

Womens Unit Treatment Program - Effective Date: 6/3/19

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<i>Wake up - Courtyards Open & Optional Outside Break 6:15-6:30</i>										<i>Wake up - Courtyard Open & Optional Outside Break 6:15-</i>			
<i>Morning Med Window Open 7:00-8:00</i>										<i>Morning Med Window Open 7:00-8:00</i>			
<i>Breakfast 8:00-8:30</i>										<i>Breakfast 8:00-8:30</i>			
<i>Optional Outside Break 8:30-8:45</i>										<i>Optional Outside Break 8:30-8:45</i>			
Morning Intentions 9:15	8:45-	Morning Intentions 9:15	8:45-	Morning Intentions 9:15	8:45-	Morning Intentions 9:15	8:45-	Morning Intentions 9:00	8:45-	Morning Intentions 8:45-9:15			
Get Active or YOGA 10:15	9:15-	Harmfuls 9:15-10:15		Addiction Narratives 10:15	9:15-	Coping Skills 10:15	9:15-	Harmfuls 1st&3rd of Monday = VRN 9:00-10:00		Get Active 9:15-10:15		Get Active 9:15-10:15	
<i>Optional Outside Break 10:15-10:30</i>										<i>Optional Outside Break 10:15-10:30</i>			
Tea Time w/ Stacie 10:30-11:30		Parenting Classes and Life Skills w/ Kim 10:30-	11:30	Women In Recovery 10:30-11:30		Clinical Process Group w/ Kelly 10:30-11:30		The Message is the Medium w/ Kelly 10:30-11:30		Structured Assignment Time 10:30-11:30		Visitation 10:30-12:00	
Silent Assignment Time 11:30-12:00													
<i>Lunch 12:05-12:35</i>													
<i>Optional Outside Break 12:35-12:45</i>										<i>Lunch 12:05-12:35</i>			
DBT w/ Kim 1:45	12:45-	Meetings on Demand 12:45-1:45		Mindfulness (guided meditation) 12:45-1:45		Artistic Expression 12:45-1:45		Addictive Thinking 12:45-1:45		<i>Optional Outside Break 12:35-12:50</i>			
<i>Afternoon Med Window Open 2:00-2:30</i>										Relapse Prevention w/ Katelyn 1:00-2:00		Self Reflection 1:00-2:00	
Self Care 1:45-2:45		Get Active 1:45-2:45		Get Active 1:45-2:45		Self Care 2:45	1:45-	Assignment time in rooms (doors open) and common areas 1:45-2:45		<i>Afternoon Med Window Open 2:00-2:30</i>			
<i>Optional Outside Break 2:45-3:00</i>										Guided Meditation 2:30-3:00		The Listening Project 2:00-3:00	
Welcome to the Jungle w/ Kelly 3:00-4:00		Creative Writing 3:00-4:00		Seeking Safety w/ Katelyn 3:00-4:00	3:00-	Get Active 3:00-4:00		Get Active 3:00-4:00		<i>Optional Outside Break 3:15-3:30</i>			
Dear Addiction Presentations 5:15	4:15-	Core Values 5:15	4:15-	Anger Management 4:15-5:15		Healthy Relationships 4:15-5:15		Recovery Tools 5:15	4:15-	Big Book Meeting 3:30-4:30		Big Book Meeting 3:30-4:30	
<i>Mail Distribution 5:15-5:25</i>										<i>Mail Distributed 4:30-4:55</i>			
<i>Dinner 5:25-5:55</i>										<i>Dinner 4:55-5:25</i>			
<i>Optional Outside Break 6:00-6:15</i>										<i>Optional Outside Break 5:30-5:45</i>			
Evening Reflections (alt: graduation or new patient orientation) 6:15-6:50										Evening Reflections 6:15-6:45			
12-Step Meeting 8:00	7:00-	Speaker Meeting 8:00	7:00-	Big Book Meeting 8:00	7:00-	Big Book Meeting 8:00	7:00-	12-Step Meeting 8:00	7:00-	Making Recovery Easier 6:15-7:15		Community Activity 6:15-7:15	
<i>Optional Outside Break 8:00-8:15</i>										Structured Journaling 7:30-8:00		New Patient Orientation (alt. silent assignments) 7:30-8:00	
<i>Evening Med Window Open 8:30-9:45</i>										<i>Optional Outside Break 8:00-8:15</i>			
<i>Optional Outside Break 9:30-9:45 (Last outside break of the day)</i>										<i>Evening Med Window Open 8:30-9:45</i>			
All patients are asked to please be in their rooms by 11:00pm										<i>Optional Outside Break 9:30-9:45 (Last break of day)</i>			
										All Patients are asked to please be in their rooms by 11:00pm			