

Primary Treatment Schedule (Residential, PHP & DAYIOP)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00am	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 <i>Grant/Brad</i>
10:00-10:30am	Break	Break	Break	Break	Break	Break	
10:30-12:00pm	Home Group <i>Primary Counselor</i>	Grief, Loss & Coping (SGR) <i>Jenny/Kate</i>	Co-Occurring D/O & Anger Mngt (SGR) <i>Deric/Lisa</i>	Home Group <i>Primary Counselor</i>	Gender Groups <i>Men: Sunset Patio</i> <i>Women: Detox GR</i> Primary Counselors	Process Group <i>Brad R</i> SolMar Gr Rm	Beach Meeting
12:00-1:30pm	Lunch/Cafeteria	Lunch/Cafeteria	AA Mtg/Lunch <i>Sunset Patio</i>	Lunch/Cafeteria	AA Mtg/Lunch <i>Sunset Patio</i>	Lunch/Cafeteria	Picnic and Family Visit
1:30-2:45pm DIOP Concludes	Stress Mngt <i>Milka</i> LH-1	Gender Group <i>Men: Detox Patio</i> <i>Women: Dtx Gr Rm</i> Primary Counselors	Dialectical Behavioral Therapy <i>Matt:LH-1</i>	Continuing Care/Lou Coinings: <i>Primary Treatment</i> Sunset Patio	Staying in Recovery: (SGR) <i>Dr.Marsha/Lynn</i>	Patient Outing Grant/Brad	Community Mtg <i>Matt/Tisha</i> SolMar
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 <i>Milka: LH-1</i> Phoenix Multisport Gym	Mind/Body <i>Milka: LH-1</i>	Mind/Body <i>Milka: LH-1</i> Phoenix Multisport Gym	Mind/Body <i>Milka: LH-1</i>	Mind/Body <i>Milka: LH-1</i> Phoenix Multisport Gym	Patient Outing	Process Group <i>Matt/Tisha</i> SolMar Gr Rm
4:00-4:30pm	Break	Break	Break	Break	Break	Break	Break
4:30-5:30pm PHP Concludes	Process Group <i>Lorrie/Michael</i> SolMar	Creative Expressions <i>Lorrie/Michael</i> SolMar	Process Group <i>Lorrie/Michael</i> SolMar	Spirituality <i>Lorrie/Michael</i> SolMar	Recovery Tools <i>Lorrie/Michael</i> SolMar	Process Group <i>Matt/Tisha</i> SolMar	Process Group <i>Matt/Tisha</i> SolMar
5:30-6:30	Dinner/SolMar <i>Therapy Dog Visit</i>	Dinner/SolMar	Dinner/SolMar <i>Family Visiting</i>	Dinner/SolMar	Dinner/SolMar	Dinner/SolMar	Dinner/SolMar
6:30-7:30pm	7PM Men's AA LH 1&2	6:30 PM depart Outing:Grant Resident Shopping	Free Time	6:30PM depart Off Campus 12 Step meeting	7PM Young People's AA LH 1&2	Process Group <i>Matt</i>	AA/PA
7:30-9:00pm	7:45 Women's AA SolMar	Resident Led Mtg SolMar	8PM AA/PA Meetings Lecture Halls	7P-8P Off Campus Meeting	7P Resident led Meeting/SolMar	Hoag Hut (depart 7:55pm) <i>Staff</i>	Meetings <i>Lecture Halls</i>
9-10pm	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up Rev: 4/14/16

Detox and Inpatient Schedule

Pt. Phone: 949-764-1913

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00am	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/Detox GR</i>	Big Book Study <i>Jim</i>
10:00-10:30am	Break	Break	Break	Break	Break	Break	Break
10:30-12:00pm	Aspects of Recovery <i>Tisha</i>	Path to Recovery <i>Walt</i>	Living Sober & Mindful Meditation <i>Brad</i>	Home Group <i>Chuck</i>	Gender Groups Men: sunset Patio Women: Detox GR <i>Primary Counselors</i>	Process Group/ Living Sober <i>Walt</i>	Detox Orientation <i>Walt</i>
12:00-1:30pm	Lunch/Cafeteria	Lunch/Cafeteria	SolMar AA Mtg/Lunch	Lunch/Cafeteria	SolMar AA Mtg/Lunch	Lunch/Cafeteria	Lunch and Family Visit
1:30-2:45pm	First Step Panel <i>Bob Reilly</i>	Emotional Hygiene <i>Jim/Steph</i>	TIOP Panel <i>Brad</i>	Sand Tray Therapy <i>Jim/Steph</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(2-3:30)</i>
4:00-4:30pm	Break	Break	Break	Break	Break	Break	Break
4:30-5:30pm	Relapse Prevention <i>Rick</i>	Journaling Therapy <i>Leslie</i>	Interpersonal Communication Skills <i>Rick</i>	Art Therapy <i>Leslie</i>	Relapse Prevention <i>Rick</i>	Process Group <i>Lynn</i>	Process Group 4:00-5:30pm <i>Lynn</i>
5:30-6:30	Dinner	Dinner	Dinner <i>Family Visiting</i>	Dinner	Dinner	Dinner	Dinner
6:30-7:30pm	Stress Mngt <i>Milka</i>	Self Esteem & Assertiveness <i>Rick</i>	Patient Lecture <i>Rick</i> Family Orientation	12 Step Panel	12 Step Panel	12 Step Panel	12 Step Meetings AA/PA
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>	Cinema Therapy	Movies and Games Rev: 3/14/16

