

Men' Treatment Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Wake-up 6:00-7:00 am -Self Care (Hygiene, Exercise...) Optional Outside Break (6:30-6:45)</i>					<i>Wake-Up 6:00-7:00</i>	
Breakfast in the Cafeteria- Must stay in Café for entire meal - 7:00-7:25 (1st group); 7:15-7:40 (2nd group)					Breakfast - Must Stay in Café - 7:00-7:25 (1st Group) 7:15-7:40 (2nd Group)	
Morning Medication Pass - 7:30-9:00					Morning Medication Pass 7:30-9:00	
<i>Optional Outside Break - 8:30-8:45 - Both Units</i>					<i>Optional Outside Break 8:45-9:00</i>	
Morning Intentions with Recovery Specialists - B + C Lounges 9:00-9:45					Room Clean, Hygiene, Morning Intentions Prep 7:45-8:45	
<i>Optional Outside Break 11:55-12:10</i>					<i>Optional Outside Break 11:55-12:15</i>	
Lunch - 11:15-11:55 - Must stay in Café for entire meal - 11:15-11:40 (1st group); 11:30-11:55 (2nd group)					Lunch - 11:15-11:40 (1st group); 11:30-11:55 (2nd group) Sunday on units	
<i>Optional Outside Break 11:55-12:10</i>					<i>Optional Outside Break 11:55-12:15</i>	
Get Active!					Get Active! w/ RAs 12:15-1:15	
Get Active! 12:15-1:15	Recovery Unedited- B-Lounge New Life C-Lounge 12:15-1:15	Get Active! 12:15-1:15	Get Active! 12:15-1:15	Get Active! 12:15-1:15	Weekly Wrap B Community Building C 2:00-3:00	Weekly Wrap C Community Building B 2:00-3:00
Self Care & Afternoon Medication Pass - 1:15-2:00					<i>Optional Outside Break 3:00-3:10</i>	
Harmful/Helpful Lounges 2:00-3:00	Get Active! 2:00-3:00	The Art of Perspective Cafeteria 2:00-3:00	Recovery Unedited- B-Lounge New Life C-Lounge 2:00-3:00	Recovery Skills Cafeteria 2:00-3:00	SELF CARE Orientation 3:15-4:00	SELF CARE Orientation 3:15-4:00
<i>Optional Outside Break 3:00-3:10</i>					<i>Optional Outside Break 3:00-3:10</i>	
Clinical Peer /Orientation Lounges 03:30-04:30	Clinical Peer /Orientation Lounges 03:30-04:30	Clinical Peer /Orientation Lounges 03:30-04:30	Clinical Peer /Orientation Lounges 03:30-04:30	8 Dimensions of Wellness-Caf Orientation-lounge Cafeteria 03:30-04:30	<i>Optional Outside Break 4:50-5:00</i>	
Self Care & Mail Distribution 4:30-4:40	Self Care & Mail Distribution 4:30-4:40	Self Care & Mail Distribution 4:30-4:40	Self Care & Mail Distribution 4:30-4:40	Self Care & Mail Distribution/ BELLA 4:30-4:40	AA B-Wing/NA C-Wing 6:00-7:00	AA B-Wing/NA C-Wing 6:00-7:00
Dinner- 4:40-5:20 - Must stay in Café for entire meal - 4:40-5:05 (1st group); 4:55-5:20 (2nd group)					Dinner- 4:10-4:35 (1st Group) & 4:25-4:50 (2nd Group)	
<i>Optional Outside Break 5:20-5:30</i>					<i>Optional Outside Break 4:50-5:00</i>	
Evening Reflections Lounges 5:35-6:30	Evening Reflections Lounges 5:35-6:30	Evening Reflections Lounges 5:35-6:30	Evening Reflections Lounges 5:35-6:30	Evening Reflections Lounges 5:35-6:30	Evening Reflections - Lounges 7:15-8:00	Evening Reflections - Lounges 7:15-8:00
<i>Optional Outside Break 6:30-6:45</i>					Evening Medication Pass - 8:00-9:30	
<i>Optional Outside Break 6:30-6:45</i>					<i>Optional Outside Break 8:30 - 8:45</i>	
12- Step Meeting AA B-Wing/NA C-Wing 7:00-8:00					TV/Movie - 8:00 -11:00pm	
Speaker Meeting in Café 7:00-8:00					<i>Last Optional Outside Break of the Day 10:00-10:15</i>	
12- Step Meeting AA B-Wing/NA C-Wing 7:00-8:00					In Rooms, Lights Out 10:30-11:00	
Evening Medication Pass - 8:00-9:30						
<i>Optional Outside Break 8:30-8:45</i>						
<i>Optional Outside Break 10:00-10:15 - (Last Optional Outside Break of the day) - All patients are asked to be in their rooms by 11:00pm</i>						

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5-Jun-19 NM