

## Female Client Residential Treatment Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
<b>6:00am</b>	Lights on	Lights on	Lights on	Lights on	Lights on	7:30 Roll Call	<b>7:30am</b> Roll Call
<b>6:30am</b>	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)		<b>7:35-8:10am</b> Breakfast
<b>6:45am-7:15am</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		7:35 – 8:10 Breakfast
<b>7:20am-7:55am</b>	Meds/Chores/Personal Hygiene	Meds/Chores /Personal Hygiene	Meds/Chores/Personal Hygiene	Meds/Chores/Personal Hygiene	Meds/Chores/Personal Hygiene		
<b>8:00 – 8:30am</b>	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
<b>8:45 – 9:45am</b>	CBT Didactic Presentation (Lecture)	Recovery Dynamics (Lecture)	CBT Didactic Presentation (Lecture)	Recovery Dynamics (Lecture)	Weekly wrap-up Presentation (Lecture)		
<b>9:45 –9:55am</b>	Break	Break	Break	Break	Break		
<b>10:00am – 11:40am</b>	<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 Therapy</i></u>	11:40-12:15pm Lunch	10:00-11:40am Open House/Free Time
<b>11:40am-12:15pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:15pm-1:10pm</b>	Chores/Break	Chores/Break	Chores/Break	Chores/Break	Chores/Break	Chores	Chores
<b>1:10pm-2:45pm</b>	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
<b>2:45-3:00pm</b>	Break	Break	Break	Break	Break		
<b>3:00-4:00pm</b>	Individual Books Assignment Study	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		
<b>4:00pm-4:40pm</b>	<b>Open House</b>	<b>Open House</b>	<b>Open House</b>	<b>Open House</b>	<b>Open House</b>		
<b>4:40pm-5:15pm</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>5:20pm-6:00pm</b>	Chores (Including Common Areas)	Chores (Including Common Areas)	Chores (Including Common Areas)	Chores (Including Common Areas)	Chores (Including Common Areas)	Chores	Chores
<b>6:00pm-6:30pm</b>	Books Study	Books Study	Books Study	Books Study	Books Study	Books Study	Books/Study (Optional)
<b>Recovery Meetings</b>	REFER TO OUTSIDE MEETINGS & CHURCH SCHEDULE						
<b>9:10-9:30</b>	Snacks or Room Access	Snacks or Room Access	Snacks or Room Access	Snacks or Room Access	Snacks or Room Access	Snacks or Room Access	Snacks or Room Access
<b>9:30-11:00pm</b>	Open House/ Room Access	Open House/ Room Access	Open House/ Room Access	Open House/ Room Access	Open House/Room access Lights out <b>11:30</b>	Open House/ Room Access Lights out at <b>11:30pm</b>	Open House/ Room Access Lights out at <b>11:00pm</b>

## **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

## **Spirit Walk**

- **Friday – 3:45 – 4:30pm**

## **Phone Use**

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

## **Game Room Access (at men's Facility)**

- **Monday – Friday at 4-4:40**

## **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

**Female Client Residential Treatment Schedule**

<b>AA/NA/DRA Meeting Schedule</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>7:00 – 8:00pm</b> Female Level 2-4 Off Campus NA Meeting Church of Christ  <b>7:00-8pm</b> Male All Levels On Campus AA Meeting Male Dorm	<b>7:00 – 8:00 Pm</b> Male Level 3&4 Off Campus AA Meeting Church of Christ  <b>7:00-8pm</b> Male Level 1 & 2 On Campus AA Meeting  <b>7:00 – 8pm</b> Female Level 1-4 On Campus AA Meeting	<b>7:00 – 8:00pm</b> Male All Levels On Campus AA Meeting Male Dorm  <b>7:00 – 8:00pm</b> Female Level 1-4 On Campus AA Meeting  <b>7:00 – 8:00pm</b> Off Campus Bible Study Church of Christ <b>Male Level 3&amp;4</b> (1 <sup>st</sup> /3 <sup>rd</sup> Wednesday) <b>Female Level 3&amp;4</b> (2 <sup>nd</sup> /4 <sup>th</sup> Wednesday)	<b>7:00 – 8:00 Pm</b> Female Level 2-4 Off Campus AA Meeting Church of Christ  <b>7:00-8pm</b> Male All Levels On Campus AA Meeting Male Dorm	<b>8:00pm</b> Male All Levels On Campus AA Meeting Male Dorm  <b>8:00pm</b> Female All Levels On Campus AA Meeting  <b>6:00 – 7:30pm</b> <b>Bridge Street Church</b> Male 1 <sup>st</sup> & 3 <sup>rd</sup> Friday Female 2 <sup>nd</sup> & 4 <sup>th</sup> Friday (Level 1's excluded)	<b>7:00 – 8:00pm</b> Male All Levels On Campus AA Meeting Male Dorm  <b>7:00 – 8:00pm</b> Male Level 3&4 Off Campus NA Meeting  <b>7:00 – 8:00pm</b> Female Level 1-4 On Campus AA Meeting	<b>7:00pm– 8:00pm</b> On Campus <b>AA Speaker meeting</b> All Male Clients All Female Clients  <b>Church Of Christ</b> Males: 10am – 12n 2 <sup>nd</sup> /4 <sup>th</sup> Sunday Females 10am – 12 1 <sup>st</sup> /3 <sup>rd</sup> Sunday (Level 1's Excluded)

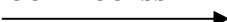
**Medication Times**

<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 &amp; Sunday)</u> 5:30am – 9am
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**Other Regularly Scheduled Activities**

Recovery Coach Presentation Bi-monthly, 2 <sup>nd</sup> Thursday of the Month	Bridge Street Holiday Dinners	Religious Services Passes on Sunday mornings	3 <sup>rd</sup> Thursday of each month: Salvation Army dinner followed by AA/NA at the Salvation Army	1 <sup>st</sup> Thursday each month District 13 meeting 6:00-8:00
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**OPEN HOUSE, GAME ROOM, WEIGHT ROOM, ROOM ACCESS**

<b>OPEN HOUSE &amp; ROOM ACCESS</b> 	<b>AFTERNOON ROOM ACCESS</b> Levels 2,3,4 <u>Men</u> Mon-Fri 4pm to 4:45 pm Sat-Sun 10am to 4:45pm  <u>Female</u> Mon-Fri 4pm to 4:40pm Sat-Sun 10am to 4:40pm	<b>EVENING ROOM ACCESS</b>  Levels 1-4 can access their rooms after Night Meeting/Coin-out.	<b>Weight Room/GAME ROOM ACCESS</b> Levels 2,3,4 Only  Women: M-F 4-4:40 Men: M-F 8-10:30pm	You must be in your rooms and lights out at 11:30 pm Friday and Saturday
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9/12/2022