

- * Whole Person Care
- * Family Programming
- * Primary Therapy
- * 12 Step Work / Assignments



Weekly Schedule

Revised 12/22/09

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30AM	Wake Up and Vitals	Wake Up and Vitals	Wake Up and Vitals	Wake Up and Vitals	Wake Up and Vitals	Wake Up and Vitals	Wake Up and Vitals
7:00 AM 7:30 AM	Up and Dressed	Up and Dressed	Up and Dressed	Up and Dressed	Up and Dressed	Up and Dressed	Up and Dressed
8:00 AM 8:30 AM	Morning Bell & Breakfast	Morning Bell & Breakfast	Morning Bell & Breakfast	Morning Bell & Breakfast	Morning Bell & Breakfast	Morning Bell & Breakfast	Morning Bell & Breakfast
9:00 AM 9:40 AM	Mind Body Awareness	Community Meeting	Mind Body Awareness	Community Meeting	Mind Body Awareness	Spirituality Group	Chemical Dependency Education
10:00 AM 10:30 AM	Primary Group Therapy	Primary Group Therapy	Primary Group Therapy	Primary Group Therapy	Primary Group Therapy	Spirituality Group	Primary Group Therapy
11:00 AM 11:30 AM	Primary Group Therapy	Primary Group Therapy	Primary Group Therapy	Primary Group Therapy	Primary Group Therapy	Chemical Dependency Education	Primary Group Therapy
11:30AM 12:00 AM	Self Care	Self Care	Self Care	Self Care	Self Care	Self Care	Self Care
12:00 PM 12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM 1:45 PM	Chemical Dependency Education	Nurse Education/ Orentation	Art Therapy	Assignments	Assignments	Recreational Outing or Orientation group Staff supported Activity	Visitation #1
2:00 PM 2:30 PM	IRP	IRP	IRP	12-step group	12-step group		Visitation #2 OR
3:00 PM 3:30 PM	Stretching & Core	Assignments for Women	Assigments for Men	Assignments for Women	Assignments for Men		Mindful Pain Management
4:00 PM 4:30 PM	Lifestyle Changes	YMCA for Men	YMCA for Women	YMCA for Men	YMCA for Women		(4:15-5:00)
5:00 PM 5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 PM 7:30 PM	Personal & Phone Time	Personal & Phone Time	Personal & Phone Time	Personal & Phone Time	Personal & Phone Time	Personal & Phone Time	Personal & Phone Time
7:30 PM 9:30 PM	12 -Step Meeting 7:30-9:30	NA Meeting 7:30-9:30	12- Step Meeting 7:30-9:30	AA Meeting In-House 8:00-9:00	12 Step- Meeting 7:30-9:30	12- Step Meeting 7:30-9:30	12- Step Meeting 7:30-9:30
9:30 PM 11:00 PM	Personal & TV Time	Personal & TV Time	Personal & TV Time	Personal & TV Time	Personal & TV Time	Movie / Comedy Night 9:30-12:00	Personal & TV Time
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out 12:00	Lights Out

Aftercare Program Wednesday from 6:30PM - 7:30 PM

**STAFF MAY DIRECT CHANGES TO THIS SCHEDULE WITHOUT ADVANCE NOTICE*