

# Residential Program Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Vitals	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Weekly Goals & Process	Process Group or Doctors Appts	Expressive Arts Group	Process Group	Dialectical Behavioral Therapy Group	Art	Stress Reduction/ Meditation
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Labs	Individual Sessions	Individual Sessions	ED Skills Based Group	Expressive Arts	Self Exploration Group	Community Meeting
Labs/Free Time	Free Time/Snack	Free Time	Lunch Outing	Free Time	Leisure Time	Leisure Time
Lunch Group	Mindful Lunch Group	Lunch Group	Lunch Outing (cont.)	Lunch Group	Lunch Group	Lunch Group
Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Journaling	Gardening or Other In-House Activity	Outing
Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Family Dynamics Group	In-House Activity	Outing
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Nutrition Appointment	Meal Planning	Psycheducation Group	Nutrition Education Group	Health Education Group	Walk	Walk
Nutrition Appointment/Walk	Meal Planning Nursing	Guided Imagery	Relapse Prevention	Walk	Self Empowerment Group	Chores/Personal Time
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Journaling	Journaling	Journaling	Journaling	Journaling	Movie Night	Movie or Game
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.