

### Chemical Dependence Program Schedule

	Monday	Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
Group Room Assignments	Faith in A3 Group Room	Faith in A4 Group Room		Faith in A3 Group Room		Faith in A4 Group Room		Faith in A3 Group Room		Faith in A4 Group Room		Faith in A3 Group Room		
	Hope in A4 Group Room	Hope in A3 Group Room		Hope in A4 Group Room		Hope in A3 Group Room		Hope in A4 Group Room		Hope in A3 Group Room		Hope in A4 Group Room		
6:30am	Wake-Up/Vital Signs		Wake-Up/Vital Signs		Wake-Up/Vital Signs		Wake-Up/Vital Signs		Wake-Up/Vital Signs		Wake-Up/Vital Signs		Wake-Up/Vital Signs	
7-7:45am	Personal Time / Room Clean-Up		Personal Time / Room Clean-Up		Personal Time / Room Clean-Up		Personal Time / Room Clean-Up		Personal Time / Room Clean-Up		Personal Time / Room Clean-Up		Personal Time / Room Clean-Up	
7:45-8am	Break		Break		Break		Break		Break		Break		Break	
8-8:30am	Community Meeting / Daily Goal Setting		Community Meeting / Daily Goal Setting		Community Meeting / Daily Goal Setting		Community Meeting / Daily Goal Setting		Community Meeting / Daily Goal Setting		Community Meeting / Daily Goal Setting		Community Meeting / Daily Goal Setting	
8:30-9am	Breakfast (A4 at 12:20)		Breakfast (A4 at 12:20)		Breakfast (A4 at 12:20)		Breakfast (A4 at 12:20)		Breakfast (A4 at 12:20)		Breakfast (A4 at 12:20)		Breakfast (A4 at 12:20)	
9-10am	Medications		Medications		Medications		Medications		Medications		Medications		Medications	
10am-11am	Family Dynamics (Counselor)		The Addicted Brain (Counselor)		Women's/Men's Group (Counselor)		Recovery in the Community (Case Manager)		Co-Occuring Disorders (Counselor)		Life Skills (CA)		Communication (CA)	
11-11:15am	Break		Break		Break		Break		Break		Break		Break	
11:15-12:15pm	Sabotaging Behaviors (CA)		Healthy Lvg (Nurse) Hope	Anger Management (CA) Faith	Healthy Lvg (Nurse) Faith	Anger Management (CA) Hope	Impulse Control (CA) Hope		Coping Skills (CA)		Personal Responsibility (CA)		Healthy Lifestyles/ Gym (CA)	
12:15-12:30pm	Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call	
12:30-1pm	Lunch (A4 at 12:20)		Lunch (A4 at 12:20)		Lunch (A4 at 12:20)		Lunch (A4 at 12:20)		Lunch (A4 at 12:20)		Lunch (A4 at 12:20)		Lunch (A4 at 12:20)	
1-1:30pm	Medications/Break		Medications/Break		Medications/Break		Medications/Break		Medications/Break		Medications/Break		Medications/Break	
1:30-2:30pm	Core Counselor Group (Counselor)		Core Counselor Group (Counselor)		Core Counselor Group (Counselor)		Core Counselor Group (Counselor)		Core Counselor Group (Counselor)		Relapse Prevention (Counselor) & (CA)		Grief & Loss (CA)	1:30-2:30pm Family Education (For Visitors, lead by Counselor)
2:30-2:45	Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call		Break / Nurse Call	2:30-4pm Visiting (CA & Counselor)
2:45-3:45pm	Written Assignments/ Journaling		Written Assignments/ Journaling		Written Assignments/ Journaling		Written Assignments/ Journaling		Written Assignments/ Journaling		Written Assignments/ Journaling		Written Assignments/ Journaling	
3:45-4:15pm	Mid-Day Focus (CA)		Mid-Day Focus (CA)		Mid-Day Focus (CA)		Mid-Day Focus (CA)		Mid-Day Focus (CA)		Mid-Day Focus (CA)		Mid-Day Focus (CA)	
4:15-4:30pm	Break		Break		Break		Break		Break		Break		Break	
4:30-5:15pm	Aftercare Planning (Case Manager)		Women's/Men's Group (Counselor)		Stages of Change (Counselor)		Codependency (Counselor)		Women's/Men's Group (Counselor)		Med Ed (Nurse) Hope	Dealing with Stress (Counselor) Faith	Med Ed (Nurse) Faith	Dealing with Stress (Counselor) Hope
5:15-5:30pm	Break		Break		Break		Break		Break		Break		Break	
5:30-6pm	Dinner (A4 at 5:20)		Dinner (A4 at 5:20)		Dinner (A4 at 5:20)	5:30-6:30pm Family Educ. (For Visitors, lead by Counselor) 6:30-7:30pm Visiting (CA & Counselor)	Dinner (A4 at 5:20)		Dinner (A4 at 5:20)		Dinner (A4 at 5:20)		Dinner (A4 at 5:20)	
6-6:30pm	Medications		Medications		Medications		Medications		Medications		Medications		Medications	
6:30-6:45pm	Break		Break		Break		Break		Break		Break		Break	
6:45-7:45pm	How to Take Care of Yourself (CA)		Healthy Lifestyles/ Gym (CA)		Healthy Boundaries (CA)	6:30-7:30pm Visiting (CA & Counselor)	How to Structure Your Time in Recovery (CA)		Healthy Lifestyles/ Gym (CA)		Socializing and Recovery (CA)		Routine & Balance (CA)	
7:45-8pm	Break		Break		Break		Break		Break		Break		Break	
8-9:00pm	AA/NA Meeting		AA/NA Meeting		D & A Open Topic (CA)		AA/NA Meeting		AA/NA Meeting		CA Meeting		Structured Time (CA)	
9-9:15pm	Break		Break		Break		Break		Break		Break		Break	
9:15-9:45pm	Community Meeting / Daily Goal Review		Community Meeting / Daily Goal Review		Community Meeting / Daily Goal Review		Community Meeting / Daily Goal Review		Community Meeting / Daily Goal Review		Community Meeting / Daily Goal Review		Community Meeting / Daily Goal Review	
9:45-10:45	Medications/Written Assignments/ Journaling		Medications/Written Assignments/ Journaling		Medications/Written Assignments/ Journaling		Medications/Written Assignments/ Journaling		Medications 9:30 / 9:30-11pm Movie Night		Medications 9:30 / 9:30-11pm Movie Night		Medications/Written Assignments/ Journaling	
10:45-11pm	Break / Personal Time		Break / Personal Time		Break / Personal Time		Break / Personal Time		Break / Personal Time		Break / Personal Time		Break / Personal Time	
11pm	Lights Out		Lights Out		Lights Out		Lights Out		Lights Out		Lights Out		Lights Out	



