

| Professional Program Schedule | | | | | | | | | | FALL Oct 4, 2021 | | |
|-------------------------------|--|--|---|--|--|---|---|---|---|---|---|----------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | SUNDAY | TIME | | | |
| 6:00 AM - 8:30 AM | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | Breakfast 7:35-8:15 | 7:00 AM - 8:30 AM | | | |
| | Vital Signs 0800-0900 | | | | | Vital Signs | Vital Signs | | | | | |
| 8:30 AM - 9:30 AM | Morning "PIC-UP" 0830 | | | | | | | | | | | |
| | WALKING GROUP (LOR 1 & ABOVE) 8:45-9:00 Nursing Staff | | | | | | | | | | | |
| 9:30 AM - 10:00 AM | Group Psychotherapy 9:30 - 10:50 Rm 1146 - Rm 1144 | Rounding Team Kayatekin 0845 - 1050 Rm 1144 | Rounding Team Yurewicz 0845 - 1050 Rm 1144 | Group Psychotherapy 9:30 - 10:50 Rm 1146 Rm 1144 | ROUNDING 08:45 - 10:45 Rm 1144 Yurewicz/Kayatekin | Gym 09:00 - 09:50 | Wellness Planning Orientation 0900 - 0950 Chris Webb Rm 1144 | GYM 09:00 - 09:50 | 9:00 AM - 10:00 AM | | | |
| 10:00 AM - 11:00 AM | | Gym 09:00 - 09:50 | Mindfulness Meditation Peer Led Rm 1146 10:00 10:30 | | Suicide Resilience Group 10:00 - 10:50 HOPE | Mindfulness Meditation Staff Led Rm 1146 9:00 9:30 | Wellness Planning 10:00 - 10:50 Rm 1144 Webb | Gym 10:00 - 10:50 | Leisure & Wellness | | | |
| 11:00 AM - 12:00 PM | Yoga Gym 11:00-11:50 | Appointments 11:00 - 12:00 | Addiction Education 11:00 - 11:50 Hope unit | Orientation & Guidelines (Level 1s) Francis 11:00-11:50 | Appointments 11:00 - 12:00 | Addictions Process Group 11:00 - 11:50 Walsh; Hope unit | Orientation & Guidelines (Level 1s) Francis 11:00-11:50 | Appointments 11:00 - 12:00 | Mentalizing & Attachments 11:00 - 11:50 Dr. Weir Rm 1144 | Music Therapy Group 11:15-12:00 Webb Rm 1144 | Christian Service 11:00 - 11:50 Classroom | 11:00 AM |
| 12:20 PM - 1:00 PM | Lunch with Peers & Staff 12:20 - 1:00 | | | | | Lunch w/Peers & Staff 12:20 - 1:00 | Lunch w/Peers & Staff 12:20 - 1:00 | | 12:00 PM - 1:00 PM | | | |
| 1:00 PM | Family Issues 1:00 - 1:50 Rm 1144 Wilson | Safety Planning Group 1:00 - 1:50 Rm 1144 Nursing | DBT 1:00 - 1:50 Rm 1144 Webb | Creative Expressions/Leisure Awareness 1:00 - 1:50 Rm 1144 Recreational Therapist | Appointments 1:00-1:50 | Orientation & Guidelines (Level 1s) Francis | Recovery Jumpstart 1:00-1:50 classrooms | Interfaith Service 1:00 - 1:50 Classroom | 1:00 PM - 2:00 PM | | | |
| 2:00 PM | Trauma Group 2:00-2:50 classrooms | Shame Resilience 2:00 - 2:50 Rm 1144 | Community Meeting 2:00 - 2:50 pm Main Lounge Peers & Staff | Shame Resilience 2:00 - 2:50 Rm 1144 | Yoga 2:00-2:50 on unit with rec therapy | DBT orientation 2:00-2:50 Webb Rm 1144 | AA Classroom 2:00 - 3:00 | | 2:00 PM | | | |
| 3:00 PM | Appointments 3:00-3:50 | Appointments 3:00 - 3:50 | Gym 3:00-3:50 | Gym 3:00 - 3:50 | Recovery Planning 3:00 - 3:50 Hope Unit | DBT 3:00-3:50 Webb Rm 1144 | Perfectionism 3:00 - 3:50 Rm 1144 Webb | Grief Transitions 3:00 - 3:50 Rm 1144 Rev Del Mundo | 3:00 PM | | | |
| 4:00 PM | Gym 4:00 - 4:50 | Outcomes Group 4:00 - 4:50 Rm 1144 Frazier | Appointments 4:00-4:50 | Gym 4:00 - 4:50 | Smart Recovery Classroom 5132/Boardroom 4:00 - 4:50 | Crafts 4:00 - 4:50 craft room | Crafts 4:00 - 4:50 craft room | | 4:00 PM | | | |
| 5:00 PM | Highs at 5 5:00 - 5:15 (Main Lounge) Community President & Peers | | | | | Dinner with Peers & Staff 5:15 - 6:00 | | | 5:15 PM | | | |
| 5:15 PM - 6:00 PM | Dinner with Peers & Staff 5:15 - 6:00 | | | | | Dinner with Peers & Staff 5:15 - 6:00 | | | | | | |
| 6:00 PM | NA 6:00 - 7:00 Classroom | Virtual Visits 6:00 - 7:00 Family Visitor Room | Community Leadership Main Lounge Community President & Peers (prep for community meeting) | Values and Meanings Group 6:00 6:50 Rm 1144 Rev Del Mundo | Refuge Recovery Private Dining Rm 6:00 | NAMI Connections 6:00 - 7:00 Boardroom- starts Sept 30 | Virtual Visits 6:00 - 8:00 Family Visitor Room | Virtual Visits 6:00 - 8:00 Family Visitor Room | Leisure & Wellness 6:00 PM | | | |
| 7:00 PM | Jewelry Making 7:00 - 7:50 Craft Room | AA 7:00 - 8:00 Classroom | Virtual Visits 6:00 - 7:00 Family Visitor Room | Crafts 7:00-7:50 craft room | NA 7:00 - 8:00 Classroom | Leisure & Wellness | Leisure & Wellness | Smart Recovery Classroom 5132 | 7:00 PM | | | |
| 8:00 PM | Leisure & Wellness | Leisure & Wellness | Leisure & Wellness | Leisure & Wellness | Leisure & Wellness | Leisure & Wellness | Leisure & Wellness | Weekend Review 8:00 - 9:00 Main Lounge Peer Led with Nursing Staff | 8:00 PM | | | |
| 9:30 PM - 9:50 PM | Relaxation Group 1144 | | | | | Relaxation Group 1144 | | | 9:30 PM - 9:50 PM | | | |