



RESIDENTIAL PROGRAM (RTC) - Example Schedule *Subject to change							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM							
9:00 AM	Daily Goal Setting & Mindfulness	Goals	Goals	Goals	Goals	Goals	Daily Goal Setting & Mindfulness
9:30 AM		Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	
10:00 AM		Gardening, Walking Trail or Outdoor Activity	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*
10:30 AM	Yoga	Group Therapy*					
11:00 AM							
11:30 AM							
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM							
1:00 PM	Visitation	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Visitation; Off Site Activity
1:30 PM		Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	
2:00 PM	Visitation; Gym; Walking; Weight Training	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Visitation; Off Site Activity
2:30 PM			Group Therapy*		Group Therapy*		
3:00 PM	Spiritual Activity	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Laundry/Room cleaning
3:30 PM			Group Therapy*		Group Therapy*		
4:00 PM	Physical Wellness in Gym	Physical Wellness in Gym	Physical Wellness in Gym	Physical Wellness in Gym	Physical Wellness in Gym	Physical Wellness in Gym/AA Panel	Physical Wellness in Gym
4:30 PM							
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	Visitation; Open Art Studio (6:30 – 7:30 PM)	Visitation	Visitation; Spirituality Group	Visitation	Visitation	Visitation	Visitation
7:00 PM	Visitation	Visitation; 1:1 Spiritual Mtgs.	Visitation; AA Mtg.	Visitation	Visitation; AA Mtg.	Visitation	Visitation
8:00 PM	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up
8:30 PM	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time

\* Examples: CBT, DBT, Process, Health Promotion, Relapse Prevention, Healthy Relationships, Substance Use, Managing Anxiety, Self-Awareness, Mindfulness/Meditation, and/or Integrative Therapies – Art, Music/Drumming, Horticulture, Health & Wellness, Recreation & Pastoral Counseling



<b>DAY TREATMENT / PARTIAL HOSPITALIZATION PROGRAM (PHP) - Example Schedule *Subject to change</b>					
<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9:00 AM</b>	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*
<b>9:30 AM</b>					
<b>10:00 AM</b>	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*
<b>10:30 AM</b>		Group Therapy*	Group Therapy*		Group Therapy*
<b>11:00 AM</b>		Group Therapy*	Group Therapy*		Group Therapy*
<b>11:30 AM</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:00 PM</b>					
<b>12:30 PM</b>	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*
<b>1:00 PM</b>					
<b>1:30 PM</b>	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*
<b>2:00 PM</b>		Group Therapy*	Group Therapy*		
<b>2:30 PM</b>		Group Therapy*	Group Therapy*		
<b>3:00 PM</b>	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*	Group Therapy*
<b>3:30 PM</b>					
<b>4:00 PM</b>	Depart	Depart	Depart	Depart	Depart

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<b>INTENSIVE OUTPATIENT PROGRAM (IOP)</b>			
<b>TIME</b>	<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b>9:00 AM</b>	CBT/DBT Group	CBT/DBT Group	CBT/DBT Group
<b>10:00 AM</b>	Integrative Therapy	Integrative Therapy	Integrative Therapy
<b>11:00 AM</b>	Process Group	Process Group	Process Group
<b>12:00 PM</b>	Departure	Departure	Departure