





WEEKDAY TREATMENT SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|---|---|---|---|
| 07:00-07:30 | Morning Routine/Hygiene | Morning Routine /Hygiene | Morning Routine / Hygiene | Morning Routine / Hygiene | Morning Routine / Hygiene |
| 07:30-08:00 | Breakfast & Nutrition, Chore Routine, Medication | Breakfast & Nutrition, Chore Routine, Medication | Breakfast & Nutrition, Chore Routine, Medication | Breakfast & Nutrition, Chore Routine, Medication | Breakfast & Nutrition, Chore Routine, Medication |
| 08:00-08:30 | Meditation - Family Room | Meditation - Family Room | Meditation - Family Room | Meditation - Family Room | Meditation - Family Room |
| 0830- 09:00 | Self-Help + Physical Health & Wellness | Self-Help + Physical Health & Wellness | Self-Help + Physical Health & Wellness | Self-Help + Physical Health & Wellness | Self-Help + Physical Health & Wellness |
| 09:00-10:30 | Psycho Education | Psycho Education | Big Book Study with Wayne | Big Book Study with Wayne | Big Book Study with Wayne |
| 10:30-10:45 | BREAK | BREAK | BREAK | BREAK | BREAK |
| 10:45-12:00 | Group Therapy | Group Therapy | Group Therapy | Group Therapy | Group Therapy |
| 12:00-13:00 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 13:00-14:15 | Psycho Education | Psycho Education | Psycho Education | Psycho Education | Psycho Education |
| 14:15-14:30 | BREAK | BREAK | BREAK | BREAK | BREAK |
| 14:30-15:30 | Treatment Care Plans with CC/SW or Physical/Mental Wellness Activity | Treatment Care Plans with CC/SW or Physical/Mental Wellness Activity | Treatment Care Plans with CC/SW or Physical/Mental Wellness Activity | Treatment Care Plans with CC/SW or Physical/Mental Wellness Activity | Treatment Care Plans with CC/SW or Physical/Mental Wellness Activity |
| 15:30-1700 | Homework/Building Recovery Capital | Homework/Building Recovery Capital | Homework/Building Recovery Capital | Homework/Building Recovery Capital | Homework/Building Recovery Capital |
| 17:00-1800 | DINNER | DINNER | DINNER | DINNER | DINNER |
| 18:00-19:30 | Mental Health Activities/Presentations In-House AA MEETING △ | In-House Joe and Charlie 17:30-19:00 △ | Mental Health Activities/Presentations In-House AA MEETING △ | Mental Health Activities/Presentations In-House CA MEETING 18:30-19:30 △ | Educational Documentary/Movie Night |
| 19:30-21:30 | Free Time/Family Phone Calls | Free Time/Family Phone Calls | Free Time/Family Phone Calls | Free Time/Family Phone Calls | Free Time/Family Phone Calls |
| 21:30-22:00 | Medication and/or Meditation | Medication and/or Meditation | Medication and/or Meditation | Medication and/or Meditation | Medication and/or Meditation |
| 22:30-23:00 | Decompress Time/Bedtime Routine + Sleep Hygiene | Decompress Time/Bedtime Routine + Sleep Hygiene | Decompress Time/Bedtime Routine + Sleep Hygiene | Decompress Time/Bedtime Routine + Sleep Hygiene | Decompress Time/Bedtime Routine + Sleep Hygiene |

WEEKEND TREATMENT SCHEDULE

Family visits are only on weekends with staff discretion. Please consult with social work to schedule a visit

| Time | Saturday | Sunday |
|-------------|---|--|
| 07:00-07:30 | Morning Routine/Hygiene | Morning Routine/Hygiene |
| 07:30-08:00 | Breakfast & Nutrition, Chore Routine, Medication | Breakfast & Nutrition, Chore Routine, Medication |
| 08:00-08:30 | Meditation- Family Room with Addictions Workers | Meditation- Family Room with Addictions Workers |
| 0830- 09:00 | Self-Help/Journaling | Self-Help/Journaling |
| 09:00-10:30 | Rest, Relaxation and Self Care | Bedroom/Bathroom Deep Clean |
| 10:30-10:45 | BREAK | BREAK |
| 10:45-12:00 | Free Time | Free Time |
| 12:00-13:00 | LUNCH | LUNCH |
| 13:00-16:00 | Group Recreation Activities/Wellness Activity – with Addiction Workers | Group Recreation Activities/Wellness Activity – with Addiction Workers |
| 14:15-14:30 | BREAK | BREAK |
| 14:30-1600 | Group Recreation Activities/Wellness Activity – with Addiction Workers | Group Recreation Activities/Wellness Activity – with Addiction Workers |
| 16:00-1700 | Chores/Dinner Chores | Chores/Dinner Chores |
| 17:00-1800 | DINNER | DINNER |
| 18:00-19:30 | In-House AA Meeting 18:30-19:30  | Rest, Relaxation, and Self Care |
| 19:30-21:30 | In- House NA Meeting 20:00-21:00  | Free Time/Family Phone Calls |
| 21:30-22:00 | Medication and/or Meditation | Medication and/or Meditation |
| 22:30-23:00 | Decompress Time/Bedtime Routine + Sleep Hygiene | Decompress Time/Bedtime Routine + Sleep Hygiene |