

## Harbor Hall, Inc. Residential Treatment Schedule

rev.: 9/12/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>6:30am</b>	Lights on	Lights on	Lights on	Lights on	Lights on	<b>7:30 – Lights On</b>  <b>7:55am – Roll Call followed by prayer</b>  <b>8am Breakfast</b>		
<b>6:55am</b>	<b>Roll Call</b> , Morning Stretch	<b>Roll Call</b> , Morning Stretch	<b>Roll Call</b> , Morning Stretch	<b>Roll Call</b> , Morning Stretch	<b>Roll Call</b> , Morning Stretch			
<b>7:00 – 7:30am</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
<b>7:15 – 7:50am</b>	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following			
<b>8 – 8:40am</b>	<b>Briefing and Goal setting</b>	<b>Briefing and Goal setting</b>	<b>Briefing and Goal setting</b>	<b>Briefing and Goal setting</b>	<b>Briefing and Goal setting</b>			
<b>8:45 – 9:45am</b>	<b>LECTURE</b>	<b>LECTURE</b>	<b>LECTURE</b>	<b>LECTURE</b>	<b>LECTURE</b>	<b>8:30 – 8:50</b> Bedroom Cleaning	<b>8:30-10:55</b> Personal Time	
<b>9:45 –10:00am</b>	Break	Break	Break	Break	Break	<b>8:55</b> House Meeting		
<b>10:00 – 11:45</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>	<b>9:00 – 10:00</b> House Deep Clean 10:00 – 11:55 Free 10 – 3pm Car Wash	<b>10:15</b> Setup AA Mtng	
<b>12 – 12:30p</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch <b>ROLL CALL</b>	Lunch <b>ROLL CALL</b>	
<b>12:30 – 1:00p</b>	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	
<b>1:00 – 1:15p</b>	Break	Break	Break	Break	Break	<b>1:00- 4:45</b> <b>OPEN HOUSE</b>  <i>10:00-3:00pm</i> <b>CAR WASH</b>	<b>1:00 – 4:45</b> Zoom Visitation	
<b>1:15 – 2:45pm</b>	<b>LECTURE</b>	<b>LECTURE</b>	<u><i>Recreation</i></u>	<b>LECTURE</b>	<b>LECTURE</b>			(Clients can get haircuts in the house during this time)
<b>3:00 – 4:00pm</b>	HOUSE Meeting or Books OR 1st Step Reading	BOOKS	Staff Directed and Supervised	BOOKS	BOOKS			
<b>3:30 – 4:00pm</b>	Afternoon Chores	Afternoon Chores	Afternoon Chores	Afternoon Chores	Afternoon Chores			
<b>4:00 – 4:45pm</b>	Personal Time (No Game Room Access)	Personal Time (No Game Room Access)	Personal Time (No Game Room Access)	Personal Time (No Game Room Access)	Personal Time (No Game Room Access)	Personal Time	<b>4:45 – 5:00</b> Personal Time	
<b>4:55 – 5:30pm</b>	<b>Roll Call, Dinner</b>	<b>Roll Call, Dinner</b>	<b>Roll Call, Dinner</b>	<b>Roll Call, Dinner</b>	<b>Roll Call, Dinner</b>	<b>Roll Call, Dinner</b>	<b>Roll Call, Dinner</b>	
<b>5:30 – 6:05pm</b>	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)	
<b>6:10 – 6:45pm</b>	<b>ROLL CALL</b> 1 <sup>st</sup> Step Readings BOOKS <b>Debriefing and processing</b>	<b>ROLL CALL</b> 1 <sup>st</sup> Step Readings BOOKS <b>Debriefing and processing</b>	<b>ROLL CALL</b> 1 <sup>st</sup> Step Readings BOOKS <b>Debriefing and processing</b>	<b>ROLL CALL</b> 1 <sup>st</sup> Step Readings BOOKS <b>Debriefing and processing</b>	<b>ROLL CALL</b> 1 <sup>st</sup> Step Readings BOOKS <b>Debriefing and processing</b>	<b>6:00 – 7:15</b> Personal Time <b>Debriefing and processing</b>	<b>6:10 – 6:45</b> <b>ROLL CALL</b> Books (Study Time)  <b>6:45-11:00</b> Personal Time	
<h3>Recovery Meetings</h3> <p>See meeting schedule on following side.</p> <p><u><b>OPEN HOUSE/ROOM ACCESS or COIN OUT'S</b></u> occur immediately upon return from meetings.</p>								
	<b>9:30 – 10:00</b> Snacks <b>10:00-11:00</b> Personal Time	<b>9:30 – 10:00</b> Snacks <b>10:00-11:00</b> Personal Time	<b>9:30 – 10:00</b> Snacks <b>10:00-11:00</b> Personal Time	<b>9:30 – 10:00</b> Snacks <b>10:00-11:00</b> Personal Time	<b>9:30 – 10:00</b> Snacks <b>10:00-11:00</b> Personal Time	<b>9:30 – 10:00</b> Snacks <b>10:00-11:00</b> Personal Time	<b>9:30 – 10:00</b> Snacks	
<b>11:00pm</b>	Lights out	Lights out	Lights out	Lights out	<b>11:30pm</b> Lights out	<b>11:30pm</b> Lights out	Lights out	

**AA/NA/DRA Meeting Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>7:00 – 8:00pm</b> Female Level 2-4 Off Campus NA Meeting Church of Christ</p> <p><b>7:00-8pm</b> Male All Levels On Campus AA Meeting Male Dorm</p>	<p><b>7:00 – 8:00 Pm</b> Male Level 3&amp;4 Off Campus AA Meeting Church of Christ</p> <p><b>7:00-8pm</b> Male Level 1 &amp; 2 On Campus AA Meeting</p> <p><b>7:00 – 8pm</b> Female Level 1-4 On Campus AA Meeting</p>	<p><b>7:00 – 8:00pm</b> Male All Levels On Campus AA Meeting Male Dorm</p> <p><b>7:00 – 8:00pm</b> Female Level 1-4 On Campus AA Meeting</p> <p><b>7:00 – 8:00pm</b> Off Campus Bible Study Church of Christ Male Level 3&amp;4 (1<sup>st</sup>/3<sup>rd</sup> Wednesday) Female Level 3&amp;4 (2<sup>nd</sup>/4<sup>th</sup> Wednesday)</p>	<p><b>7:00 – 8:00 Pm</b> Female Level 2-4 Off Campus AA Meeting Church of Christ</p> <p><b>7:00-8pm</b> Male All Levels On Campus AA Meeting Male Dorm</p>	<p><b>8:00pm</b> Male All Levels On Campus AA Meeting Male Dorm</p> <p><b>8:00pm</b> Female Level 1-4 On Campus AA Meeting</p> <p><b>6:00 – 7:30pm</b> Bridge Street Church Male 1<sup>st</sup> &amp; 3<sup>rd</sup> Friday Female 2<sup>nd</sup> &amp; 4<sup>th</sup> Friday (Level 2,3,4)</p>	<p><b>7:00 – 8:00pm</b> Male All Levels On Campus AA Meeting Male Dorm</p> <p><b>7:00 – 8:00pm</b> Male Level 3&amp;4 Off Campus NA Meeting</p> <p><b>7:00 – 8:00pm</b> Female Level 1-4 On Campus AA Meeting</p>	<p><b>7:00pm– 8:00pm</b> On Campus AA Speaker meeting All Male Clients All Female Clients</p> <p><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 (Levels 2,3,4)</p>

**Medication Times**

<p><u>Morning (Mon-Fri)</u> 5:00am – 7:30 am</p>	<p><u>Afternoon (7 days/week)</u> 12:30 – 1pm 5:30pm – 6:00pm 9:30pm – 10:30pm</p>	<p><u>Morning (Saturday &amp; Sunday)</u> 5:30am – 9am</p>
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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**

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