## DAILY SCHEDULE (Schedule subject to change at STAFF DISCRETION)

### MONDAY
- **6:30-7:00** Phone
- **7:00** Wake up & Prepare for room checks
- **7:15-7:45** Breakfast
- **8:00-10:00** School
- **10:00-11:20** Meeting Hour/Study Hall
- **11:30-12:25** Group
- **12:30-1:00** Lunch
- **12:00-12:30** Lunch
- **12:30-1:00** Group
- **1:00-2:00** Group
- **2:00:30** Staff Shift Change/ Client Room Time
- **2:04:30** Recreation Therapy
- **3:00-3:30** Showers/ Room Time
- **3:40-4:30** Recreation Therapy
- **4:30-5:00** Showers/ Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-8:00** Group
- **8:00-9:00** DL/LL
- **9:00-9:15** Wrap up/ Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**

### TUESDAY
- **6:30-7:00** Phone
- **7:00** Wake up & Prepare for room checks
- **7:15-7:45** Breakfast
- **8:00-12:00** School/Yoga
- **12:00-12:30** Lunch
- **12:30-1:00** Group
- **1:00-2:00** Staff Shift Change/ Client Room Time
- **1:00-2:30** Staff Shift Change/ Client Room Time
- **2:40-4:30** Recreation Therapy
- **4:30-5:00** Showers/ Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-8:00** Meeting Hour/Study Hall
- **8:00-9:00** AA Meeting
- **9:00-9:15** Wrap up/ Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**

### WEDNESDAY
- **6:30-7:00** Phone
- **7:00** Wake up & Prepare for room checks
- **7:15-7:45** Breakfast
- **8:00-10:00** School
- **10:00-11:20** Meeting Hour/Study Hall
- **11:30-12:25** Group
- **12:30-1:00** Lunch
- **12:30-1:00** Lunch
- **1:00-2:00** Group
- **2:00:2:30** Staff Shift Change/ Client Room Time
- **2:40-4:30** Recreation Therapy
- **4:30-5:00** Showers/ Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-8:00** Group/Goodbye Group
- **8:00-9:00** NA Meeting
- **9:00-9:15** Wrap up/ Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**

### THURSDAY
- **6:30-7:00** Phone
- **7:00** Wake up & Prepare for room checks
- **7:15-7:45** Breakfast
- **8:00-10:00** School
- **10:00-11:20** Meeting Hour/Study Hall
- **11:30-12:25** Group
- **12:30-1:00** Lunch
- **1:10-2:00** Staff Shift Change/ Client Room Time
- **2:40-4:30** Recreation Therapy
- **4:30-5:00** Showers/ Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-7:45** Staff Discretion
- **7:45-9:00** Group/JWI
- **9:00-9:15** Wrap up/ Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**

### FRIDAY
- **6:30-7:00** Phone
- **7:00** Wake up & Prepare for room checks
- **7:15-7:45** Breakfast
- **8:00-10:00** School
- **10:00-11:20** Meeting Hour/Study Hall
- **11:30-12:25** Group
- **12:30-1:00** Lunch
- **1:00-4:00** Recreation Therapy
- **4:30-5:00** Showers/ Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-7:00** Library
- **7:00-9:00** Movie
- **9:00-9:15** Wrap up / Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**

### SATURDAY
- **7:30-8:00** Phone
- **8:00-8:30** Wake up & Prepare for room checks
- **8:30-9:00** Breakfast
- **9:00-10:30** Clean unit/ Big Chores/ Work out
- **10:30-12:00** Library
- **12:00-12:45** Lunch
- **1:00-4:00** recreation Therapy/ Family Sessions/ Visits
- **4:00-5:00** Staff Shift Change/ Client Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-7:00** Library
- **7:00-9:00** Movie
- **9:00-9:15** Wrap up / Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**

### SUNDAY
- **7:30-8:00** Phone
- **8:00-8:30** Wake up & Prepare for room checks
- **8:30-9:00** Breakfast
- **9:00-9:30** Prepare for Activity
- **9:30-4:00** Recreation Therapy/ Clean up
- **4:00-5:00** Staff Shift Change/ Client Room Time
- **5:00-6:00** Dinner
- **6:00-7:00** Store and Phone Time
- **7:00-8:00** DBT Group
- **8:00-9:00** Group/ Activity/ Goodbye group
- **9:00-9:15** Wrap up/ Relaxation
- **9:15-10:30** Meds / Room Time
- **10:30 in Bed, Lights out (reading and relaxation is allowed)**