

# Residential Program Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:30a	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals
8:15a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00a	Weekly Goals & Process	Process Group or Doctors Appts	Expressive Arts Group	Process Group	Dialectical Behavioral Therapy Group	Art	Stress Reduction/ Meditation
10:30a	Snack	Snack	Snack	Snack	Snack	Snack	Snack
11a	Labs	Individual Sessions	Individual Sessions	ED Skills Based Group	Expressive Arts	Self Exploration Group	Community Meeting
12:40a	Labs/Free Time	Free Time/Snack	Free Time	Lunch Outing	Free Time	Leisure Time	Leisure Time
1pm	Lunch Group	Mindful Lunch Group	Lunch Group	Lunch Outing (cont.)	Lunch Group	Lunch Group	Lunch Group
1:45p	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Journaling	Gardening or Other In-House Activity	Outing
2:00p	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Family Dynamics Group	In-House Activity	Outing
3:30p	Snack	Snack	Snack	Snack	Snack	Snack	Snack
4P	Nutrition Appointment	Meal Planning	Psycheducation Group	Nutrition Education Group	Health Education Group	Walk	Walk
5P	Nutrition Appointment/Walk	Meal Planning Nursing	Guided Imagery	Relapse Prevention	Walk	Self Empowerment Group	Chores/Personal Time
6:15p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30p	Journaling	Journaling	Journaling	Journaling	Journaling	Movie Night	Movie or Game
8:30p	Leisure Activity with Snack	Leisure Activity with Snack	Leisure Activity with Snack	Leisure Activity with Snack	Leisure Activity with Snack	Movie Night With Snack	Movie Night or Game With Snack



Individual Sessions Include Individual Therapy, RD, RN, or MD Appointments. Family sessions will be scheduled throughout the week/weekend at times that fit for family and psychotherapist. Visitors and passes need to be pre-approved by the treatment team. Day Activity and Health Education may include walk.