

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							
	Daily Goal Setting	Goals	Goals	Goals	Goals	Goals	Daily Goal Setting &
9:30 AM	& Mindfulness	Relapse Prevention	CBT	DBT	Self-Awareness	DBT	Mindfulness
10:00 AM	Gardening, Walking						AA Meeting; Laundry/Room
10:30 AM	Trail or Outdoor Activity	Art Therapy			Art Therapy		Cleaning
11:00 AM	Yoga		Recreation Therapy	Recreation Therapy		Drumming	Yoga
11:30 AM							(11:15am)
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM							
1:00 PM	Visitation	Meditation	Music Therapy	Meditation	CBT	Meditation	Visitation;
1:30 PM		S.A. Group		Process Group	Window Room #106	Process Group	Off Site Activity
	Visitation; Gym;	Education or	Healthy		Health Promotion		Visitation;
	Walking;	Drumming	Relationships				Off Site Activity
	Weight Training	Horticulture Therapy		Music Therapy	.,	Culinary Nutrition	
3:00 PM 3:30 PM	Spiritual Activity		Nutrition Education		Yoga		Laundry/Room cleaning
	Physical Wellness	Physical Wellness in	Physical Wellness in	Physical Wellness in	Physical Wellness in	Physical Wellness in	Physical Wellness in
	in Gym	Gym	Gym	Gym	Gym	Gym	Gym
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Visitation;	Visitation	Visitation;	Visitation	Visitation	Visitation	Visitation
	Open Art Studio		Spirituality Group				
	(6:30 – 7:30 PM)		·				
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
	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time



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								
10:00 AM		Health Promotion	S.A. Group Education Rm or		Art Therapy			
10:30 AM	DBT		WK. 1 Open Horticulture or Art WK. 2 Open Gym or Music	DBT				
11:00 AM		Self-Awareness	Healthy Relationships		Managing Anxiety			
11:30 AM								
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch			
12:30 PM								
1:00 PM	Meditation	Process Group	Meditation	Meditation	Meditation			
1:30 PM	Horticulture Therapy		Recreation Therapy	Music Therapy	Nutrition Education			
2:00 PM		Music Therapy						
2:30 PM	CBT		Process Group	Relapse Prevention	CBT			
3:00 PM		Yoga						
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				