



RESIDENTIAL PROGRAM: TRACK #1

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)
8:30 AM							
9:00 AM	See schedule on Residential unit	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals group (9-9:30)
9:30 AM		Process Group Rm #203 (9:30-10:30)	Art Therapy Rm #202 (9:30-11)	CBT Rm #205 (9:30-11)	Relapse Prevention Rm #203 (9:30-10:30)	DBT Rm #106 (9:30-11)	Morning walk (9:30-10)
10:00 AM							
10:30 AM		Substance Use Room #206 or Enrichment group Room #202 (10:30-12)	Music Therapy Rm #205 (11-12)	Healthy Relationships Rm #205 (11-12)	Recreation Therapy Rm 203 (10:30-12)	Music Therapy (203) (11-12)	Open Music Music Rm Gym (11-12)
11:00 AM							
11:30 AM							
12:00 PM	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)
12:45 PM							
1:00 PM	See schedule on Residential unit	Meditation (1-1:30) Multipurpose room or pet therapy #203	CBT Rm #106 (1-2)	Process group Rm #106 (1-2:30)	Horticulture Therapy Greenhouse (1-2)	Meditation Multipurpose room (1-1:30)	Community group Multipurpose Rm (1-2:15)
1:30 PM							
2:00 PM		DBT (1:30-3) Room #106	Recreational Therapy Room #203 (2-3)	Meditation 2:30-3 Multipurpose Rm	Art Therapy Art room #202 (2-3)	Self-Awareness Rm #203 (1:30-3)	Recreation Activity (2:30-3:30)
2:30 PM							
3:00 PM		Nutrition Education Kitchen Room #208 (3-4)	Nutrition Education Learning Kitchen Room #208 (3-4)	Drumming in the Multipurpose (3-4)	Yoga Multipurpose room (3-4)	Health Promotion Rm #203 (3-4)	See Residential Unit Schedule
3:30 PM							
4:00 PM							
4:30 PM	Physical Wellness (4:15-5:30)	Physical Wellness or Yoga (4:15-5:30)	Physical Wellness (4:15-5:30)	Physical Wellness or Gender & Sexuality Peer Support Group (4:15-5:30)	Physical Wellness (4:15-5:30)		
5:45 PM	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)
6:30 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit
7:00 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit
8:00 PM	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group
8:30 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit

*Subject to change.



PARTIAL HOSPITALIZATION: TRACK #1					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Art Therapy Multipurpose room (9-10:30)	Creative Writing Multipurpose room (9-10)	Process group Multipurpose room (9-10)	CBT Multipurpose Room (9-10:30)	Recreation Therapy Multipurpose Room (9-10)
9:30 AM		Health Promotion Multipurpose room (10-11)	Music Therapy Multipurpose room (10-11)		Art Therapy Multipurpose room (10-11)
10:00 AM		DBT Multipurpose room (10:30-12)	Self-Awareness Multipurpose room (11-12)		Managing Anxiety Multipurpose room (11-12)
10:30 AM	Music Therapy gym (12-1)	Healthy Relationships Gym (12-1)	Relapse Prevention Gym (12-1)	Nutrition Education Learning Kitchen (12-1)	Culinary Nutrition Learning Kitchen (12-1)
11:00 AM		Lunch (1-1:45)	Lunch (1-1:45)		Lunch (1-1:45)
11:30 AM	Meditation (2-2:30) Multipurpose room	Drumming Gym (2-3)	Meditation or Pet Therapy (weekly rotation) Gym (2-2:30)	Recreation Therapy Gym (2-3)	Meditation (MPR) multipurpose room (2-2:30)
12:00 PM		Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)		Horticulture Greenhouse (3-4)
12:30 PM	CBT Gym (2:30-4)	Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)	Horticulture Greenhouse (3-4)	SA Multipurpose room or Enrichment Gym (2:30-4)
1:00 PM					
1:45 PM	Depart	Depart	Depart	Depart	Depart
2:00 PM	CBT Gym (2:30-4)	Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)	Horticulture Greenhouse (3-4)	SA Multipurpose room or Enrichment Gym (2:30-4)
2:30 PM					
3:00 PM	CBT Gym (2:30-4)	Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)	Horticulture Greenhouse (3-4)	SA Multipurpose room or Enrichment Gym (2:30-4)
3:30 PM					
4:00 PM	Depart	Depart	Depart	Depart	Depart

**Subject to change.*



Virtual IOP Morning	Monday	Wednesday	Friday
9:00	Process Group	DBT	Self-Awareness
10:00	Integrative Activity	Integrative Activity	Integrative Activity
11:00	CBT	Managing Anxiety	Process
12:00	End	End	End

Virtual IOP Afternoon	Monday	Wednesday	Friday
1:00	Process Group	Process Group	Therapy Group
2:00	Integrative Activity	Integrative Activity	Integrative Activity
3:00	Therapy Group	Therapy Group	Process Group
4:00	End	End	End

**Subject to change.*



INTENSIVE OUTPATIENT 1 (IOP) EVENINGS			
TIME	MONDAY	WEDNESDAY	THURSDAY
6:00pm	Recreation Therapy	Art Therapy	Music Therapy
7:00pm	Process Group	Process Group	Process Group
7:45pm	Break	Break	Break
8:00pm	CBT/DBT(Didactic Group)	CBT/DBT(Didactic Group)	CBT/DBT(Didactic Group)
9:00pm	Departure	Departure	Departure

**Subject to change.*