



DAY TREATMENT / PARTIAL HOSPITALIZATION PROGRAM (PHP) - Example Schedule *Subject to change

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Art Therapy	Recreation Therapy	Horticulture Therapy	Culinary Nutrition	Drumming
9:30 AM		Health Promotion	S.A. Group Education Rm or WK. 1 Open Horticulture or Art WK. 2 Open Gym or Music		DBT
10:00 AM	Managing Anxiety				
10:30 AM	DBT			Self-Awareness	
11:00 AM	Lunch	Lunch	Lunch	Lunch	Lunch
11:30 AM		Lunch	Lunch	Lunch	Lunch
12:00 PM		Lunch	Lunch	Lunch	Lunch
12:30 PM	Meditation	Process Group	Meditation	Meditation	Meditation
1:00 PM	Horticulture Therapy		Recreation Therapy	Music Therapy	Nutrition Education
1:30 PM	CBT	Music Therapy	Process Group	Relapse Prevention	CBT
2:00 PM		Yoga			
2:30 PM		Yoga			
3:00 PM	CBT	Yoga	Process Group	Relapse Prevention	CBT
3:30 PM					
4:00 PM	Depart	Depart	Depart	Depart	Depart

INTENSIVE OUTPATIENT PROGRAM (IOP)

TIME	MONDAY	WEDNESDAY	FRIDAY
9:00 AM	CBT/DBT Group	CBT/DBT Group	CBT/DBT Group
10:00 AM	Recreation Therapy	S.A. Group or WK. 1 Open Horticulture or Art WK. 2 Open Gym or Music	Culinary Nutrition
11:00 AM	Process Group	Process Group	Process Group
12:00 PM	Departure	Departure	Departure