Residential Schedule

Phone Calls May be Made: 8AM-9AM* 3:45PM-5PM 8:45PM-9:45PM



*Gym Schedule Posted on Activities Board

*Sign-Up with RA Required

Updated: 11/12/2024

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)
5:45-7:00	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End
	Recovery	Daily Goal Setting In Recovery Ballroom Main	Daily Goal Setting In Recovery Ballroom Main	Daily Goal Setting In Recovery Ballroom Main	Daily Goal Setting In Recovery Ballroom Main	Daily Goal Setting In Recovery Ballroom Main	Daily Goal Setting In Recovery Ballroom Main
7:30-9:00	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
8:00-9:00	Breakfast *	Breakfast * Breakfa	et * Breakfast * Bre	akfast * Breakfast	•	akfast * Breakfast	* Breakfast
9:00-10:00	Activities of Daily Living Self-Care, Meditation, Quiet Time OR Individual Reflection and Spiritual Growth Journal, decompress from	Developing Structure in Activities of Daily Living Self-Care, Meditation, Quiet Time OR Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	Developing Structure in Activities of Daily Living Self-Care, Meditation, Quiet Time OR Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	Developing Structure in Activities of Daily Living Self-Care, Meditation, Quiet Time OR Individual Reflection and Spiritual Growth Journal, decompress from group, etc. in a quiet place.	Break 11:00-11:45 Relapse Prevention	COED GROUP 9:00-10:15 Truth about Living in Recovery Ballroom Main	COED GROUP 9:00-10:15 Spirituality: The Soul of Recovery Clinical/Theatre Quiet Prayer/ Meditation/ Reflection/Reading RA/Women's Community Room
	(Combined) Ballroom Main	10:10-11:45 Process Group Your Therapist's Office	10:10-11:45 Process Group Your Therapist's Office	10:10-11:45 Process Group Your Therapist's Office	-Ballroom Main	COED GROUP 10:30 - 11:45 Anger Management Ballroom Main	COED GROUP 10:30-11:45 Developing Creative Life Skills in Recovery Theatre
44.00 4.00	Madiantian Dasa	Madiantian Daga	Madiantian Daga	Madiantian Daga	Madiestics Dees	Madiantian Dans	Medication Dass
11:30-1:00 12:00-1:00		Medication Pass	Medication Pass ch * Lunch * Lunch	Medication Pass	Medication Pass		Medication Pass
		COED GROUP	COED GROUP	COED GROUP			COED GROUP
	Solving Skill Group Men: Ballroom Main Women: Ballroom 232	Trauma Solutions	Medical Lecture/PAWS Ballroom Main	A Transformative Life in Recovery Theatre		Motivational Techniques in Recovery: Intentional Positivity Ballroom Main	Developing Creative Life Skills in Recovery: Musical Expressions RA/Theatre

TIME	Ballroom Main	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workbook Pages	Individual Reflection and Spiritual Growth	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)	RECOVERY FOCUS (pg. 1-17; pg. 285) AA/NA	SPIRITUALITY (pg.201-207)
	COED GROUPS CBT Ballroom Main		COED GROUP DBT Ballroom	I =	COED GROUP Path to Recovery Ballroom Main	COED GROUP Facing Feelings In Recovery Clinical/Ballroom Main	COED GROUP Starts @ 2:30P Experience, Strength, and Hope in Recovery Lodge- Mentors Only
		Women: Ballroom 108					2-4PM In-Person Visitation *If you do not have visitors you will be permitted 1 (10-15 min) phone call in leu of visitation
4:00-5:30	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
3:00-4:00	COED GROUP Grief and Loss Ballroom Main	Codependency/ACOA	COED GROUP CBT/ACT Ballroom Main	SLA: Sex and Love Addiction Men: Ballroom Main Women: Ballroom 232	COED GROUP Alumni/Recovery Solutions Ballroom Main	Developing Structure in Activities of Daily Living Self-Care, Meditation, Quiet Time	Practicing Recovery Skills in Daily Action: Treatment Plan/Guided Journaling
0.0000							
	Homework Hour	Homework Hour	Homework Hour	Homework Hour	Homework Hour		Developing Structure in
	Self-Care, Meditation, Quiet Time		Self-Care, Meditation, Quiet Time	Self-Care, Meditation, Quiet Time	Self-Care, Meditation, Quiet Time	Skills in Daily Action: Treatment Plan/Guided Journaling	Activities of Daily Living Self-Care, Meditation, Quiet
							Time
5:00-6:00	Dinner * Dinn	rer * Dinner * Dinn	er * Dinner * Dinne	r * Dinner * Dinn	er * Dinner * Din		vner * Dinner
	AA Meeting Men: Ballroom Main	_	Game Night/Karaoke Ballroom Main	Step Study (Steps 1-3) Men: Ballroom Main	Nicotine Sobriety Support Group	6:00-8:00 Movie Night or	COED GROUP- 6P-7:30P
	_	Recovery Dharma Group Women: Ballroom 232		Smart Recovery	Men: Ballroom Main NA Meeting	Art/Homework Ballroom Main	Shared Recovery Experience Outside or Staff Speaker
					Women: Ballroom 232		Theatre
	Smart Recovery Men: Ballroom Main	Men: Ballroom Main	7:00pm-9:00pm Recovery Movie Night or Art/Homework	Smart Recovery Men: Ballroom Main	NA Meeting Men: Ballroom Main		
	AA Meeting Women: Ballroom 232		Ballroom Main	Step Study (Steps 1-3) Women: Ballroom 232	Nicotine Sobriety Support Group Women: Ballroom 232		
8:00-9:00	Living in Gratitude and Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom 232	Living in Gratitude and Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom 232		Living in Gratitude and Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom 232	Living in Gratitude and Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom 232	Living in Gratitude and Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom 232	Living in Gratitude and Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom 232
8:00-8:30	Gnack * Gna	ick * Gnack * Gnacl	k * Gnack * Gnack *	Snack * Snack * 9	Gnack * Gnack * G	nack * Gnack * Gn	ack * Gnack
8:30-10:00	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
	Personal Time/	Personal Time/ Homework/)	Personal Time/	Personal Time/	Personal Time/	Personal Time/
	Homework/ Reading/ Self Reflection/ Journaling	_	Wellness: Daily Inventory Men: Ballroom Main Women: Ballroom Lower	Homework/ Reading/ Self Reflection/ Journaling	Homework/ Reading/ Self Reflection/ Journaling	_	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