

PFP Therapeutic Learning Program					Color Key:	Core Treatment (required)	Substance Use Track (team referred)	Wellness Track (1 per day)	Appointments & Meetings	Special Topics (team referral or self-selected)	Schedule Effective: 6/10/19				
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		7:00 AM-8:30 AM		
8:30 AM-9:30 AM	Morning "PIC-UP" - 8:20 AM											8:00 AM-9:00 AM			
	WALKING GROUP (LOR 1 & ABOVE) 8:45-9:00 Nursing Staff								ROUNDING 08:45 - 10:45 Rm 1144 Vyas/Kayatekin	Gym 09:00 - 09:50	Mindfulness Meditation 8:30 - 9:00 Staff Led	Mindfulness Meditation 8:30 - 9:00 Staff Led	8:00 AM-9:00 AM		
9:30 AM-10:00 AM	Group Psychotherapy 9:30 - 10:50 Rm 1146 - Rm 1144		Rounding Team Gonzalez 0845 - 1050 Rm 1144		Rounding Team Kayatekin 0845 - 1050 Rm 1144		Group Psychotherapy 9:30 - 10:50 Rm 1146 Rm 1144		Wellness Planning 10:00 - 10:50 Rm 1144 Webb		Educational Lecture 9:00 - 9:50 Commons Building Menninger Staff	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	Yoga on unit 10:30 to 11:30 Jade Rm 1146	Mindfulness Meditation Staff Led Rm 1146 10:00 10:30					Adult Yoga 10:15-11:00 Exercise Room	Adult Yoga 10:00-10:50 Exercise Room	9:00 AM-10:00 AM		
11:00 AM-12:00 PM	Relapse Prevention 11:00 - 11:50 Vaughan/Walsh	Guidelines & Safety Group (Level 1s) Francis 11:00-11:50	Guidelines & Safety Group (Level 1s) Francis 11:00-11:50	Addiction Process Group 11:00 - 11:50 Vaughan/Walsh	Suicide Resilience Group 11:00 - 11:50 HOPE		Appointments 11:00 - 12:00	Addiction Education 11:00 - 11:50 Vaughan/Walsh	Mentalizing & Attachments 11:00 - 11:45 Dr. Weir and Caroline		Music Therapy Group 11:00-11:50 Webb Rm 1144	Christian Service 11:00 - 11:50 Chapel	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	Appointments 1:00 - 1:50		Safety Planning Group 1:00 - 1:50 Rm 1144 Nursing		DBT 1:00 - 1:50 Rm 1144 Webb		Trauma Group 1:00-1:50 HOPE Unit		Appointments 1:00-1:50		Guidelines & Safety Group (Level 1s) Francis 1:00-1:50	Recovery Jumpstart 1:00-1:50 Rm 1144	Interfaith Service 1:00 - 1:50 Chapel	1:00 PM-2:00 PM	
2:00 PM	Peer Meeting 2:00 - 2:30 Main Lounge Community President & Peers		Shame Resilience 2:00 - 2:50 Rm 1144 Mulder/Castrellon		Community Meeting 2:00 - 2:50 pm Main Lounge Peers & Staff		Shame Resilience 2:00 - 2:50 Rm 1144 Mulder/Castrellon		Appointments 2:00-2:50		DBT orientation 2:00-2:50 Webb Rm 1144	Adult Crafts 2:00 - 3:30 craft room	Adult Gym 2:00 - 2:50 craft room	AA 2:00-2:50 classrooms	2:00 PM
3:00 PM	Appointments 3:00-3:50		Outcomes Group 3:00-3:50 Chris Frazier Rm 1144		Appointments 3:00-3:50		Living a Balanced Life 3:00 - 3:50 Rm 1144 Webb		DBT 3:00-3:50 Rm 1144 Webb		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 Gym		Appointments 4:00-4:50		Gym 4:00 - 4:50 Gym		Boot Camp Gym 4:00 - 4:50		Smart Recovery Classroom 5132 4:00 - 4:50		Open Gym 4:00 - 4:50	Adult Pool 4:00 - 4:50		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														6:00 PM
6:00 PM	NA 6:00 - 7:00 Classroom		ADULT POOL 6:00 - 6:50		Values and Meanings Group 6:00 6:50 Rm 1144 Rev Del Mundo	Refuge Recovery Private Dining Rm 6:00	OPEN GYM 6:00 - 6:50		Shame Commitment Video Group Room required prior to referral to Shame Resilience Group		Virtual Visits 6:00 - 8:00 PIC Family	ADULT POOL 6:00 - 6:50	Open Gym 6:50p	6p	6:00 PM
7:00 PM	Virtual Visits 6:00 - 7:00 PIC Family Visitor Room	OPEN GYM 7:00-7:50	AA Classroom 7:00 -8:00		Virtual Visits 6:00 - 7:00 PIC Family Visitor Room	Adult Yoga 7:00-7:50	NA 7:00 - 8:00 Classroom		OPEN GYM 7:00 - 7:50		Open Gym 7:00-8:00	Smart Recovery classroom 5132 7p	Adult Crafts 7:00-8:30 craftroom	7:00 PM	
8:00 PM	Understanding the 12 Steps 8:00 - 8:50 HOPE unit	Jewelry Making 8:00-8:50 Craft room	Community Leadership Main Lounge Community President & Peers (prep for community meeting)		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