

<i>Willow & Aspen</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Theme of the Day</u>	Developing Self Care	Distress Tolerance & Emotion Regulation	Acceptance	Resilience	Building Relationships	Mindfulness	Problem Solving & Communication
6:30a-7:30a	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's
7:30a-8:15a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15a-9:15a	Medications	Medications	Medications	Medications	Medications	Medications	Medications
9:15a-10:00a	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting
10:00a-11:00a	Process Group (A) Expressive Arts (B)	Process Group (A) Expressive Arts (B)	Process Group (A) Expressive Arts (B)	Process Group (A) Expressive Arts (B)	Process Group (A) Expressive Arts (B)	Process Group (A) Expressive Arts (B)	Process Group (A) Expressive Arts (B)
11:00a-11:50a	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals
12:00p-12:45p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00p-1:50p	Expressive Arts (A) Process Group (B)	Expressive Arts (A) Process Group (B)	Expressive Arts (A) Process Group (B)	Expressive Arts (A) Process Group (B)	Expressive Arts (A) Process Group (B)	Expressive Arts (A) Process Group (B)	Expressive Arts (A) Process Group (B)
2:00p-2:45p	PsychEd/ Skills: Diagnosis	PsychEd/Skills: DBT	PsychED/Skills: ACT	PsychEd/Skills: CT-R	PsychEd/Skills: Seeking Safety	PsychEd/Skills: Mindfulness	PsychEd/Skills: Leisure or Nutrition
2:45p-3:00p	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:00p-3:50p	Individual Meeting & Phone Time	SW Group: Aftercare Info	Individual Meeting & Phone Time	SW Group: Social Determinants of Health	RN Group	RN Group	RN Group
4:00p-5:00p	Yoga	Individual Meeting & Phone Time	Yoga	Individual Meeting & Phone Time	Individual Meeting & Phone Time	Individual Meeting & Phone Time	Individual Meeting & Phone Time
5:00p-5:45p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:45p-6:30p	Outside/Rec Time	Outside/Rec Time	Outside/Rec Time	Outside/Rec Time	Outside/Rec Time	Outside/Rec Time	Outside/Rec Time

[illegible]

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<u>Theme of the Day</u>	Developing Self Care	Distress Tolerance & Emotion Regulation	Acceptance	Resilience	Building Relationships	Mindfulness	Problem Solving & Communication
6:30a-7:30a	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's	Vitals & ADL's
7:30a-8:15a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15a-9:15a	Medications	Medications	Medications	Medications	Medications	Medications	Medications
9:15a-10:00a	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting	Community Meeting & Goal Setting
10:00a-11:00a	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
11:00a-11:50a	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals	Illness Management & Recovery OR Individuals
12:00p-12:45p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00p-1:50p	Expressive Arts/ Activity Therapy	Expressive Arts/ Activity Therapy	Expressive Arts/ Activity Therapy	Expressive Arts/ Activity Therapy	Expressive Arts/ Activity Therapy	Expressive Arts/ Activity Therapy	Expressive Arts/ Activity Therapy
2:00p-2:45p	PsychEd/ Skills: Diagnosis	PsychEd/Skills: DBT	PsychED/Skills: ACT	PsychEd/Skills: CT-R	PsychEd/Skills: Seeking Safety	PsychEd/Skills: Mindfulness	PsychEd/Skills: Leisure or Nutrition
2:45p-3:00p	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:00p-3:50p	Individual Meeting & Phone Time	SW Group: Aftercare Info	Individual Meeting & Phone Time	SW Group: Social Determinants of Health	RN Group	RN Group	RN Group
4:00p-5:00p	Yoga	Individual Meeting & Phone Time	Yoga	Individual Meeting & Phone Time	Individual Meeting & Phone Time	Individual Meeting & Phone Time	Individual Meeting & Phone Time
5:00p-5:45p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:45p-6:30p	Rec Activity	Rec Activity	Rec Activity	Rec Activity	Rec Activity	Rec Activity	Rec Activity

6:30p-7:30p	Structured Journaling, Assignment Comp	Structured Journaling, Assignment Comp	Structured Journaling, Assignment Comp	Structured Journaling, Assignment Comp	Structured Journaling, Assignment Comp	Structured Journaling, Assignment Comp	Structured Journaling, Assignment Comp
7:45p-8:30p	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
8:30p-9:30p	Medications and ADL's	Medications and ADL's	Medications and ADL's	Medications and ADL's	Medications and ADL's	Medications and ADL's	Medications and ADL's
9:30p-10:30p	Meditation, Prayer, Wind Down	Meditation, Prayer, Wind Down	Meditation, Prayer, Wind Down	Meditation, Prayer, Wind Down	Meditation, Prayer, Wind Down	Meditation, Prayer, Wind Down	Meditation, Prayer, Wind Down
10:30p	Good Night!	Good Night!	Good Night!	Good Night!	Good Night!	Good Night!	Good Night!
		MHT		MHT or RN			
		Therapist		SW			
				RN			