

Phase 1 - Daily Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 Wake Up	5:45 Wake Up	6:45 Wake Up	5:45 Wake Up	6:45 Wake Up	6:45 Wake Up	6:45 Wake Up
7:15 Spiritual	6:40 Depart 7:00 – 8:00 AA Meeting	7:15 Spiritual	6:40 Depart 7:00 – 8:00 AA Meeting	7:15 Spiritual	7:15 Spiritual	7:15 Spiritual
8:00 – 9:00 Meds & Breakfast	8:15-9:15 Meds & Breakfast	8:00-9:00 Meds & Breakfast	8:15-9:15 Meds & Breakfast	8:00-9:00 Meds & Breakfast	8:00-9:00 Meds & Breakfast	8:00 – 9:00 Meds & Breakfast
9:00 Depart	9:30 Depart	9:15 Depart	9:30 Depart	9:15 Depart	9:00 Depart	9:15 Depart
10:00-11:00 Yoga	9:45 – 10:30 All Clients Community Meeting John Giordano 10:40-11:45 Orientation Michael Holistic Healing Center Orientation Christine Cravings in Addiction Jack Disease Model Rick	9:30 – 10:40 Identifying A Recovery Lifestyle Siobhan Jack 10:45-11:45 All Clients NA Meeting Jeri	9:45 10:40 Developing a Connection with Spirituality through Recovery Harry Peter Jack 10:45 11:45 Spirituality Recovery Robert Therapeutic Interventions Anne	9:30 10:40 Coping with Dual Disorders Rachel Alana Anne 10:45 – 11:45 Psychoeducation Susan	9:15 10:45 Goal Setting Harry Robert 9:15-10:45 Neuro Nutrient Orientation for Newcomers Siobhan 11:00-11:15 Acupuncture Arthur	9:30 10:30 Integrated Therapy Jack Rick 11:15 12:15 Karate
11:30 -12:30 Lunch	12:00 – 12:45 Lunch	12:00 – 12:45 Lunch Neuro Nutrient Orientation and Fine-Tuning	12:00 – 12:45 Lunch	12:00 – 1:00 Lunch	12:00 12:45 Lunch	12:45-1:30 Lunch
1:00 – 2:30 Wellness	1:00 – 2:45 Therapeutic Interventions All Therapist 2:45-3:00 Acupuncture 3:15-5:00 Wellness	1:00 – 2:15 Recovering Self-Esteem Rachel Shea Harry 2:30-3:30 Gender Group Males Robert Females Alana 3:45 – 4:30 Discharge Planning Jerri Michael	1:00 – 2:45 Relapse Prevention Siobhan 2:45-3:00 Acupuncture Arthur 3:15-5:00 Wellness	1:15 – 1:45 All Clients Nutrition Workshop Nikki 2:00-3:15 Breakthroughs in recovery Harry Darren Peter 3:30-4:30 Stress Reduction Group Meghan Jack	1-3:30 Spa	1:45-3:30 Recreational Therapy
3:00-5:00 Homework						
4:30 – 5:00pm Acupuncture: TUESDAY & THURSDAY						
5:15 – 6:15 DINNER						
6:30-7:30 Coping with Triggers	7:00 – 8:00 Homework	6:15 Depart	7:00 8-:00 Homework	6:45 Depart	6:45 Depart	6:30 – 7:30 Depart
7:45 – 8:45 12 Step Meeting	8:15 – 9:15 Reflections - Copings Skills	6:30 – 8:00 Family Group				
9:00-9:45 Reflections/Coping Skills	9:30 10:30 Medication	8:15 Depart	8:30 – 9:15 Reflections Coping Skills	7:15 – 8:15 12 Step Meeting	7:15 – 8:15 12 Step Meeting	7:30 – 8:30 12 Step Meeting
10:00-10:45 Medication		8:30-9:30 Reflections Coping Skills		9:00 – 9:45 Reflections Coping Skills	9:00-9:45 Reflections Coping Skills	9:00 – 9:45 Reflections Coping Skills
		9:30-10:00 Medication		10:00-10:45 Medication	10:0-10:45 Medication	10:30-10:45 Medication
11:30 LIGHTS OUT					12:00 Lights Out	