

Adolescent Transitional Living Program: DBT Mindfulness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	9:00 Wake Up/ Breakfast/Chores	9:00 Wake Up/ Breakfast at Lodge
8:30- 9:15	Community Meeting/Goal Planning/Meditation	Community Mtg- Medication and Health Education	Community Meeting/Goal Planning/Meditation	Community Meeting/Goal Planning/Meditation	Community Meeting/Goal Planning/Meditation	10:00 Community Meeting 10:30 Pet Therapy	10:00 Community Meeting 10:30 Chores
9:30-10:30& 10:35-11:35	School	School	School	School	School	11:00 Art Therapy	11:00 Art Therapy
12:00-12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:45	Homework Review/Behavioral Chain Analysis	Homework Review	Homework Review	Homework Review	Homework Review	Gym/Ropes Course	Gym/Ropes Course
2:00-2:45	Mindfulness Overview & States of Mind	Mindfulness What & How Skills	Mindfulness- Putting It All Together	Middle Path: Dialectics	Middle Path: Validation; Crisis Survival Kits	2:00-3:30 Visiting Hours	2:00-3:30 Visiting Hours
3:00-3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group		
4:00-4:45	Recreational Therapy	Recreational Therapy	Library	Horticulture Therapy	Recreational Therapy	Horticulture Therapy	3:30-5 Cinema Therapy Part I
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-6:45	Art Therapy	Art Therapy	Recreational Therapy	Recreational Therapy	Art Project/ Game Night	5:30 – 6:30 Writing Workshop	5:30 – 6:30 Cinema Therapy Part II
7:00-7:45	Homework	Homework	7:15- 8:00 Visiting	Homework		6:30 – 7:30 Yoga	6:30 – 7:30 Homework
8:00-8:45	DBT Meeting	DBT Meeting	DBT Meeting	DBT Meeting	DBT Meeting	7:30-8:30 DBT Meeting	7:30-8:30 DBT Meeting
9:00-9:30	Goals Review/ Wrap Up	Goals Review/ Wrap Up	Goals Review/ Wrap Up	Goals Review/ Wrap Up	Goals Review/ Wrap Up	Goals Review/Wrap Up	Goals Review/Wrap Up
9:30-10:00	Chores	Chores	Chores	Chores	9:30-11:00 Movie Night	9:30-11:00 Recreation	Recreation
10:00	In Room	In Room	In Room	In Room	11:00 In Room	11:00 In Room	In Room
10:30	Lights Out	Lights Out	Lights Out	Lights Out	11:30 Lights Out	11:30 Lights Out	Lights Out

Family Group Wed 5:45 -7:15; DBT Track in Jurgenson Building and Dual Track in the Lodge

Visiting Hours Wed 7:15- 8:00, Sat & Sun 2:00-3:30

Parents Al-Anon Wed 8:00-9:30 Jurgenson Building