	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rating Emotion Intensity	**Expressing Emotions & Triggering Feelings**	**Recovery & Commitment to Wellness**	**Triggers & Behavior**	**Wellness Recovery & Behavior Types and Responses**	**Directing Your Behavior & Distress Tolerance**	**Identifying Emotions**
7:00-8:00	Wake-up/Hygiene	Wake-up/Hygiene	Wake-up/Hygiene	Wake-up/Hygiene	Wake-up/Hygiene	Wake-up/Hygiene	Wake-up/Hygiene
8:00-9:00	Vitals/Breakfast	Vitals/Breakfast	Vitals/Breakfast	Vitals/Breakfast	Vitals/Breakfast	Vitals/Breakfast	Vitals/Breakfast
9:00-9:30	Medications / Clean-Up - RN & MHW	Medications / Clean-Up - RN & MHW	Medications / Clean-Up - RN & MHW	Medications / Clean-Up - RN & MHW	Medications / Clean-Up - RN & MHW	Medications / Clean-Up - RN & MHW	Medications / Clean-Up - RN & MHW
9:30-10:00	Community Group - MHW	Community Group -MHW	Community Group -MHW	Community Group -MHW	Community Group -MHW	Community Group -MHW	Community Group -MHW
10:00-10:30	Free Time/Snack/Transition	Free Time/Snack/Transition	Free Time/Snack/Transition	Free Time/Snack/Transition	Free Time/Snack/Transition	Free Time/Snack/Transition	Free Time/Snack/Transition
10:30-11:15	Psych Education - SW	Psych Education - SW	Psych Education - SW	Psych Education - SW	Psych Education - SW	Psych Education - SW	Psych Education - SW
11:15-11:40	RN Group Health	Quiet Time	RN Group Substance Abuse Prevention Education	Dietician Group Nutrition	RN Group Substance Abuse Prevention Education	Quiet Time	RN Group Medication Education
11:45-12:30	Art Therapy - AT	Outside/Free Time	Outside/Free Time	Outside/Free Time	Outside/Free Time	Outside/Free Time	Art Therapy - AT
12:30-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:30	Outside/Free Time	Art Therapy - AT	Art Therapy - AT	Art Therapy - AT	Art Therapy - AT	Art Therapy - AT	Outside/Free Time
1:30-2:30	Visitation	Study Hall (MHW) - Reading	Study Hall (MHW) - Science	Study Hall (MHW)- Math	Study Hall (MHW) - History	Study Hall (MHW) - Reading	Visitation
2:30-3:15	Movie + Snack	Psych Education - SW	Psych Education - SW	Psych Education - SW	Psych Education - SW	Psych Education - SW	Movie + Snack
3:15-3:30		Snack	Snack	Snack	Snack	Snack	
3:30-4:15	Exercise - AT	Exercise - AT	Exercise - AT	Exercise - AT	Exercise - AT	Exercise - AT	Exercise - AT
4:15-4:45	Self-Care (in Room)	Self-Care (in Room)	Self-Care (in Room)	Self-Care (in Room)	Self-Care (in Room)	Self-Care (in Room)	Self-Care (in Room)
4:45-5:15	Check-In Group - MHW	Check-In Group - MHW	Check-In Group - MHW	Check-In Group - MHW	Check-In Group - MHW	Check-In Group - MHW	Check-In Group - MHW
5:15-6:00	Creative Prompts - MHW	Creative Prompts - MHW	Creative Prompts - MHW	Creative Prompts - MHW	Creative Prompts - MHW	Creative Prompts - MHW	Creative Prompts - MHW
6:00-6:20	Clean-Up & Stretching - MHW	Clean-Up & Stretching - MHW	Clean-Up & Stretching - MHW	Clean-Up & Stretching - MHW	Clean-Up & Stretching - MHW	Clean-Up & Stretching - MHW	Clean-Up & Stretching - MHW
6:20-6:30	Transition	Transition	Transition	Transition	Transition	Transition	Transition
6:30-7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-7:30	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time	Visitation/Quiet Time
7:30-8:00	Visitation/Structured Games	Visitation/Structured Games	Visitation/Structured Games	Visitation/Structured Games	Visitation/Structured Games	Visitation/Structured Games	Visitation/Structured Games
8:00-8:45	Snack + Meds + Wrap-Up Group - MHW	Snack + Meds + Wrap-Up Group - MHW	Snack + Meds + Wrap-Up Group - MHW	Snack + Meds + Wrap-Up Group - MHW	Snack + Meds + Wrap-Up Group - MHW	Snack + Meds + Wrap-Up Group - MHW	Snack + Meds + Wrap-Up Group - MHW
8:45-9:00	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
9:00-9:30	RN Guided Imagery/ Relaxation	RN Guided Imagery/ Relaxation	RN Guided Imagery/ Relaxation	RN Guided Imagery/ Relaxation	RN Guided Imagery/ Relaxation	RN Guided Imagery/ Relaxation	RN Guided Imagery/ Relaxation
9:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out