

ATP Program Schedule – Summer 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
07:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	07:30		
07:45	Daily Goals/PHP Check-In	Daily Goals/PHP Check-In	Daily Goals/PHP Check-In	Daily Goals/PHP Check-In	Daily Goals/PHP Check-In	Daily Goals	Daily Goals	07:45		
08:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	08:00		
08:30	School/Team Rounds/ RN Assessment	School/Team Rounds/ RN Assessment	School/Team Rounds/ RN Assessment	School/Team Rounds/ RN Assessment	School/Team Rounds/ RN Assessment	Study Hall	Smart Recovery	08:30		
09:00										
09:30										
10:00										
10:00	Brain Break	Brain Break	Brain Break	Brain Break	Brain Break	Chores	Chores	10:00		
10:30	Brain Break	Brain Break	Brain Break	Brain Break	Brain Break	Chores	Chores	10:30		
11:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	11:00		
12:00	Process Group	Progress Group	Process Group	Process Group	Process Group	Recreation Therapy	Team UP	12:00		
12:30							Chapel	12:30		
01:00	Gym/Individual or Family Therapy	Gym/Individual or Family Therapy	Gym/Individual or Family Therapy	Gym/Individual or Family Therapy	Gym/Individual or Family Therapy	Gym	Gym	01:00		
02:00	Acceptance and Commitment Therapy (ACT)/ Psychological Testing	Narrative Therapy	Acceptance and Commitment Therapy (ACT)/ Psychological Testing	Narrative Therapy	Mentalizing Behavior Therapy (MBT)/ Psychological Testing	Healthy Lifestyles/Life Skills	Values & Meaning	02:00		
03:00	Outcomes	Reaching Recovery* Shame Resilience	Reaching Recovery* Music Therapy Psychological Testing	Reaching Recovery* Social Skills/ Ask the Doc	Reaching Recovery* Self-Esteem	Recreation Therapy	Recreation Therapy	03:00		
03:30								03:30		
03:45	Evening Kickoff	Evening Kickoff	Community Meeting	Evening Kickoff	Evening Kickoff	Evening Kickoff	Evening Kickoff	04:00		
04:00	Dialectical Behavior Therapy (DBT)	Creative Therapy	Cognitive Behavioral Therapy (CBT)	Creative Therapy	Dialectical Behavior Therapy (DBT)	Mindfulness	Mindfulness	04:15		
04:45	Dinner/PHP Check-Out	Dinner/PHP Check-Out	Dinner/PHP Check-Out	Dinner/PHP Check-Out	Dinner/Games/Movie (Family welcome until 8:30 pm)	Dinner	Dinner	04:45		
06:00	Recreation Therapy	Creative Expressions	Recreation Therapy	Fitness Fun		Newcomer's Group & Intro to DBT Skills	Yoga	06:00		
06:30								06:30		
07:00	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower				Movie & Snacks	Creative Expressions/Crafts	07:00
07:30	DBT Skills Practice	Skills Reinforcement/ Safety Planning	Newcomer's Group	DBT Skills Practice						Teen Government
08:00			Self-Soothe		08:00					
08:30	Wrap Up Group/Snacks	Wrap Up Groups/Snacks	Wrap Up Groups/Snacks	Wrap Up Group/Snacks	Wrap Up Group/Snacks	08:30				
09:00	Medications	Medications	Medications	Medications	Wrap Up Group/Snacks	Wrap Up Group	Medications	09:00		
09:15	Sleep Hygiene	Sleep Hygiene	Sleep Hygiene	Sleep Hygiene	Medications	Medications	Sleep Hygiene	09:15		
10:00	Bedtime	Bedtime	Bedtime	Bedtime	Sleep Hygiene	Sleep Hygiene	Bedtime	10:00		
10:30					Bedtime	Bedtime		10:30		