreation (30min Outside [Weather Permitting])
4:30pm - 5:00pm	Recreation (30min Gym)	Recreation (30min Gym)	Recreation (30min Gym)	Recreation (30min Gym)	Recreation (30min Gym)	Recreation (30min Gym)	Recreation (30min Gym)
5:00pm - 5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30pm - 6:00pm	Facility Clean Up & Laundry Life Skills Rotate Every 30 Minutes	Activity Club (5:30-6pm)	Activity Club (5:30-6pm)	Activity Club (5:30-6pm)	Activity Club (5:30-6pm)	Activity Club (5:30-6pm)	Facility Clean Up & Laundry Life Skills Rotate Every 30 Minutes
6:00pm - 6:30pm	[redacted]	Phone Calls	[redacted]	Phone Calls	[redacted]	[redacted]	Phone Calls
6:30pm - 7:00pm	Med Pass, Shower & TV / Media Time	Med Pass, Shower & TV / Media Time	Med Pass, Shower & TV / Media Time	Med Pass, Shower & TV / Media Time	Med Pass, Shower & TV / Media Time	Med Pass, Shower & TV / Media Time	Med Pass, Shower & TV / Media Time
7:00pm - 8:00pm	TV/Media Time/Unit Clean Up	TV/Media Time/Unit Clean Up	TV/Media Time/Unit Clean Up	TV/Media Time/Unit Clean Up	TV/Media Time/Unit Clean Up	TV/Media Time/Unit Clean Up	TV/Media Time/Unit Clean Up
8:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Higher Stages Bedtimes & Leisure Times Are a Privilege
Allow 5-10 minutes for Transition to the Next Activity
Phone Call times are 5pm-9pm (7 days a week)

- Mon. Weds. & Sat. 300 & 400 Halls
- Tues. Thurs. & Sun. 100 & 200 Halls

Monday-Friday 3:30pm-5:30pm for DHS and DYS Calls
Snack Times are: 10:00am, 2:00pm, 4:00pm, 7:00pm
*Treatment Team – Thursdays @ 1-3pm (Subject to change)