

Addictions and Mental Health Services

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 a.m. – 8:00 a.m.	7:00 a.m. Wake-up Shower, Bedroom Chore & Breakfast Completed Before 8:15 a.m.				10:00 – Wake up 11:15 done bedroom, etc.	7:00 a.m. Wake-up Shower, Bedroom Chore & Breakfast done before 8:15 a.m.	
8:15 a.m. – 8:20 a.m.	A.M. Assembly – Dining Room					A.M. Assembly – Dining Room	
8:20 a.m. – 8:45 a.m.	Household Chores					Household Chores	
8:45 a.m. – 9:15 a.m.	Morning Walk		Community service 9:00 – 11:00	Morning Walk		Morning Walk	
9:30 a.m. – 10:30 a.m.	Reasons for Change	Grief and Loss	Community Service Discussion 11:30 – 12:00	Completion Presentations	9:15 – Optional Walk 11:15 – Residence Meeting	Coping with Depression & Anxiety	Communication Basics
10:30 a.m. -10:45 a.m.	Break			Break		Break	
10:45 a.m. – 12:00 p.m.	Reasons for Change continued	Grief and Loss continued		Problem Gambling	11:30 - Chores	Men’s Roles	Communication Basics continued
12:15 p.m. – 1:00 p.m.	Lunch						
1:00 p.m. – 2:00 p.m.	Rational Thinking	Relaxation Techniques	High Risk Situations	Personal Time 12:15 -3:45	Addiction & the Family	Healthy Lifestyle	Structured Leisure
2:00 p.m. – 2:15 p.m.	Break				Socialize or Rest	Break	
2:15 p.m. – 3:00 p.m.	Rational Thinking Continued	Relaxation Techniques Continued	High Risk Situations Continued	Addiction and the Family continued		Healthy Lifestyle continued	Structured Leisure continued
3:00 p.m. – 5:00 p.m.	3:15 – 3:45 optional walk and/or socialize etc.			3:15 – 3:45 optional walk and/or socialize etc.			
5:00 p.m.	Supper						
6:00 p.m. – 7:15 p.m.	Obstacles to Change & Relaxation	Nutrition & Relaxation	High Risk Situations Cont. & Relaxation	New Admissions Orientation	Discussion Group & Relaxation	Creative Expression	12 step orientation New Admits only
7:15 p.m. – 11:00 p.m.	Individual Session, Journals, Assignments, Socialize, Optional 12-Step Meetings, etc.						
Retire to Bedrooms	11:00 p.m. daily						

Addictions and Mental Health Services

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 a.m. – 8:00 a.m.	7:00 a.m. Wake-up Shower, Bedroom Chore & Breakfast Completed Before 8:15 a.m.				10:00 – Wake up 11:15 done bedroom, etc.	7:00 a.m. Wake-up Shower, Bedroom Chore & Breakfast done before 8:15 a.m.	
8:15 a.m. – 8:20 a.m.	A.M. Assembly – Dining Room					A.M. Assembly – Dining Room	
8:20 a.m. – 8:45 a.m.	Household Chores					Household Chores	
8:45 a.m. – 9:15 a.m.	Morning Walk		Community service	Morning Walk		Morning Walk	
9:30 a.m. – 10:30 a.m.	Assertive Communication	Sexuality	9:00 – 11:00	Completion Presentations	9:15 – optional walk 11:15 – Residence Meeting	Social Networking	Self-Sabotage
10:30 a.m. -10:45 a.m.	Break			Break		Break	
10:45 a.m. – 12:00 p.m.	Assertive Communication continued	Relationships and Intimacy	Community Service Discussion 11:30 – 12:00	Impaired Driving	11:30 - Chores	Stages of Use and the Addictive Process	Stress
12:15 p.m. – 1:00 p.m.	Lunch						
1:00 p.m. – 2:00 p.m.	Goal Setting	Maintaining Change	Coping with Triggers and Cravings	Personal Time 12:15 -3:45	Conflict Resolution	Self-Esteem	Structured Leisure
2:00 p.m. – 2:15 p.m.	Break				Socialize or Rest	Break	
2:15 p.m. – 3:00 p.m.	Goal Setting Continued	Maintaining Change Continued	Coping with Triggers and Cravings Continued	Conflict Resolution continued		Self-Esteem continued	Structured Leisure continued
3:00 p.m. – 5:00 p.m.	3:15 – 3:45 optional walk and/or socialize etc.			3:15 – 3:45 optional walk and/or socialize etc.			
5:00 p.m.	Supper						
6:00 p.m. – 7:15 p.m.	House Duties	Healthy Leisure & Relaxation	Communication Exercise & Relaxation	New Admissions Orientation	Discussion Group & Relaxation	Perceptions Exercise	12 step orientation New Admits only
7:15 p.m. – 11:00 p.m.	Individual Session, Journals, Assignments, Socialize, Optional 12-Step Meetings, etc.						
Retire to Bedrooms	11:00 p.m. Daily						

Addictions and Mental Health Services

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 a.m. – 8:00 a.m.	7:00 a.m. Wake-up Shower, Bedroom Chore & Breakfast Completed Before 8:15 a.m.				10:00 – Wake up 11:15 done bedroom, etc.	7:00 a.m. Wake-up Shower, Bedroom Chore & Breakfast done before 8:15 a.m.	
8:15 a.m. – 8:20 a.m.	A.M. Assembly – Dining Room					A.M. Assembly –Dining Room	
8:20 a.m. – 8:45 a.m.	Household Chores					Household Chores	
8:45 a.m. – 9:15 a.m.	Morning Walk		Community service	Morning Walk		Morning Walk	
9:30 a.m. – 10:30 a.m.	Anger Introduction	Irrational & Negative Thinking	9:00 – 11:00	Completion Presentations	9:15 – optional walk 11:15 – Residence Meeting	Stigma	Managing Stress
10:30 a.m. -10:45 a.m.	Break			Break		Break	
10:45 a.m. – 12:00 p.m.	Anger Introduction continued	Irrational & Negative Thinking cont.	Community Service Discussion 11:30 – 12:00	Nutrition Basics	11:30 - Chores	Stigma Continued	Managing Stress Continued
12:15 p.m. – 1:00 p.m.	Lunch						
1:00 p.m. – 2:00 p.m.	Emotional Processing	Guilt and Shame	Refusal Skills	Personal Time 12:15 -3:45	Defense Mechanisms	Problem Solving	Structured Leisure
2:00 p.m. – 2:15 p.m.	Break				Socialize or Rest	Break	
2:15 p.m. – 3:00 p.m.	Emotional Processing Continued	Guilt and Shame Continued	Refusal Skills Continued	Defense Mechanisms Continued		Problem Solving Continued	Structured Leisure Continued
3:00 p.m. – 5:00 p.m.	3:15 – 3:45 optional walk and/or socialize etc.			3:15 – 3:45 optional walk and/or socialize etc.			
5:00 p.m.	Supper						
6:00 p.m. – 7:15 p.m.	Warning Signs & Relaxation	Coping with Anxiety and Fears & Relaxation	ABC's of Substance Use & Relaxation	New Admissions Orientation	Discussion Group & Relaxation	Journaling	12 step orientation New Admits only
7:15 p.m. – 11:00 p.m.	Individual Session, Journals, Assignments, Socialize, Optional 12-Step Meetings, etc.						
Retire to Bedrooms	11:00 p.m. Daily						