

## North Treatment Center Weekly Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Sleep In
7:00-8:30	Meds/Chores Breakfast	Meds/Chores Breakfast	Meds/Chores Breakfast	Meds/Chores Breakfast	Meds/Chores Breakfast	Meds/Chores Breakfast	Meds/Chores Breakfast
8:30-10:00a	Morning Mantra with Wakeup Walk	Morning Mantra with Wakeup Walk	Morning Mantra with Wakeup Walk	Morning Mantra with Wakeup Walk	Morning Mantra with Wakeup Walk	Lecture Weekly Topic	Optional Church/ Service
10:00a-11:30	Family Systems	Problem Solving	Change process	Seeking Saftey	Codependency	Outing	Assignments/Family Visits (if approved)
11:30-12:30p	Lunch/Meds	Lunch/Meds	Lunch/Meds	Lunch/Meds	Lunch/Meds	Lunch/Meds	Lunch/Meds
1:00-2:30p	Medication Education	Yoga	Rules and Roles in Relationships	Art /Music Therapy	Breath works	Outing	Community Linkage to Services
3:00-4:30p	Communication	Trauma Focused CBT	Relapse Prevention	Health and Wellness Personal Trainer	12 STEPS	Family Sessions	Outing Beach, Hike,Museum
5:00-6:30p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-8:00p	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Panel Speakers
8:00-10:00p	Meds	Meds	Meds	Meds	Meds	Meds	Meds
10:30p	Lights Out	Lights Out	Lights Out	Lights Out	11:30 pm Lights Out	11:30pm Lights Out	Lights Out

\*Clients can attend therapy weekly, with a Licensed Therapist/Counselor (including Family Counseling when indicated on the Treatment Plan). Weekly or as needed consultations with the Psychiatrist, or other qualified Health Care Practitioner will be available. Nurses and Behavioral Health Technicians are available 24 hours a day and 7 days a week