

Hope Unit Program Schedule (subject to change; please see Board for updated daily schedule)											All Groups are held in Rm 1046, unless indicated otherwise				
10/23/19	MONDAY		TUESDAY			WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:30-8:00am	Breakfast		Breakfast			Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
8:30-9:00am	Appointments	Netherton Team Rounds	Wellness/Leisure	Bouras Team Rounds	Wellness/Leisure		Community Meeting		Wellness/Leisure		Wellness/Leisure		Wellness/Leisure		
9:00-9:45am			*Yoga		Appointments		Appointments		The Daring Way 9:15-10:00		Saturday Educational (Commons Bldg)		Gym (Rec. Therapy)		
10:00-10:45am			Appts.		Suicide Resilience <i>No late entry</i>	Appts.	Family Issues		Identity Group 10:15-11:00		Yoga (Rec. Therapy) 10:15-11:00		Same Day Shopping 10:00-12:00	Yoga (Rec. Ther.)	
11:00-11:45am	Grief Journeys		CD Education	Appts.	Wellness Group		Appointments		Wellness/Leisure		Christian Services 11:00-11:30am (Chapel)				
11:50-12:30	Lunch		Lunch			Lunch		Lunch		Lunch		Lunch			
1:00-1:45pm	DBT		Cognitive Behavior Therapy (CBT)			ACT		Mentalizing		Dialectical Behavior Therapy (DBT)		Safety Planning Group	Recovery Jumpstart 1:00-1:50 (on PIC)	DBT Pre-Commit 12:30-1:00pm <i>One time only</i>	
2:00-2:45pm	Gym	Trauma Ed	Group Psychotherapy <i>No late entry</i>			Appointments		Group Psychotherapy <i>No late entry</i>		Goals Group		Crafts (Rec. Therapy) 2:00-3:30		AA 2:00-3:00	Outdoor Activity (Rec. Ther.)
3:00-3:45pm	Relationship Role Play		CD Education	Appts.	Self-Compassion		CD Relapse Prevention	Appts.	Appointments		Wellness/Leisure		Wellness/Leisure		
4:00-4:45pm	Outcomes Group (Research)	Women's TSY 4:00-4:50	Gym (Rec. Ther)	Outcomes Feedback (1x only)	New Pt. Orient. (1x only)	Women's TSY 4:00-4:50	Putting Wellness into Practice	Boot Camp (RecTher)	Appts.	Smart Recovery (Commons)	Appts	Gym (Rec. Therapy)		Boot Camp (Rec. Therapy)	
5:00pm-5:15pm	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)	
5:15-5:50pm	Dinner		Dinner			Dinner		Dinner		Dinner		Dinner		Dinner	
6:00-6:50pm	NA 6:00-7:00 (Boardroom)	Virtual Visits 6:00-8:30	Peer Meeting 6:00-6:20 pm		Virtual Visits 6:00-8:30	Gym (Rec Ther)	Gym (Rec. Therapy)	Wellness/Leisure	New Patient Orientation (1x only)	Virtual Visits 6:00-8:30	Gym (Rec. Ther.)	Wellness/Leisure			
			Safety Planning Group 6:20-7:00			Refuge Recovery (Dining Rm)									
7:00-7:50pm	Gym (Rec. Therapy)		AA 7:00-8:00 (Commons)			Yoga (Rec. Therapy)		NA 7:00-8:00 (Commons)		Gym		Wellness/Leisure		Smart Recovery (Classrooms)	Crafts (RecTher)
8:00-8:50pm	Jewelry Making (Rec. Ther.)	Understanding the 12 Steps (Hope Unit)	Wellness/Leisure			Wellness/Leisure		Wellness/Leisure		Wellness/Leisure		Wellness/Leisure		Wellness/Leisure	Wellness/Leisure
9:00	Sleep Promotion Group		Sleep Promotion Group			Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group	
Key	Optional Groups (eligible for LOR signature)					Referral-only		Addictions Track		TSY= Trauma-Sensitive Yoga		(*= may attend if not in conflict with rounds/appts)			