

WEEKLY SCHEDULE:

ADOLESCENT PROGRAM – INPATIENT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15	BREAKFAST					8:30 – 9:00 BREAKFAST (EDO) 9:30 – 9:50 BREAKFAST	
9:00-9:15	GOALS GROUP						
9:15 – 11:15	SCHOOL					9:50 – 10:00 GOALS GROUP	10:00 – 10:30 GOALS GROUP
						10:30 – 11:00 PET THERAPY	10:30 – 11:15 MEDICATION EDUCATION
11:30 –12:15	MEDITATION	MUSIC THERAPY	PET THERAPY	RECOVERY DISCUSSION	MEDITATION	11:15 – 12:00 HORTICULTURE THERAPY	11:15 – 12:00 BRUNCH
12:30 – 1:15	LUNCH					12:30 – 1:00 LUNCH	12:30 – 1:30 FAMILY FORUM
1:00 – 1:45	ADDICTION PROCESS	MANAGING EMOTION	SELF ESTEEM	COPING WITH LOSS AND CHANGE	COPING SKILLS	1:00 – 4:00 VISITING	1:30 – 4:00 VISITING HOURS
2:00 – 2:45	SPIRITUALITY	DISTRESS TOLERANCE	FAMILY DYNAMICS & ADDICTION	LIBRARY	INTERPERSONAL EFFECTIVENESS		
3:00 – 3:45	RECREATIONAL THERAPY - GYM	GYM	RECREATIONAL THERAPY	RECREATIONAL THERAPY	RECREATIONAL THERAPY	RECOVERY DISCUSSION	RECOVERY DISCUSSION
4:00 – 4:45	OPEN	EXPRESSIVE WRITING	ART THERAPY (w/ Katie)	YOGA	OPEN	3:45– 4:45 GYM	3:45– 4:45 GYM
5:00 – 5:45	DINNER						
6:30 – 7:30	OPEN	CINEMA THERAPY/ROOM TIME (optional)	OPEN	OPEN	CINEMA THERAPY/ROOM TIME (optional)	CINEMA THERAPY	CINEMA THERAPY/ROOM TIME (optional)
7:30 – 8:30	VISITING HOUR	VISITING HOUR	VISITING HOUR	VISITING HOUR	VISITING HOUR		
8:30 - 8:45	COMMUNITY MTG/ WRAP UP	COMMUNITY MTG/ WRAP UP		COMMUNITY MTG/ WRAP UP	COMMUNITY MTG/ WRAP UP		8:30 – 9:15 COMMUNITY MTG/ WRAP UP
8:45 - 9:45	GROUP ACTIVITY		9:15 – 9:45 COMMUNITY MTG/ WRAP UP	8:45 – 9:30 GROUP ACTIVITY	GROUP ACTIVITY	9:00 – 9:30 WRAP UP	9:15 – 9:45 ACTIVITY
9:45 - 10:00	CLEAN UP, LAST SNACK			9:30 CLEAN UP	CLEAN UP, LAST SNACK	CLEAN UP, LAST SNACK & DRINK	CLEAN UP, LAST SNACK & DRINK
10:00	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW