



TPHP Schedule

Update: 2/18/2020

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workbook Pages	RELATIONSHIPS (pg. 209-222; pg.273-284)	TRAUMA (pg. 179-200)	MENTAL/PHYSICAL HEALTH (pg.29-98; pg.99-129)	LIFE SKILLS (pg. 131-177)	RELAPSE PREVENTION (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 Recovery: (Facilitator Led)	Daily Goal Setting In Recovery: (Facilitator Led)	Daily Goal Setting In Recovery: (Facilitator Led)	Daily Goal Setting In Recovery: (Facilitator Led)	Daily Goal Setting In Recovery: (Facilitator Led)	Daily Goal Setting In Recovery: (Facilitator Led)	Daily Goal Setting In 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 Process Group (Facilitator Led) Individual Therapist Office	9:10-10:40 Process Group (Facilitator Led) Individual Therapist Office	9:10-10:40 Process Group (Facilitator Led) Individual Therapist Office	9:10-10:40 Process Group (Facilitator Led) Individual Therapist Office	9:00-9:45 Expressing Gratitude & Affirmation in Recovery (Facilitator Led) Developing Leadership Skills in Recovery (Facilitator Led)	8:40-11:30 Offsite AA Meeting, Clarkesville	Weekly Connections You Choose: 7:30-9:30 Catholic Mass 9:30-11:30 Church Service 10:15-11:30 Meditation (MUST Go to One)
10:40-11:10	Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	10:00-11:00 State of The Program: Behavior in Recovery (Facilitator Led)		
11:10-12:10 <i>See M, F for times specific to off-site event.</i>	11:00-1:15 Entering the Recovery Community (Facilitator Led)	Developing Structure in Activities of Daily Living	Developing Structure in Activities of Daily Living	Developing Structure in Activities of Daily Living	11:00-1:15 Facing Triggers in Recovery (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 Solving Skills Group (Facilitator Led)	COED GROUP Trauma Solutions (Facilitator Led)	COED GROUP Medical/MAT (Facilitator Led)	COED GROUP A Transformative Life in Recovery (Facilitator Led)	COED GROUP Relapse Prevention Planning (Facilitator Led)	1:00-5:00 Off-Site Activity	COED GROUP Experience, Strength & Hope in Recovery
2:00-3:00	COED GROUP DBT Skills: Interpersonal Effectiveness (Facilitator Led)	COED GROUP DBT Skills: Distress Tolerance (Facilitator Led)	COED GROUP DBT Skills: Mindfulness (Facilitator Led)	COED GROUP DBT Skills: Emotional Regulation (Facilitator Led)	COED GROUP DBT Skills: Clear Mind- Skills for Addiction Coping	12:45-3:30 Off-Site Activity	1:45 - 4:45 Approved Visitation Offsite Activity

