

Adult Treatment Program Schedule										
	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday	
8:00	Morning Medications	Gym	Morning Medications	Morning Medications	Morning Medications	Morning Medications	Morning Medications	Morning Medications	Morning Medications	Gym
							Mindful Meditation		Mindful Meditation	
9:00		Team Rounds: Sanches/ Hurdiss/ Yurewicz	Compassion Focused Therapy with Dr. Arnold & Ciara Crighton	Identity Group with Dr. Neff	Community Meeting	Gym	Wellness Planning Orientation	Gym	Gardening	
10:00			Healthy Relationships with Isha Fletcher	Shame Resilience with Elsa Kelati	Dimensions of Wellness with Chris Webb and Devon Colvin	Mood & Anxiety: CBT with Jared Broussard	Outdoor Activity		Outdoor Activity	
11:00	Mood & Anxiety: Yoga		Addictions Education	Addictions Process Group	Mood & Anxiety: ACT 2 with Jared Broussard	Shame Resilience with Elsa Kelati	Music Therapy		Christian Services 11:00 - 11:30	
11:50 - 12:30	Lunch		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	RO-DBT with Erin MacInerney & Carolyn Cohen	DBT with Elsa Kelati	Outcomes/Research with Chase Boyd	Mentalizing & Trauma with Dr. Rucker	RO-DBT with Erin MacInerney & Carolyn Cohen	DBT with Elsa Kelati	Mentalizing in Relationships with Dr. Rucker	Safety Planning Group 1:00 - 1:30	Recovery JumpStart	Interfaith Services 1:00 - 1:30
2:00	Understanding Trauma with Dr. Neff		Group Psych: Yang/Rucker Lira/Crighton Cohen/Viramontes	Drumba/pet therapy (every 2nd week)	Understanding Trauma with Dr. Neff	Group Psych: Yang/Rucker Lira/Crighton Cohen/Viramontes		Perfectionism with Chris Webb	AA	Crafts
3:00	Gym		Mood & Anxiety: Suicide Resilience with Dr. Yang	Gym	Addiction Recovery Maintenance	Jewelry Making Craft Room	DBT Skills workshop with Chris Webb			
4:00	Mood & Anxiety: ACT 1 with Dr. Arnold		Gym	Creative Expressions	Gym	Smart Recovery	Crafts in Craft Room		Crafts in the Craft Room Grief Transitions with Reverend DelMundo	
5:00	Highs at 5 (Main Lounge)		Highs at 5 (Main Lounge)	Highs at 5 (Main Lounge)	Highs at 5 (Main Lounge)	Highs at 5 (Main Lounge)	Highs at 5 (Main Lounge)		Highs at 5 (Main Lounge)	
5:15 - 5:50	Dinner		Dinner	Dinner	Dinner	Dinner	Dinner		Dinner	
6:00	NA (Boardroom)	Virtual Visits 6:00 - 8:30	Safety Planning Group	Refuge Recovery (Boardroom)	Recreational Therapy	NAMI Resources Boardroom 6:00 - 7:30	New Patient Orientation (1x only)	Virtual Visits	Virtual Visits 6:00 - 8:30	Gym
7:00			ACA	AA	Virtual Visits	NA 7:30 - 8:30	Gym			Smart Recovery
8:00										
9:00	Sleep Promotion Group		Sleep Promotion Group	Sleep Promotion Group	Sleep Promotion Group	Sleep Promotion Group	Sleep Promotion Group		Sleep Promotion Group	
Key	Core Referral Groups		Nursing/Visits/Support Groups	Wellness / Leisure	Addiction & Recovery Pathway	DBT Pathway	RO-DBT Pathway	Mood & Anxiety Pathway	Trauma Pathway	