

Harbor Hall, Inc. Residential Treatment Schedule

rev.: 08/31/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Lights on	Lights on	Lights on	Lights on	Lights on	7am Breakfast 7:30 – Lights On 7:55am – Roll Call followed by prayer	
6:55am	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Roll Call , Morning Stretch		
7:00 – 7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
7:15 – 7:50am	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following		
7:55 – 8:40am	Briefing and Goal setting	Briefing and Goal setting	Briefing and Goal setting	Briefing and Goal setting	Briefing and Goal setting		
8:45 – 9:45am	CBT	Recovery Dynamics	CBT(family focus) Physical Aspects	Recovery Dynamics	REBT(thinking errors)	8:30 – 8:50 Bedroom Cleaning	8:30-10:55 Personal Time
9:45 – 10:00am	Break	Break	Break	Break	Break	8:55 House Meeting	10:15 Setup AA Mtng 10:30 – 11:30 In-house AA meeting (Set up at 10:15am)
10:00 – 11:45	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group:</i></u> Group w/Pat Mcginn	9:00 – 10:00 House Deep Clean 10:00 – 11:55 Free Open House 1pm-4:45 (Level 2,3,4)	
12 – 12:30p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch ROLL CALL	Lunch ROLL CALL
12:30 – 1:00p	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores
1:00 – 1:15p	Break	Break	Break	Break	Break	1:00- 4:00 <i>Winter:</i> Snow Removal Neighbors Driveways/sidewalks	1:00 – 4:45 Visitation (Clients can get haircuts in the house during this time)
1:15 – 2:45pm	<u><i>REBT(thinking errors)</i></u>	<u><i>Relapse Prevention/Dual Dx</i></u>	<u><i>Recreation</i></u> Staff Directed and Supervised	<u><i>Relapse Prevention</i></u>	<u><i>Spirituality</i></u>		
2:45-3:00pm	Front Office Time	Front Office Time		Front Office Time	Front Office Time		
3:00 – 4:00pm	Connectedness Meeting House needs and wants	ROLL CALL BOOKS		ROLL CALL BOOKS	ROLL CALL BOOKS		
3:30 – 4:00pm	Afternoon Chores	Afternoon Chores	Afternoon Chores	Afternoon Chores	Afternoon Chores		
4:00 – 4:45pm	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	4:45 – 5:00 Personal Time
4:55 – 5:30pm	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner
5:30 – 6:05pm	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)
6:10 – 6:45pm	ROLL CALL 1 st Step Readings BOOKS Debriefing and processing	ROLL CALL 1 st Step Readings BOOKS Debriefing and processing	ROLL CALL 1 st Step Readings BOOKS Debriefing and processing	ROLL CALL 1 st Step Readings BOOKS Debriefing and processing	ROLL CALL 1 st Step Readings BOOKS Debriefing and processing	6:00 – 7:15 Personal Time Debriefing and processing	6:10 – 6:45 ROLL CALL Books (Study Time) 6:45-11:00 Personal Time
<h3>Recovery Meetings</h3> <p>See meeting schedule on following side. <u>COIN OUT'S</u> occur immediately upon return from meetings.</p>							9:30 – 10:00 Snacks
	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	
11:00pm	Lights out	Lights out	Lights out	Lights out	11:30pm Lights out	11:30pm Lights out	Lights out

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AA/NA/DRA Meeting Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 – 8:00pm COMBINED AA Meeting Males Level 3 & 4 All Female Level 1-4 (Church of Christ)	7:00 – 8:00 Pm MEN'S AA Meeting Church of Christ Level 3 &4 Only	7:00 – 8:00pm Men's AA Residential Facility (Closed to Public)	7:00 – 8:00 Pm Women's AA Meeting Church of Christ ALL Level 1-4	7:00 – 8:00pm Men's AA Residential Facility (Closed to Public)	7:00 – 8:00pm Men's AA Residential Facility (Closed to Public)	10:30am– 11:30 COMBINED AA Speaker meeting Residential Dining Room All Male Clients All Female Clients
7:00-8pm AA Men's In-House AA Meeting Residential Facility Level 1 & 2	7:00-8pm AA Men's Residential Level 1 & 2 (Closed to Public)	7:00 – 8:00pm Women's AA Residential Facility (Closed to Public)	7:00-8pm AA Men's Residential In-House (Closed to Public)	7:00 – 8:00pm Women's AA Residential Facility (Closed to Public)	7:00 – 8:00pm Women's AA Residential Facility (Closed to Public)	
	7:00 – 8pm AA Women's Residential (Closed to Public)			6:30 – 8:00pm Bridge Street Church		

Medication Times

All medication times are daily at the same times as listed.	<u>Morning (Mon-Fri)</u> 5:00am – 7:30 am	<u>Afternoon (7 days/week)</u> 12:30 – 1pm 5:30pm – 6:00pm 9:30pm – 10:30pm	<u>Morning (Saturday & Sunday)</u> 5:30am – 9am
Any deviation of these times may result in disciplinary action			

Other Regularly Scheduled Activities

Recovery Coach Presentation Bi-monthly, 2 nd Thursday of the Month	Bridge Street Holiday Dinners	Religious Services Passes on Sunday mornings	3 rd Thursday of each month: Salvation Army dinner followed by AA/NA at the Salvation Army	1 st Thursday each month District 13 meeting 6:00-8:00
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Room Access

All clients must be prepared for the day. The house closes after the morning clean-up. There is no room access until the house is opened up by authorized person. Do not ask the technician to go to your room during unauthorized times.						
OPEN HOUSE Game room/Weight Room Bedroom, phones	4pm to 4:45 pm Mon-Fri 1pm to 4:45pm Sat-Sun Levels 2,3,4 only		All Levels of Client, 1-4 can access their rooms at 9:15 pm unless prior activity is not done.	You must be in your rooms and lights out at 11:00pm Sunday through Thursday	You must be in your rooms and lights out at 11:30 pm Friday and Saturday	