

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:45-7:00	Wake up, dress for FIT	Wake up, dress for FIT	Wake up, dress for FIT	Wake up, dress for FIT				
7:00-7:30	FIT	FIT	FIT	FIT	Wake up Vitals			
7:30-8:30	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	7:30-8:30	Wake up, hygiene	Wake up, Hygiene
8:30-9:15	Breakfast and Meds	Breakfast and Meds	Breakfast and Meds	Breakfast and Meds	Breakfast and Meds	8:30-9:15	Breakfast & Meds	Breakfast & Meds
9:15-10:00	Commitments and Daily Intentions	Commitments and Daily Intentions	Commitments and Daily Intentions	Commitments and Daily Intentions	Commitments and Daily Intentions	9:15-10:00	Commitments and Daily Intentions	Commitments and Daily Intentions
10:00-11:00	School Snack @10:45am	School Snack @10:45am	School Snack @10:45am	School Snack @10:45am	School Snack @10:45am	10:00-10:45	Coping Skills/ Relapse Prevention	Hike/ Connecting with Nature
10:45-11:30	DBT group: Mindfulness: Myrick + staff	Nutrition group Rubi	DBT group-Emotion Reg: Jordan + Evan	DBT group-Dis Tolerance Rubi + Evan	DBT-Interpersonal Eff: Myrick + Jordan	11:00-11:30	Deep Room Cleaning	
11:30-12:15	Process group	Process group at park (Malvin + staff)	Community group (Elizabeth)	Process group	Process group	11:30-12:15	Building Strong Values	Hygiene
12:15-1:00	Lunch & Chores	Lunch & Chores	Lunch & Chores	Lunch & Chores	Lunch & Chores	12:15-1:00	Lunch & Chores	Lunch & Chores
1:00-3:00	School Snack at 2:45pm	School Snack at 2:45pm	School Snack at 2:45pm	School Snack at 2:45pm	School Snack at 2:45pm	1:00-2:00	Family Visits/ Rec 1-4 snack at 2:45pm	Moving Forward
						2:00-3:00		School
3:00-4:00	Walk/ Rec Phone Time Ends @4	Walk/ Rec Phone Time Ends @4	Walk/ Rec Phone Time Ends @4	Walk/ Rec Phone Time Ends @4	Walk/ Rec Phone Time Ends @4	3:00-4:00		School
4:00-4:30	Anger Management	Contract group	Documentary: Ted Talk	Creative Expressions	Mindfulness	4:00-4:45		
4:30-5:30	School	School	School	School	School	4:30-5:30	Life Skills/ Cooking Skills	
5:30-6:30	Dinner & Chores	Dinner & Chores	Dinner & Chores	Dinner & Chores	Dinner & Chores	5:30-6:30	Dinner & Chores	Dinner & Chores
6:30-7:30	Self-Esteem	CBT	Aspects of self	ACT	Relationships and Communication	6:30-7:00	daily reflections and 10 step	daily reflections and 10 step
7:30-8:00	DBT worksheets/ tx goals	DBT worksheets/ tx goals	DBT worksheets/ tx goals	DBT worksheets/ tx goals	DBT worksheets/ tx goals	7:00-8:00	Theater	Level-petitions/ review tx goals
8:00-8:45	daily reflections and 10 step	daily reflections and 10 step	daily reflections and 10 step	daily reflections and 10 step	daily reflections and 10 step	8:00-8:45		
8:45-9:00	Snack	Snack	Snack	Snack	Snack	8:45-9:00	Snack	Snack
9:00-9:45	Hygiene & Meds	Hygiene & Meds	Hygiene & Meds	Hygiene & Meds	Hygiene & Meds	9:00-9:45	Hygiene & Meds	Hygiene & Meds
9:45-10:00	Milieu Wind Down	Milieu Wind Down	Milieu Wind Down	Milieu Wind Down	Milieu Wind Down	9:45-10:00	Milieu Wind Down	Milieu Wind Down
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	10:00	Lights Out	Lights Out

Groups in BOLD require a group note-updated 12.19.22