

## BLACK BEAR TPHP Schedule

Update: 2/18/2020

							Opuate: 2/10/2020
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workbook	RELATIONSHIPS	TRAUMA	MENTAL/PHYSICAL HEALTH	LIFE SKILLS	RELAPSE PREVENTION		
Pages	(pg. 209-222; pg.273-284)	(pg. 179-200)	(pg.29-98; pg.99-129)	(pg. 131-177)	(pg.19-27; pg.223-271)	*** ** ** ** ** **	
5:30-7:00	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End
5:00-6:30	GYM/ Men	GYM / Women	GYM/Men	GYM/Women	GYM/Men	GYM/Women	GYM/Closed
7:00-7:30	Daily Goal Setting In		Daily Goal Setting In	Daily Goal Setting In	Daily Goal Setting In	Daily Goal Setting In	Daily Goal Setting In
7.00-7.50	Recovery: (Facilitator Led)	Recovery: (Facilitator Led)	Recovery: (Facilitator Led)	Recovery: (Facilitator Led)	Recovery: (Facilitator Led)	Recovery: (Facilitator Led)	Recovery: (Facilitator Led)
7:00-9:00	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	9:10-10:40	9:10-10:40	9:10-10:40	9:10-10:40	9:00-9:45	8:40-11:30	Weekly Connections
	Process Group	Process Group	Process Group	Process Group	Expressing Gratitude &	Offsite AA Meeting,	You Choose:
	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	Affirmation in Recovery	Clarkesville	7:30-9:30
	Individual Therapist	Individual Therapist	Individual Therapist Office	Individual Therapist	(Facilitator Led)		Catholic Mass
9:10-10:40	Office	Office		Office			
					Developing Leadership		9:30-11:30
					Skills in Recovery		Church Service
					(Facilitator Led)		
							10:15-11:30
	Individual Reflection	Individual Reflection	Individual Reflection and	Individual Reflection	10:00-11:00	1	Meditation
	and Spiritual Growth		Spiritual Growth	and Spiritual Growth	State of The Program:		
10.40-11.10	Journal, decompress from	-	Journal, decompress from	Journal, decompress from	Behavior in Recovery		(MUST Go to One)
10.40-11.10	group, etc. in a quiet		group, etc. in a quiet place.	group, etc. in a quiet	(Facilitator Led)		
	place.	place.		place.	(=		
	11:00-1:15	Developing Structure in	Developing Structure in	Developing Structure in	11:00-1:15	-	
11:10-12:10	Entering the Recovery	Activities of Daily Living		Activities of Daily	Facing Triggers in		
See M, F for times specific to	Community	literivines of 2 and 21 mg	11001,10102 01 2 mily 21,111g	Living	Recovery		
off-site event.	(Facilitator Led)			En , mg	(Facilitator Led)		
11:30-1:30	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds
12:00-12:50	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Community: Problem	COED GROUP	COED GROUP	COED GROUP	COED GROUP	1:00-5:00	COED GROUP
	Solving Skills Group	Trauma Solutions	Medical/MAT	A Transformative Life in	Relapse Prevention	Off-Site Activity	Experience, Strength &
	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	Recovery (Facilitator Led)	Planning (Facilitator Led)	•	Hope in Recovery
2:00-3:00	COED GROUP	COED GROUP	COED GROUP	COED GROUP	COED GROUP	12:45-3:30	1:45 - 4:45
	DBT Skills:		DBT Skills:	DBT Skills:	DBT Skills:	Off-Site Activity	Approved Visitation
			Mindfulness				**
	Effectiveness		(Facilitator Led)				Offsite Activity
	(Facilitator Led)						1
2:00-3:00	Interpersonal Effectiveness	Distress Tolerance	Mindfulness	Emotional Regulation (Facilitator Led)	Clear Mind- Skills for Addiction Coping	On-site Activity	Offsite Activity

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Pages 2,20 5,20	(pg. 209-222; pg.273-284) Self Administered Meds	(pg. 179-200) Self Administered Meds	(pg.29-98; pg.99-129) Self Administered Meds	(pg. 131-177) Self Administered Meds	(pg.19-27; pg.223-271) Self Administered Meds	Self Administered Meds	Self Administered Meds
3:30-5:30							
3:00-4:00	TPHP H.O.W. Group	TPHP H.O.W. Group	TPHP H.O.W. Group	3:15-5P	TPHP H.O.W. Group	12:45-3:30	1:45 - 4:45
	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	Developing Healthy	(Facilitator Led)	Off-Site Activity	Approved Visitation
	<b>Codependency Group</b>	Grief and Loss	<b>Building Self-Esteem</b>	Expressions in Recovery	COED GROUP	Men:	O66-:4- A -4::4
	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	<b>Dual Recovery</b>	Developing Structure in	Offsite Activity
					Anonymous	Activities of Daily Living	
	CBT	PTSD	Life Challenge Group		(Facilitator Led)		
	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)			Women:	
					<b>Developing Creative Life</b>		
4:00-5:00			Adult Children of		•	Skills in Daily Action	
			Alcoholics		(Facilitator Led)		
			(Facilitator Led)				
			Professionals Group				
			(Facilitator Led)				
			By Invitation				
5:00-5:50	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner Off-Site
	5:45 - 7:00	Sober Fun: Movie Night,	Sober Fun: GAME	6:45-8:30	6:30 - 9:30	PM Social Activity	
6:00- 7:00	NA Meeting	Clarkesville	NIGHT!!	Recovery Dharma,	Celebrate Recovery	(Activity Varies)	
				Sautee			
7:00-8:00			6:50-8:15		6:20 - 9:15		7P-8:30P
			Clean in Clairmont,		AA Meeting, Clarkesville	Sober Fun: Movie Night	Shared Recovery
8:00-9:00			NA Meeting			(8-10)	Experiences
						(* = *)	(Facilitator Led)
8:30-10:30	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds	Self Administered Meds
9-10:30PM	GYM: Women	GYM: Men	GYM: Women	GYM: Men	GYM: Women	GYM: Men	GYM: Closed
	Personal Time/	Personal Time/	Personal Time/ Homework/	Personal Time/	Personal Time/	Personal Time	Personal Time
0.00 10 00	Homework/ Reading/	Homework/ Reading/	Reading/ Self Reflection/	Homework/ Reading/	Homework/ Reading/		
9:00-10:00	Self Reflection/	Self Reflection/	Journaling	Self Reflection/	Self Reflection/		
				1		1	1
	Journaling	Journaling		Journaling	Journaling		