

Primary Treatment Schedule (Residential, PHP & DAYIOP)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:10am	Reflections/SGR	Reflections/SGR	Reflections/SGR	Reflections/SGR	Reflections/SGR	Reflections/SGR	Reflections/SGR
9:00-10:00am	Lecture Series <i>LH-1</i>	Lecture Series <i>LH-1</i>	Lecture Series <i>LH-1</i>	Lecture Series <i>LH-1</i>	Lecture Series <i>LH-1</i>	Lecture Series <i>LH-1</i>	Beach Meeting
10:00-10:30am	Break	Break	Break	Break	Break	Break	
10:30-12:00pm	Home Group	Grief, Loss & Coping	Co-Occurring Disorders	Home Group	Gender Groups Process/Coining Ceremony	Process Group	Beach Meeting
12:00-1:30pm	Lunch/Cafeteria	Lunch/Cafeteria	12:00 Lunch 12:30 AA Mtg	Lunch/Cafeteria	12:00 Lunch 12:30 AA Mtg	Lunch/Cafeteria	Picnic and Family Visit
1:30-2:30pm DIOP Concludes	Stress Mgmt/ Mindfulness	Gender Group Process	Continuing Care Workshop	Dialectical Behavioral Therapy	Breaking through Denial	Patient Outing	Community Mtg
2:45-3:00pm	Check-in/SolMar	Check-in/SolMar	Check-in/SolMar	Check-in/SolMar	Check-in/SolMar	Patient Outing	Check-in/SolMar
3:00-4:00pm	Mind/Body/Yoga or Phoenix Multisport Gym	Mind/Body Yoga	Mind/Body/Yoga or Phoenix Multisport Gym	Mind/Body Yoga	Mind/Body/Yoga or Phoenix Multisport Gym	Patient Outing	Process Group
4:00-4:30pm	Break	Break	Break	Break	Break	Break	Break
4:30-5:30pm PHP Concludes	Process Group	Creative Expressions	Process Group	Gender Groups Process	Recovery Tools	Process Group	Process Group
5:30-6:30	Dinner/SolMar	Dinner/SolMar	Dinner/SolMar <i>Family Visiting</i>	Dinner/SolMar	Dinner/SolMar	Dinner/SolMar	Dinner/SolMar
6:30-7:30pm	7-8:30PM Men's AA LH 1&2	Free Time	Free Time	6:30PM depart Off Campus 12 Step meeting	Resident led AA MTG 7-8 PM SolMar	Process Group	Alumni Panel
7:30-9:00pm	7:45-9PM Women's AA <i>SolMar</i>	7:30-8:30PM Resident Led Meeting <i>SolMar</i>	8-9:30PM AA/PA Meetings Lecture Halls	7-8:30 PM Off Campus Meeting	7-8:00 PM Resident led Meeting <i>SolMar</i>	Hoag Hut (depart 7:55pm) <i>Staff- Conference Center</i>	Alumni Panel Meditation
9-10pm	Wrap up	8:45 Coining	Wrap up	Wrap up	8:15 Coining	Wrap up	Wrap up

Detox and Inpatient Schedule

Pt. Phone: 949-764-1913

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am	Reflections	Reflections	Reflections	Reflections	Reflections	Lecture <i>Walt</i>	Big Book Study <i>Jim</i>
10:00-10:30am	Break	Break	Break	Break	Break	Break	Break
10:30-12:00pm	Self-Care <i>Tisha</i>	Getting into Action <i>Tisha</i>	Living Sober & Mindful Meditation <i>Brad</i>	Emotional Hygiene <i>Jim</i>	Hope in Recovery <i>Lynn</i>	Process Group/ Living Sober <i>Walt</i>	Detox Orientation <i>Walt</i>
12:00-1:30pm	Lunch/Kitchen	Lunch/Kitchen	Lunch/kitchen	Lunch/kitchen	Lunch/Kitchen	Lunch/Kitchen	Lunch/Kitchen
1:30-2:45pm	First Step Panel <i>Bob R.</i>	Introduction to the 12 Steps <i>Tisha</i>	TIOP Panel <i>Brad</i>	CBT <i>Stephanie</i>	Path to Recovery <i>Walt</i>	Big Book Study <i>Walt</i>	Family Orientation(2:00) <i>Lynn</i>
2:45-3:00pm	Break	Break	Break	Break	Break	Break	Break
3:00-4:00pm	Mind/Body/Yoga <i>Trish</i>	Mind/Body/Yoag <i>Trish</i>	Mind/Body/Yoga <i>Jeanine</i>	Mind/Body/Yoga <i>Debbie</i>	Mind/Body/Yoga <i>Jeanine</i>	Fun in Sobriety <i>Lynn</i>	Process Group <i>Walt(2:30-3:30)</i>
4:00-4:30pm	Break	Break	Break	Break	Break	Break	Break
4:30-5:30pm	Relapse Prevention <i>Tisha</i>	Journaling Therapy <i>Lesley</i>	Interpersonal Communication Skills <i>Tisha</i>	Art Therapy <i>Lesley</i>	Relapse Prevention <i>Paul/Lesley</i>	Process Group <i>Lynn</i>	Process Group 4:00-5:30pm <i>Lynn</i>
5:30-6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-7:30pm	Process Group <i>Paul</i> Detox Kitchen	Self Esteem & Assertiveness <i>Paul</i>	Patient Lecture <i>Tisha</i> Family Orientation	12 Step Panel	Break 6:30-7:00pm 12 Step Panel 7:00-8:00pm	12 Step Panel	12 Step Meetings AA
7:30-8:00pm	Break	Break	Break	12 Step Panel	12 Step Panel	Break	<i>meetings</i>
8-10pm	12 Step Panel <i>Free Time</i>	AA Panel <i>Free Time</i>	12 Step Panel <i>Free Time</i>	(cont) <i>Free Time</i>	(cont) <i>Free Time</i>	Pt. Led AA Mtg <i>Break:9-9:30</i> Cinema Therapy	Movies and Games Rev: 4/4/17