

# Example Residential Treatment Schedule

Our residential clients participate in therapeutic groups and individual sessions from 10:00 a.m. to 4:00 p.m. each weekday. Multiple groups take place each hour - more than 125 each week - and primary counselors assign clients to groups based on their symptoms and goals. Additional activities may be scheduled at the residences outside of day treatment hours.

|                  | 10:00  | 11:00   | 12:00  | 1:00  | 2:00       | 3:00  |
|------------------|--|---|--|-------|------------|---|
| <b>Monday</b>    | Campus Caregivers<br>Return to School<br>Yoga<br>DBT Skills                                    | Volleyball<br>Anxiety Management<br>Anger and Acceptance<br>Work Adjustment Group<br>NABA             | Depression, Insight and Recovery<br>ACT on Recovery<br>Creative Expression             | Lunch | Core Group | Creative Expression<br>Codependence<br>Vocational Lab                   |
| <b>Tuesday</b>   | Product Art Therapy<br>Support Group<br>Acts of Service  | Product Art Therapy<br>New Client Orientation<br>Co-Dependence<br>DBT for Addiction                   | CBT Workshop<br>Introduction to Spirituality<br>Relapse Prevention                     | Lunch | Core Group | Self-Esteem<br>Seeking Health Relationships<br>Cooking for Your Health  |
| <b>Wednesday</b> | Harmony Through Music<br>Healthy Lifestyles<br>Satisfaction Through Leisure<br>Reality Testing | Community Meeting   | Dual Recovery Anonymous Group<br>Social and Assertiveness Skills<br>Mindful Meditation | Lunch | Core Group | Identity and Insight<br>SoulCollage Art Therapy<br>Emotion Regulation   |
| <b>Thursday</b>  | Woodshop<br>Humanitarians in Action<br>Stages of Change<br>Weight Training                     | Woodshop<br>Cooking for Your Health<br>Experience Spirituality<br>Self-Esteem<br>CBT for 12-Steps     | Process Art Therapy<br>Family Empowerment<br>Exploring the 12-Steps                    | Lunch | Core Group | ACT on Recovery<br>Strength Training Exercise<br>WRAP Recovery Plan     |
| <b>Friday</b>    | Ceramic Studio<br>Accepting Imperfection<br>Finding Balance                                    | Ceramic Studio<br>Healthy Relationships<br>Nature as Healer<br>Work Adjustment Group<br>12-Step Study | DBT Skills<br>Team Sports<br>Interviewing Skills<br>Distress Tolerance                 | Lunch | Core Group | Solution Focused Peer Group<br>Mind Over Mood<br>Accepting Imperfection |