

### Chemical Dependence Program Schedule

|                        | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |  |                            |   |
|------------------------|--|--|--|--|---|--|--|--|----------------------------|---|
| Group Room Assignments | Faith in A3 Group Room<br>Hope in A4 Group Room  | Faith in A4 Group Room<br>Hope in A3 Group Room    | Men stay in A3 for groups<br>Women (rhh & dtx) in A4 | Faith in A4 Group Room<br>Hope in A3 Group Room  | Faith in A3 Group Room<br>Hope in A4 Group Room   | Groups are held in the<br>Partial Building       | Men stay in A3 for groups<br>Women (rhh & dtx) in A4 |  |                            |   |
| 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 /<br>Room Clean-Up                 | Personal Time /<br>Room Clean-Up                   | Personal Time /<br>Room Clean-Up                     | Personal Time /<br>Room Clean-Up                 | Personal Time /<br>Room Clean-Up                  | Personal Time /<br>Room Clean-Up                 | Personal Time /<br>Room Clean-Up                     |  |                            |   |
| 7:45-8am               | Break  | Break  | Break  | Break  | Break   | Break  | Break  |  |                            |   |
| 8-8:30am               | Community Meeting /<br>Daily Goal Setting        | Community Meeting /<br>Daily Goal Setting          | Community Meeting /<br>Daily Goal Setting            | Community Meeting /<br>Daily Goal Setting        | Community Meeting /<br>Daily Goal Setting         | Community Meeting /<br>Daily Goal Setting        | Community Meeting /<br>Daily Goal Setting            |  |                            |   |
| 8:30-9am               | Breakfast<br>(A4 at 7:20)                        | Breakfast<br>(A4 at 7:20)                          | Breakfast<br>(A4 at 7:20)                            | Breakfast<br>(A4 at 7:20)                        | Breakfast<br>(A4 at 7:20)                         | Breakfast<br>(A4 at 7:20)                        | Breakfast<br>(A4 at 7:20)                            |  |                            |   |
| 9-10am                 | Medications                                      | Medications  | Medications  | Medications                                      | Medications                                       | Medications                                      | Medications  |  |                            |   |
| 10am-11am              | Family Dynamics<br>(Counselor)                   | The Addicted Brain<br>(Counselor)                  | Women's/Men's Group<br>(Counselor)                   | Recovery in the Community<br>(Case Manager)      | Co-Occuring Disorders<br>(Counselor)              | Life Skills<br>(CA)                              | Communication<br>(CA)                                |  |                            |   |
| 11-11:15am             | Break  | Break  | Break  | Break  | Break   | Break  | Break  |  |                            |   |
| 11:15-12:15pm          | Sabotaging Behaviors<br>(CA)                     | Anger Management<br>(Counselor/CA/Case<br>Manager) | Healthy<br>Living<br>(Nurse)<br>Men                  | Healthy<br>Boundaries<br>(CA)<br>Women           | Impulse Control<br>(CA)                           | Coping Skills<br>(CA)                            | Co-<br>dependency<br>(Counselor)<br>Hope             | Relapse<br>Prevention<br>(CA)<br>Faith   | Med Ed<br>(Nurse)<br>Men   | Dealing with<br>Stress<br>(CA)<br>Women |
| 12:15-30pm             | 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<br>(A4 at 12:20)                           | Lunch<br>(A4 at 12:20)                             | Lunch<br>(A4 at 12:20)                               | Lunch<br>(A4 at 12:20)                           | Lunch<br>(A4 at 12:20)                            | Lunch<br>(A4 at 12:20)                           | Lunch<br>(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<br>(Counselor)              | Core Counselor Group<br>(Counselor)                | Core Counselor Group<br>(Counselor)                  | Core Counselor Group<br>(Counselor)              | Core Counselor Group<br>(Counselor)               | Healthy Lifestyles/ Gym<br>(CA)                  | Grief & Loss<br>(CA)                                 | 1:30-2:30pm<br>Gym - Family<br>Education (For<br>Visitors, lead by<br>Counselor) |                            |   |
| 2:30-2:45              | Break / Nurse Call                               | Break / Nurse Call                                 | Break / Nurse Call                                   | Break / Nurse Call                               | Break / Nurse Call                                | Break / Nurse Call                               | Break /<br>Nurse Call                                | 2:30-4pm Gym -<br>Visiting (2 CA's<br>& Counselor)                               |                            |   |
| 2:45-3:45pm            | Room Time / Written<br>Assignments / Journaling  | Room Time / Written<br>Assignments / Journaling    | Room Time / Written<br>Assignments / Journaling      | Room Time / Written<br>Assignments / Journaling  | Room Time / Written<br>Assignments / Journaling   | Room Time / Written<br>Assignments / Journaling  | Rm Tm/Wrtn<br>Asgmt/Jrnlg                            |  |                            |   |
| 3:45-4:15pm            | Mid-Day Focus (CA)<br>In the building you reside | Mid-Day Focus (CA)<br>In the building you reside   | Mid-Day Focus (CA)<br>In the building you reside     | Mid-Day Focus (CA)<br>In the building you reside | Mid-Day Focus (CA)<br>In the building you reside  | Mid-Day Focus (CA)<br>In the building you reside | Mid-Day Focus (CA)<br>In the building you reside     |  |                            |   |
| 4:15-4:30pm            | Break  | Break  | Break  | Break  | Break   | Break  | Break  |  |                            |   |
| Group Room Assignments | Groups are held in the<br>Partial Building       | Groups are held in the<br>Partial Building         | Men stay in A3 for groups<br>Women (rhh & dtx) in A4 | Groups are held in the<br>Partial Building       | Groups are held in the<br>Partial Building        | Groups are held in the<br>Partial Building       | Men stay in A3 for groups<br>Women (rhh & dtx) in A4 |  |                            |   |
| 4:30-5:15pm            | Aftercare Planning<br>(Case Manager)             | Women's/Men's Group<br>(Counselor)                 | Stages of Change<br>(Counselor)                      | Healthy Lifestyles/ Gym<br>(CA)                  | Women's/Men's Group<br>(Counselor)                | Relapse<br>Prevention<br>(CA)<br>Hope            | Co-<br>dependency<br>(Counselor)<br>Faith            | Dealing with<br>Stress<br>(CA)<br>Men  | Med Ed<br>(Nurse)<br>Women |   |
| 5:15-5:30pm            | Break  | Break  | Break  | Break  | Break   | Break  | Break  |  |                            |   |
| 5:30-6pm               | Dinner<br>(A4 at 5:20)                           | Dinner<br>(A4 at 5:20)                             | Dinner<br>(A4 at 5:20)                               | Dinner<br>(A4 at 5:20)                           | Dinner<br>(A4 at 5:20)                            | Dinner<br>(A4 at 5:20)                           | Dinner<br>(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<br>Yourself<br>(CA)          | Healthy Lifestyles/ Gym<br>(CA)                    | Healthy<br>Living<br>(Nurse)<br>Women                | Personal Responsibility<br>(CA)                  | How to Structure Your<br>Time in Recovery<br>(CA) | Socializing and Recovery<br>(CA)                 | Routine & Balance<br>(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 /<br>Daily Goal Review         | Community Meeting /<br>Daily Goal Review           | Community Meeting /<br>Daily Goal Review             | Community Meeting /<br>Daily Goal Review         | Community Meeting /<br>Daily Goal Review          | Community Meeting /<br>Daily Goal Review         | Community Meeting /<br>Daily Goal Review             |  |                            |   |
| 9:45-10:45             | Meds / Rm Time /<br>Homework                     | Meds / Rm Time /<br>Homework                       | Meds / Rm Time /<br>Homework                         | Meds / Rm Time /<br>Homework                     | Medications 9:30 /<br>9:30-11pm                   | Medications 9:30 /<br>9:30-11pm                  | Meds / Rm Time /<br>Homework                         |  |                            |   |
| 10:45-11pm             | Break / Personal Time                            | Break / Personal Time                              | Break / Personal Time                                | Break / Personal Time                            | Movie Night                                       | Movie Night                                      | Break / Personal Time                                |  |                            |   |
| 11pm                   | Lights Out                                       | Lights Out   | Lights Out   | Lights Out                                       | Lights Out  | Lights Out                                       | Lights Out   |  |                            |   |