

## Residential Schedule

Update: 2/18/2020

	ODOL						Update: 2/18/2020
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workbook	RELATIONSHIPS	TRAUMA	MENTAL/PHYSICAL HEALTH	LIFE SKILLS	RELAPSE PREVENTION	RECOVERY FOCUS	SPIRITUALITY
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)	(pg. 1-17; pg. 285) AA/NA	(pg.201-207)
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
7.00 7.20	Daily Goal Setting In	Daily Goal Setting In	Daily Goal Setting In Recovery	Daily Goal Setting In	Daily Goal Setting In	Daily Goal Setting In	Daily Goal Setting In
7:00-7:30	Recovery (Facilitator Led)	Recovery (Facilitator Led)	(Facilitator Led)	Recovery (Facilitator Led)	Recovery (Facilitator Led)	Recovery (Facilitator Led)	Recovery (Facilitator Led)
7:00-9:00	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
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	COED GROUP	COED GROUP	COED GROUP
	Process Group	Process Group	•	Process Group	9:00-10A	9:00-10:15	9:00-10:15
	(Facilitator Led)	(Facilitator Led)	•	(Facilitator Led)	Expressing Gratitude &	Truth about Living in	Spirituality: The Soul of
	Individual Therapist Office	Individual Therapist Office	Individual Therapist Office	Individual Therapist Office	Affirmation in Recovery	Recovery	Recovery
9:10-10:40					(Facilitator Led)	(Facilitator Led)	(Facilitator Led)
					Davidania a Landanahia		Quiet Prayer/Meditation/
					Developing Leadership Skills in Recovery		Reflection/Reading
					(Facilitator Led)		(Facilitator Led)
	Individual Reflection and	Individual Reflection and	Individual Reflection and	Individual Reflection and	10:00-11:00	10:30 - 11:45	10:30-11:45
	Spiritual Growth	Spiritual Growth	Spiritual Growth	Spiritual Growth	State of The Program:	Anger Management	Developing Creative Life
10:40-11:10	Journal, decompress from	Journal, decompress from	Journal, decompress from group,	Journal, decompress from	Behavior in Recovery	(Facilitator Led)	Skills in Recovery
	group, etc. in a quiet place.	group, etc. in a quiet place.	etc. in a quiet place.	group, etc. in a quiet place.	(Facilitator Led)	(i domitator Lea)	(Facilitator Led)
11:10-12:10	Developing Structure in	Developing Structure in	Developing Structure in	Developing Structure in	Developing Structure in	†	(rasimator 200)
	Activities of Daily Living	Activities of Daily Living	Activities of Daily Living	Activities of Daily Living	Activities of Daily Living		
11:30-1:30	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
12:00-12:50	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12.00 12.00	Community/Problem	Trauma Solutions	Medical/MAT	A Transformative Life in	Relapse Prevention	Motivational Techniques in	12:45-1:30
	Solving Skills Group	(Facilitator Led)		Recovery	Planning	Recovery: Intentional	Developing Creative Life
	(Facilitator Led)	(* 3033333)	(* 2011/2011	(Facilitator Led)	(Facilitator Led)	Positivity	Skills in Recovery: Musical
	ľ	Pause for PAWS	Pause for PAWS	,		(Facilitator Led)	Expressions
		(Facilitator Led)	(Facilitator Led)		Pause for PAWS		(Facilitator Led)
					(Facilitator Led)		
1:00-2:00							Experience, Strength &
							Hope in Recovery
							(Facilitator Led)
							1
							1:45-4:45
							Visitation, Phone calls for those without visitors
	DBT Skills:	DBT Skills:	DBT Skills:	DBT Skills:	DBT Skills:	Facing Feelings In	Women:
	Interpersonal	Distress Tolerance		Emotional Regulation	Clear Mind- Skills for	Recovery	Developing Healthy
	Effectiveness	(Facilitator Led)	(Facilitator Led)	(Facilitator Led)	Addiction Coping	(Facilitator Led)	Relationships in Early
	(Facilitator Led)				(Facilitator Led)		Recovery
2:00-3:00							(Facilitator Led)
		1			Family Program Group		Men:
					/		B (1 1 B
					(Facilitator Led)		Practicing Recovery Skills
					(Facilitator Led) Invitation Only		in Daily Action: Treatment
					(Facilitator Led) Invitation Only		in Daily Action: Treatment Plan/Guided Journaling
					(Facilitator Led) Invitation Only		in Daily Action: Treatment

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3:30-5:30	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
3:00-4:00	Homework Hour	Homework Hour	Homework Hour Intro to Aftercare (3PM) (Facilitator Led) Intro to MAP (3:30PM) (Facilitator Led)	Homework Hour	Homework Hour	Women: Developing Structure in Activities of Daily Living (Facilitator Led)  Men: Practicing Recovery Skills in Daily Action: Treatment Plan/Guided Journaling	Women: Developing Structure in Activities of Daily Living (Facilitator Led)  Men: Developing Healthy Relationships in Early Recovery
4:00-5:00	COED GROUPS Codependency (Facilitator Led)  CBT (Facilitator Led)	COED GROUPS Grief and Loss (Facilitator Led)  PTSD (Facilitator Led)	_	COED GROUPS Diversity (Facilitator Led) Parenting (Facilitator Led)	COED GROUPS Dual Recovery Anonymous (Facilitator Led)  Developing Creative Life Skills in Recovery (Facilitator Led)	Men: Developing Structure in Activities of Daily Living Women: Practicing Recovery Skills in Daily Action	Men: Developing Structure in Activities of Daily Living Women: Practicing Recovery Skills in Daily Action
		Invitation Only	Adult Children Of Alcoholics (Facilitator Led)  Professionals Group (Facilitator Led)			Treatment Plan/Guided Journaling	Treatment Plan/Guided Journaling
5:00-5:50	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Smart Recovery (Facilitator Led) Women:	Tobacco Sobriety Group (Facilitator Led)  Men:	Sober Fun In Recovery: GAME NIGHT!! (Facilitator Led)	(Facilitator Led)  Caduceus Group	Tobacco Sobriety Support Group (Facilitator Led)	COED GROUP Recovery Life Skills: How it Works (Facilitator Led)	Living in Gratitude: Daily Inventory (Facilitator Led)
6:00-7:00	Workout/Gym/Self-Care	Workout/Gym/Self-Care		(Facilitator Led) by Invitation  Men: Workout/Gym/Self-Care	Women: Workout/Gym/Self-Care		
7:00-8:00	Inventory (Facilitator Led)	Step Study (Facilitator Led)	Inventory (Facilitator Led)	Living in Gratitude: Daily Inventory (Facilitator Led)	Inventory (Facilitator Led)	Living in Gratitude: Daily Inventory (Facilitator Led)	COED GROUP- 7P-8:30P Shared Recovery Experiences (Facilitator Led)
8:00-9:00	COED GROUP 12 Step Meeting	Living in Gratitude: Daily Inventory	8:00-10:00 Recovery Based Movie Night	COED Group  NA Meeting	NA Meeting	8:00-10:00 Sober Fun: Movie Night	
8:30-10:30	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
9:00-10:00	Reading/ Self Reflection/ Journaling	Reading/ Self Reflection/ Journaling	8:00-10:00 Recovery Based Movie Night	Personal Time/ Homework/ Reading/ Self Reflection/ Journaling	Journaling	Sober Fun: Movie Night	Personal Time/ Homework/ Reading/ Self Reflection/ Journaling
10:00	Good Night/Lights Out	Good Night/Lights Out	Good Night/Lights Out	Good Night/Lights Out	Good Night/Lights Out	Good Night/Lights Out	Good Night/Lights Out