

Harbor Hall, Inc. Residential Treatment Schedule (January 2015)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0630	Lights on	Lights on	Lights on	Lights on	Lights on	0730 Lights on	0730 Lights on
0700 – 0715	Roll Call, Morning Stretch	Roll Call, Morning Stretch	Roll Call, Morning Stretch	Roll Call, Morning Stretch	Roll Call, Morning Stretch		
0715 - 0745	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
0745 – 0830	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following		
0830 – 0840	Morning Readings and Meditation	Morning Readings and Meditation	Morning Readings and Meditation	Morning Readings and Meditation	Morning Readings and Meditation	0800 – 0815 Roll Call, Morning Stretch	0800 – 0815 Roll Call, Morning Stretch
0845 – 0945	CBT Didactic Presentation	Recovery Dynamics	CBT Didactic Presentation	Recovery Dynamics	Interactive Conflict	0815 – 0845 Breakfast	0815 – 0845 Breakfast
0945 – 1000	Break	Break	Break	Break	Break	0845 – 0900 Readings, Meditation	0845 – 0900 Readings, Meditation
1000 – 11:45	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	<u>Primary Group: Conflict Resolution</u>	0900 – 1200 Major House Clean Up. Open house after cleared. LVL I: 20 minute hygiene, no room access after	0900 – 1055 Personal Time
							1100 – 1200 In-house AA meeting
1200 – 1230	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1230 – 1300	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores
1300 – 1315	Break	Break	Break	Break	Break	1300- 1600 <u>Staff directed Pro social activity</u>	1300 – 1645 Visitation
1315 – 1445	<u>Dual Diagnosis Group</u>	<u>Criminal Thinking/ Thinking Errors Group</u>	<u>Recreation</u> Staff Directed and Supervised	<u>Relapse Prevention</u>	<u>Spirituality</u>		
1445-1500	Front Office Time	Front Office Time		Front Office Time	Front Office Time		
1500 - 1600	Connectedness Meeting House needs and wants	1 st steps/ Homework		1 st steps/ Homework	1 st steps/ Homework	Car Wash	
1600 – 1700	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	1645 – 1700 Personal Time
1700 – 1730	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner
1730 - 1815	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)
1815 – 1845	Books (Study Time)	Books (Study Time)	Books (Study Time)	Books (Study Time)	Books (Study Time)	1800 – 1915 Personal Time	1815 – 1845 Books (Study Time)
	1845 – 1915 Personal Hygiene Time	1845 – 1955 Personal Hygiene Time	1845 - 1925 Personal Hygiene Time	1845 – 1915 Personal Hygiene Time	1845 - 1925 Personal Hygiene Time	1845 - 1915 Personal Hygiene Time	1845-2300 Personal Time
AA/NA/DRA meetings	See Meeting Schedule for specific departure times and expected return times						
	2130 – 2200 Snacks 2200-2300 Personal Time	2130 – 2200 Snacks 2200-2300 Personal Time	2130 – 2200 Snacks 2200-2300 Personal Time	2130 – 2200 Snacks 2200-2300 Personal Time	2130 – 2200 Snacks 2200-2330 Personal Time	2130 – 2200 Snacks 2200-2330 Personal Time	2130 – 2200 Snacks
2300	Lights out	Lights out	Lights out	Lights out	2330 Lights out	2330 Lights out	Lights out

Harbor Hall, Inc. Residential Treatment Schedule (January 2015)

AA/NA/DRA Meeting Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>2000 - 2100 In-house NA meeting in Dining Room</p> <p>Zion Lutheran Church Set up crew or MYCPAA at Bridge Street</p> <p>Depart at 1930 Return by 2115</p>	<p>2000 – 2100 In-house AA meeting in Dining Room</p> <p>In-house NA in Music Room</p>	<p>2000 – 2100 In-house AA meeting in dining Room</p> <p>DRA in Lecture Room</p>	<p>2000 - 2100 AA Meeting Emanuel Episcopal</p> <p>Depart at 1915 Return by 2115</p> <p>1830-1930 NA Meeting Par Baptist Church</p> <p>Depart at 1815 Return by 1945</p>	<p>2000 – 2100 In-house AA meeting</p> <p>DRA in Lecture Room</p>	<p>2000 - 2100 AA meeting Saint Francis</p> <p>Depart at 1930 Return by 2130</p>	<p>1100 – 1200 In-house AA meeting</p> <p>1830 – 1930 Presbyterian Church Big Book Study. Level 2 and above only minimum of 3 persons and maximum of 8 persons attending. Depart at 1810 Return by 1950</p>

Medication Times

All medication times are daily at the same times as listed.	Morning Medications	Noon Medications	Afternoon Medications	Evening Medications		
Any deviation of these times may result in disciplinary action	<p>0630 – 0730 Monday through Friday</p> <p>0730 – 0830 Saturday and Sunday</p>	1245 – 1300	1630 – 1655	2130 - 2230		

Other Scheduled Activities

Financial Class Bi-weekly 10-4 on Wednesday	Recovery Coach Presentation Bi-monthly	Bridge Street Dinner Monthly, Wednesday Evening				
--	--	--	--	--	--	--

Harbor Hall, Inc. Residential Treatment Schedule (January 2015)