

Female Client Residential Treatment Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
6:00am	Lights on	Lights on	Lights on	Lights on	Lights on	7:30 Roll Call	7:30am Roll Call
6:30am	Roll Call (be out in living area)	Roll Call (be out in living area)	Roll Call, (be out in living area)	Roll Call, (be out in living area)	Roll Call, (be out in living area)		7:35-8:10am Breakfast
6:45am-7:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		8:10-8:30am Chores
7:20am-7:55am	Meds/Chores/Personal Hygiene	Meds/Chores /Personal Hygiene	Meds/Chores/Personal Hygiene	Meds/Chores/Personal Hygiene	Meds/Chores/Personal Hygiene		
8:00 – 8:30am	Morning Readings and Meditation	Morning Readings and Meditation	Morning Readings and Meditation	Morning Readings and Meditation	Morning Readings and Meditation	8:10am-10:00am Deep Cleaning	9:00-9:30am Meditation
8:45 – 9:45am	CBT Didactic Presentation (Lecture)	Recovery Dynamics (Lecture)	CBT Didactic Presentation (Lecture)	Recovery Dynamics (Lecture)	Weekly wrap-up Presentation (Lecture)		
9:45 –9:55am	Break	Break	Break	Break	Break		
10:00am – 11:40am	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	<u>Primary Group Therapy</u>	11:40-12:15pm Lunch	10:00-11:40am Open House/Free Time
11:40am-12:15pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15pm-1:10pm	Chores/Break	Chores/Break	Chores/Break	Chores/Break	Chores/Break	Chores	Chores
1:10pm-2:45pm	REBT (Lecture)	Relapse Prevention (Lecture)	Recreation (Staff Directed/Supervised)	Relapse Prevention (Lecture)	Spirituality (Lecture)	1:00pm-4:40pm Open House/Free Time	1:00pm-4:40pm Open House/Free Time
2:45-3:00pm	Break	Break	Break	Break	Break		
3:00-4:00pm	House needs/wants meeting with Residential Life Supervisor (followed by books until 4:00pm)	Individual Books Assignment Study	Individual Books Assignment Study	Individual Books Assignment Study	Individual Books Assignment Study		
4:00pm-4:40pm	Open House	Open House	Open House	Open House	Open House		
4:40pm-5:15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:20pm-6:00pm	Chores (Including Common Areas)	Chores (Including Common Areas)	Chores (Including Common Areas)	Chores (Including Common Ares)	Chores (Including Common Areas)	Chores	Chores
6:00pm-6:30pm	Books Study	Books Study	Books Study	Books Study	Books Study	Books Study	Books/Study (Optional)
Recovery Meetings	Church Of Christ NA 7:00pm-8:00pm (Leave campus at 6:30)	In House Meeting 7:00pm-8:00pm (Leave campus at 6:30)	Church of Christ Bible Study OR In House Meeting 7:00pm-8:00pm (Leave campus at 6:30)	Church Of Christ AA 7:00pm-8:00pm (Leave campus at 6:30)	Bridge St. Recovery Based Meeting OR In House Meeting 6:00pm-7:00pm (Leave campus at 5:30)	7:00-8:00pm In House Meeting	7:00pm-8:00pm Speaker Meeting
9:10-9:30	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
9:30-11:00pm	Open House	Open House	Open House	Open House	Open House Lights out 11:30	Open House Lights out at 11:30pm	Open House Lights out at 11:00pm

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❖ **Open House Time**

➤ **Monday-Friday**

- 7:20am-7:55am
- 4:00pm-4:40pm
- 5:20pm-6:00pm
- After 9:00pm

➤ **Saturday-Sunday**

- 10:00am-11:40am
- 1:00pm-4:40pm
- After 9:00pm

❖ **Phone Use**

- Any Free Time after 4:00pm Friday
- Any Free Time all day Saturday & Sunday

❖ **Zoom Visits**

- Sunday only; during any free time
- Must be approved by counselor

❖ **Medication Times**

➤ **Monday-Friday**

- Morning: 5:00am-7:30am
- Mid-Day: 12:30pm-1:00pm
- After Dinner: 5:30pm-6:00pm
- Evening: 9:30pm-10:30pm

➤ **Saturday-Sunday**

- Morning: 5:30am-9:00am
- Mid-Day: 12:30pm-1:00pm
- After Dinner: 5:30pm-6:00pm
- Evening: 9:30pm-10:30pm