



Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:50	Medication Time						
8:00 - 8:30	Breakfast						
8:30 - 9:00	Goals Group Planning - Led by Behavioral Therapist (BHT)						
9:00 - 9:50	Neurocognitive Behavioral Therapy						
10:00 - 10:50	Detox / Residential Groups: Cognitive Behavioral Therapy w/ Valerie	PHP / IOP Groups: Cognitive Behavioral Therapy w/ Virginia	Detox / Residential Groups: Cognitive Behavioral Therapy w/ Virginia	PHP / IOP Groups: Cognitive Behavioral Therapy w/ Chris	Detox / Residential Groups: Cognitive Behavioral Therapy w/ Chris	PHP / IOP Groups: Cognitive Behavioral Therapy w/ Valerie	Detox / Residential Groups: Cognitive Behavioral Therapy w/ Valerie
11:00 - 11:50	Detox / Residential Groups: Anxiety Reduction Techniques w/ Valerie	PHP / IOP Groups: Anxiety Reduction Techniques w/ Virginia	Detox / Residential Groups: DBT w/ Virginia	PHP / IOP Groups: DBT w/ Chris	Detox / Residential Groups: Building Healthy Relationships w/ Chris	PHP / IOP Groups: Building Healthy Relationships w/ Valerie	All Groups: Music & Art Therapy w/ Valerie
12:00 - 12:45	Lunch						
1:00 - 1:50	School					PHP / IOP Groups: Mental Health Counseling w/ Lena	All Groups: Activities w/ BHT Supervision
2:00 - 2:50	School					All Groups: Activities (including Wii / Board Games)	Detox / Residential Groups: Spirituality & Healing w/ Debra
2:50 - 3:00	Snack						
3:00 - 3:50	School					All Females: Pool Time w/ BHT Supervision	Detox / Residential Groups: Motivational Enhancement w/ Adam
4:00 - 4:50	Detox / Residential Groups: On-Site Activity w/ BHT Supervision	PHP / IOP Groups: Off-Site Activity w/ BHT Supervision	Detox / Residential Groups: Struggles with Substances w/ Brandi	PHP / IOP Groups: Off-Site Activity w/ BHT Supervision	Detox / Residential Groups: Self-Esteem Building Techniques w/ Valerie	PHP / IOP Groups: Yoga w/ Adam	All Groups: HIV & STD Education w/ Nursing Team
5:00 - 5:30	Medication Time						
5:30 - 6:00	Dinner						
6:00 - 6:30	Goals Group Wrap-Up - Led by BHT					Scheduled NA Meetings	Goals Group Wrap-Up - Led by BHT
6:30 - 7:00	Outside Rec / TV Time						Outside Rec / TV Time
7:00 - 8:00	Detox / Residential Groups: Teen Issues w/ Adam	PHP / IOP Groups: Depart for Off-Site AA Meeting	Sand Tray Therapy w/ Adam	Time for Individual Therapy w/ Adam	Detox / Residential Groups: The Cycle of Addiction w/ Liz & Lena	Depart for Off-Site AA Meeting	Game Night / Movie Night
8:00 - 9:00	Scheduled AA / NA Meetings						Scheduled NA / AA Meetings
9:00 - 9:45	Medication Time				Movie Night	Medication Time	
10:00	LIGHTS OUT						

Visitation Times

Sunday
 Detox / Residential Onsite 4 - 9pm
 PHP / IOP Off-Site 9 - 9pm

Monday
 Detox / Residential Onsite 4 - 9pm
 PHP / IOP Off-Site 4 - 9pm

Wednesday
 Detox / Residential Onsite 4 - 9pm
 PHP / IOP Off-Site 4 - 9pm

Saturday
 Detox / Residential Onsite 4 - 9pm
 PHP Off-Site 4 - 9pm
 IOP Off-Site 9 - 9pm

Key
 PHP - Partial Hospitalization
 IOP - Intensive Outpatient
 AA - Alcoholics Anonymous
 NA - Narcotics Anonymous
 DBT - Dialectical Behavior Therapy
 BHT - Behavioral Therapy