

YOUTH RECOVERY CENTER



DAILY SCHEDULE (Schedule subject to change at STAFF DISCRETION)

MONDAY	TUESDAY
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 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 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)	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 12:40-1:30 Group 1:30-4:30 Recreation Therapy 4:30-5:00 Showers and Room Time 5:00-6:00 Dinner 6:00-7:00 Store and Phone Time 7:00-8:00 Staff Discretion 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	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 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)	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 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 7:00-7:45 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	1st SATURDAY of each month
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 1:10-1:40 Staff Shift Change/ Client Room Time 1:45-4:30 Recreation / Group Therapy 5:00-6:00 Dinner 6:00-7:00 Store and Phone Time 7:00-9:00 Group/DBT 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)	7:30-8:00 Phone 8:00-8:30 Wake up & Prepare for room checks 8:30-9:00 Breakfast 9:00-12:00 Deep clean unit/ Big Chores 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 7:00-9:00 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	SUNDAY
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 7:00-9:00 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)	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)