

Adolescent Program Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING					
7:00	Good Morning! Vitals Taken	Good Morning! Vitals Taken	Good Morning! Vitals Taken	Good Morning! Vitals Taken	Good Morning! Vitals Taken
7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00	CBT	CBT	CBT	CBT	CBT
9:00	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group
10:00	Expressive Therapy	Expressive Therapy	Expressive Therapy	Expressive Therapy	Expressive Therapy
11:00	Recreation Therapy	Recreation Therapy	Recreation Therapy	Recreation Therapy	Recreation Therapy
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
AFTERNOON					
12:30	Study Time	Study Time	Study Time	Study Time	Study Time
1:00 - 3:00	School	School	School	School	School
3:00	Spirituality	Pharmacy	Spirituality	Nutrition	Pharmacy
3:30	Snack	Snack	Snack	Snack	Snack
4:00	CD Group	Family Dynamics Group	Relationships Group	CD Group	Conflict Management Group
5:00	Dinner/Study Time	Dinner/Study Time	Dinner/Study Time	Dinner/Study Time	Dinner/Study Time
EVENING					
5:30 - 7:00	Visiting Hours	Visiting Hours	Visiting Hours	Visiting Hours	Visiting Hours
6:30	Goals Review	Goals Review	Goals Review	Goals Review	Goals Review
7:00	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Leisure Time
8:00	CBT	CBT	CBT	CBT	CBT
9:00	Relaxation Training	Relaxation Training	Relaxation Training	Relaxation Training	Relaxation Training
9:30	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
10:00	Lights Out!	Lights Out!	Lights Out!	Lights Out!	Lights Out!

** Over for weekend schedule*

Adolescent Program Weekend Schedule

Time	Saturday	Sunday
MORNING		
8:00	Good Morning! Vitals Taken	Good Morning! Vitals Taken
8:30	Breakfast	Breakfast
9:00	Expressive Therapy	Expressive Therapy
10:00	CBT	CBT
11:00	Expressive Therapy	Expressive Therapy
12:00	Lunch	Lunch
AFTERNOON		
12:30 - 4:00	Visiting Hours	Visiting Hours
1:00	Expressive Therapy	Expressive Therapy
2:00	Diagnosis Group	Diagnosis Group
3:00	Free Time	Free Time
3:30	Snack	Snack
4:00	Anger Management Group	Communication Group
5:00	Dinner/Study Time	Dinner/Study Time
EVENING		
5:30 - 7:30	Visiting Hours	Visiting Hours
6:00	Study Time	Study Time
6:30	Goals Review	Goals Review
7:00	Leisure Time	Leisure Time
7:30	Snack	Snack
8:00	CBT	CBT
9:00	Relaxation	Relaxation
9:30	Quiet Time	Quiet Time
10:00	Lights Out!	Lights Out!

** Over for weekday schedule*