

Adolescent Residential: Sample Daily Schedule

This is a sample schedule and is subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:30 am	Wake up/shower time; Monday, Wednesday + Friday: weights + vitals						
7:30 - 8:30 am Group 1	Medication and Goals Group (bloodwork Wednesday at 7:30 am)						
8:30 - 9:15 am	Breakfast						
9:15 - 9:30 am	Fresh Air						
9:30 - 10:15 am Group 2	Weekend Review Complete Weekly EDEQs	Community Meeting	Cooking Group	Body Image	Media Literacy	Creative Expressions	Writing for Recovery
10:15 - 10:30 am	Snack						
10:45 - 11:30 am Group 3	Process Group	Yoga	Expressive Therapy	Expressive Therapy	Expressive Therapy	Leisure Time / Chores	
11:30 - 11:45 am	Fresh Air					Finding Yourself Through Creativity	Finding Yourself Through Creativity
11:45 am - 12:30 pm Group 4	DBT	Family Issues	DBT	DBT	DBT		
12:30 - 1:15 pm	Lunch (Parent Support Group Wednesdays)						
1:15 - 1:30 pm	Fresh Air						
1:30 - 3:30 pm	School					Leisure & Tech Time	
3:30 - 3:45 pm	Snack						
3:45 - 4:15 pm	Monitored Walk / Leisure Time						
4:15 - 5:00 pm Group 5	Identity Group	CBT Skills	Integrative Medicine	CBT Self-Esteem	Weekend Planning & DBT Skills	Self Help	Relapse Prevention
5:00 - 5:30 pm	Medication, Individual Assignments, Leisure Time, Tech Time						
5:30 - 6:30 pm	Dinner						
6:30 - 6:45 pm	Fresh Air						
6:45 - 8:15 pm	Leisure & Extended Tech Time						
8:30 - 8:45 pm	Snack						
8:45 - 9:15 pm Group 6	Wrap Up Group						
9:15 - 10:00 pm	Community Time / Medication						
10:00 - 10:30 pm	Bed Time / Lights Out						