



2016 WEEKLY SCHEDULE

Throughout the week psychosocial evaluations, discharge planning, physician visits, family and individual therapy take place. Several evening groups led by local Communities for Recovery staff.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 7:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:30 - 8:30	Breakfast/Meds	Breakfast/Meds	Breakfast/Meds	Breakfast/Meds	Breakfast/Meds
8:30 - 9:15	Morning Meditation/Goals	Morning Meditation/Goals	Morning Meditation/Goals	Morning Meditation/Goals	Morning Meditation/Goals
9:30 - 10:30	CD Education	12-Step Group	Dr. Loving Group	CD Education	CD Education
10:45 - 11:30	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall
11:30 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 - 1:15	Process Group	Process Group	Process Group	Process Group	Process Group
1:25 - 2:30	REC Therapy	REC Therapy	REC Therapy	Walk/Exercise	Walk/Exercise
2:40 - 3:25	Dr. Loving's Video	Walk/Exercise	Dual Diagnosis Group	CBT Group	Personal Time
3:35 - 4:30	DBT/CBT Group	Yoga	OT led Stress Management	Meditation Class	DBT/CBT Group
4:40 - 5:30	Walk/Exercise	Nursing Education	Walk/Exercise	Nursing Education	Expressive Activity
5:30 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner
6:30 - 7:00	Orientation and Coin Out	Orientation and Coin Out	Orientation and Coin Out	Orientation and Coin Out	Orientation and Coin Out
7:00 - 7:50	Yoga	Dual Diagnosis Recovery Anon.	Cross Talk	Back to Basics	Recovery Meeting
8:00 - 8:50	12-Step Group	Personal Time	Alumni Meeting	Personal Time	Personal Time
9:00 - 9:30	Journal	Journal	Journal	Journal	Journal
9:30 - 10:30	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up
10:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

	SATURDAY	SUNDAY
7:00 - 7:30	Wake Up	Wake Up
7:30 - 8:30	Breakfast/Meds	Breakfast/Meds
8:30 - 9:00	Morning Meditation/Goals	Morning Meditation/Goals
9:00 - 9:30	Nursing Education	Morning Meditation
9:30 - 10:30	CD Education	CD Education
10:45 - 11:30	Process Group	Process Group
11:30 - 12:30	Lunch	Lunch
12:30 - 3:25	Visitation*	Visitation
3:35 - 4:30	Guest Speaker	Nursing Education
4:40 - 5:30	Personal Time	AA Meeting
5:30 - 6:30	Dinner	Dinner
6:30 - 7:00	Orientation and Coin Out	Orientation and Coin Out
7:00 - 9:00	Therapeutic Movie	Dual Diagnosis Recovery
9:00 - 9:30	Therapeutic Movie	Journal
9:30 - 10:30	Clean Up	Clean Up
10:30	Bedtime	Bedtime

*Family therapy sessions by appointment.