

Summer

Compass Program Patient Schedule

Updated: 7/15/2022 - cp

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
6:00 AM								6:00 AM
6:30 AM			All Recovery Meeting 6:45 - 7:30		All Recovery Meeting 6:45 - 7:30			6:30 AM
7:00 AM								7:00 AM
7:30 AM	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	7:30 AM
8:00 AM	Individual Leisure 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:50	Nursing Reassessments 8:00 - 9:00	8:00 AM
8:30 AM	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Nursing Reassessments 9:00 - 10:00	Pool (with CPAS) 9:00 - 9:50	8:30 AM
9:00 AM								
9:30 AM	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	Outcomes Group 9:30 - 10:30	Individual Appts. 9:30 - 10:00	Individual Appointments 9:30-10:30	Pool (with CPAS) 10:00 - 11:30	Individual Leisure 10:00 - 10:50	9:30 AM
10:00 AM								
10:30 AM	Mentalizing 10:30 - 11:20	Community Meeting 10:30 - 11:20	Recovery Planning 10:30 - 11:20	Social Skills and Role Play 10:00 - 11:20	Coping with Trauma 10:30 - 11:20		Christian Services 11:00 - 11:30	10:30 AM
11:00 AM								11:00 AM
11:30 AM	Lunch (ED Track) 11:40-12:45	Lunch (ED Track) 11:40-12:45	Lunch (ED Track) 11:40-12:45	Lunch (ED Track) 11:40-12:45	Lunch (ED Track) 11:40-12:45	Lunch (ED Track) 11:40-12:45	Lunch (ED Track) 11:40-12:45	11:30 AM
12:00 PM								12:00 PM
12:30 PM	Newcomers 12:30 - 1:00	Newcomers 12:30 - 1:00	Newcomers 12:30 - 1:00	Newcomers 12:30 - 1:00	Newcomers 12:30 - 1:00	Newcomers 12:30 - 1:00	Newcomers 12:30 - 1:00	12:30 PM
1:00 PM	Men's + Group 1:00 - 1:50	Women's + Group 1:00 - 1:50	DBT 1:00 - 1:50	CD Education 1:00 - 1:50	Workshop 1:00 - 1:50	DBT 1:00 - 1:50	Meditation Group 1:00 - 1:50	Jumpstart 1:00 - 1:50
1:30 PM								1:30 PM
2:00 PM	Shame Resilience 2:00 - 2:50	Group Therapy 2:10 - 3:00	Individual Appts. 2:00 - 2:30 Pet Therapy 4th Wed 2:00-2:50	Group Therapy 2:10 - 3:00	Goals Group 2:00 - 2:50	Crafts (with CPAS) 2:00 - 2:50	Crafts (w/ CPAS) 2:00 - 2:50	AA Meeting 2:00 - 2:50
2:30 PM			Values & Meaning 2:30 - 3:20	Art Therapy 2:30 - 3:45	Individual Appts 3:15 - 4:00	Trauma Sensitive Yoga (Male) 3:00 - 3:50	Individual Appointments 3:00 - 4:00	Compass Gym 3:00 - 3:50
3:00 PM	Recovery Maintenance 3:00 - 3:50	Perfectionism 3:15 - 3:50	Trauma Sensitive Yoga (Male) 3:00 - 3:50	Open 3:30 - 4:00	Individual Appts. 4:00 - 5:00	Jewelry Making w/ CPAS Craft Room 4:00 - 5:00	Smart Recovery 4:00 - 4:50	Outdoor Activity 3:00 - 3:50
3:30 PM								3:30 PM
4:00 PM	LGBT+ Group 4:00pm-4:50PM	Trauma Sensitive Yoga (Female) 4:00 - 4:50	Yoga - On Unit 4:00 - 5:00	Compass Gym 4:00 - 4:50	Trauma Sensitive Yoga (Female) 4:00 - 4:50	Individual Appts. 4:00 - 5:00	Smart Recovery 4:00 - 4:50	Outdoor Activity 4:00 - 5:00
4:30 PM								4:30 PM
5:00 PM	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	5:00 PM
5:30 PM								5:30 PM
6:00 PM	NA Meeting 6:00 - 6:50	Aquatic Aerobics/Pool 6:00 - 6:50	Refuge Recovery 6:00 - 6:50	Individual Leisure 6:00 - 6:50	NAMI Support 6:00 - 7:30**	Individual Leisure 6:00 - 6:50	Talk Time Topic 6:00 - 6:50	Safety Planning / Coping Skills 6:00 - 6:50
6:30 PM								6:30 PM
7:00 PM	Nursing Reassessments 7:00 - 8:00	Individual Leisure 7:00 - 7:50	ACA Meeting 7:00 - 7:50	AA Meeting 7:00 - 7:50	NA Meeting 7:30 - 8:30**	Nursing Reassessments 7:00 - 8:00	Group Activity 7:00 - 8:00	Smart Recovery 7:00 - 7:50
7:30 PM								7:30 PM
8:00 PM	Compass Gym 8:00 - 8:50	Compass Gym 8:00 - 8:50	Nursing Reassessments 8:00 - 9:00	Compass Gym 8:00 - 8:50	Compass Gym 8:00 - 8:50	Movie Time 8:00 - 8:50	Compass Gym 8:00 - 8:50	8:00 PM
8:30 PM								8:30 PM
9:00 PM	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00		Review/Relax 9:00 - 10:00	9:00 PM
9:30 PM								9:30 PM
10:00 PM	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	10:00 PM
KEY	UNIT GROUP	ADDICTION TRACK	REFERRAL GROUP	PROCESS GROUP	LEISURE ACTIVITY	NEW ADMISSION GROUP	MEALS	KEY

