

INPATIENT MAIN 1/INPATIENT LODGE

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00	ADL'S/VITALS	ADL'S/VITALS	ADL'S/VITALS	ADL'S/VITALS	ADL'S/VITALS	ADL'S/VITALS	ADL'S/VITALS
8:30 - 9:00	BREAKFAST*						BREAKFAST*
9:15 - 9:30	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR
9:45 - 10:15	GOALS GROUP (PT)	GOALS GROUP (PT)	GOALS GROUP (PT)	GOALS GROUP (PT)	GOALS GROUP (PT)	GOALS GROUP (PT)	GOALS GROUP (PT)
10:15 - 11:00	LIBRARY	MEDITATION (VOL)	PET THERAPY (VOL)	MEDITATION (VOL)	10:30 - 11:00 NUTRITION (NUTR)	10:00 - 10:45 Yoga	10:00 - 11:00 OPEN GYM/ HORTICULTURE THERAPY
11:00 - 11:30	JOURNALING		10:45 - 11:30 MEN'S/ WOMEN'S (RN/PT)			11:00 - 12:00 ART THERAPY (AT)	
11:30 - 12:15	OPEN GYM (PT)	OPEN GYM (PT)	WELLNESS THERAPY (REC TH)	LIBRARY (PT)	WELLNESS THERAPY (REC TH)		11:15 - 12:15 BRUNCH*
12:00	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS
12:30 - 1:15	LUNCH*					12:30 - 1:30 LUNCH*	
	VISTING HOURS 12:30 - 3:00						
1:15 - 1:30	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR
1:30 - 2:00	HEALTH & MEDICATION EDUCATION (RN)	NON PHARMACOLOGICAL INTERVENTIONS FOR PAIN (RN)	OUTDOOR ACTIVITY/ MUSIC GROUP (PT)	SLEEP HYGIENE (RN)	SMOKING CESSATION (RN)	HEALTH & MEDICATION EDUCATION (RN)	1:30 - 2:00 INTERFAITH CHAPEL SERVICE
2:00 - 2:45	RELATIONSHIPS IN RECOVERY (SW)	SELF-ESTEEM (SW)	DBT OVERVIEW (SW)	DBT EMOTIONAL REGULATION (SW)	STRESS MANAGEMENT (SW)	GYM (PT)	2:30 - 3:30 FAMILY FORUM
2:45 - 3:00	INTRO RECOVERY SUPPORT PROGRAM			INTRO RECOVERY SUPPORT PROGRAM			
3:00 - 3:45	HORTICULTURE THERAPY (HT)	COGNITIVE BEHAVIORAL THERAPY (SW)	SPIRITUALITY (SPIR COUNS)	ACCEPTANCE/ DISTRESS TOLERANCE (SW)	DISCHARGE PLANNING (SW)	3:00 - 4:00 HORTICULTURE THERAPY (AT)	
3:45	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS
4:00 - 4:15	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR
4:15 - 5:00	JOURNALING	Yoga			JOURNALING	RECOVERY DISCUSSION MEETING (VOL)	RECOVERY DISCUSSION MEETING (VOL)
	VISITING HOURS 5:00 - 6:30						
5:00 - 5:45	DINNER*					DINNER*	
6:00 - 6:15	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR
7:30	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS	VITALS
7:30 - 8:15	RECOVERY DISCUSSION MEETING (VOL)	RECOVERY DISCUSSION MEETING (VOL)	JOURNALING	JOURNALING	RECOVERY DISCUSSION MEETING (VOL)	7:30 - 8:30 AA MEETING @ MARTIN CTR	7:30 - 8:30 AA MEETING @ MARTIN CTR
8:30 - 9:30	NA MEETING @ MARTIN CENTER	JOURNALING	AA MEETING @ MARTIN CTR	AA MEETING @ MARTIN CENTER	MOVIE NIGHT (RN)	JOURNALING	JOURNALING
9:30 - 10:00	WRAP UP (PT)	WRAP UP (PT)	WRAP UP (PT)	WRAP UP (PT)	WRAP UP (PT)	WRAP UP (PT)	WRAP UP (PT)
10:15 - 10:30	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR	FRESH AIR

Wednesday 7:00 - 7:30pm Begnrs Al-Anon Mtg @ Jurgenson Front Lobby
7:30 - 9:00pm Parents Al-Anon Mtg @ Jurgenson Room 1

Sunday 2:30 - 3:30
Sunday 10:30 - 12:00pm

Family Forum @ Main House
Al-Anon Mtg @ Martin Center- Pavillion

*If EDO track, meals are served at 8am, 12pm, and 5pm daily