

Georgia Adult Residential: Sample Daily Schedule

This is a sample schedule and is subject to change.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|---|--------------------------------------|--|--------------------------------|-------------------|---|----------------------------|
| 6:00 - 7:00 am | Wake up/shower time; Monday, Wednesday + Friday: weights + vitals done by 7:15 am | | | | | | |
| 7:15 - 7:45 am | GOALS Group | | | | | | |
| 7:45 - 8:00 am | Fresh Air / Medications | | | | | | |
| 8:00 - 8:30 am | Breakfast Prep | | | | | | |
| 8:30 - 9:15 am | Breakfast | | | | | | |
| 9:15 - 9:30 am | Transition | | | | | | |
| 9:30 - 10:15 am | Bloodwork | DBT Skills Group: Distress Tolerance | DBT Group: Interpersonal Effectiveness | DBT Skills: Emotion Regulation | Music Therapy | Off Site Group Activity | Stages of Change |
| 10:30 - 11:00 am | Morning Snack | | | | | | |
| 11:00 - 11:45 am | Self Care | Family Dynamics | Community Meeting | My Story | Process | Off Site Group Activity | Psycho-ED |
| 11:45 am - 12:00 pm | Transition | | | | | | |
| 12:00 - 12:15 pm | Medication / Free Time | | | | | | |
| 12:15 - 1:00 pm | Lunch | | | | | Lunch Meal Process Yoga / Visiting Hours | Lunch |
| 1:00 - 1:45 pm | Meal Process | | | | | | Grocery Group |
| 1:45 - 2:00 pm | Transition | | | | | | |
| 2:00 - 2:45 pm | Body Neutrality / Acceptance | Nutrition Group | CBT Skills Group | Communication | Guided Journaling | | Free Time / Visiting Hours |
| 2:45 - 3:00 pm | Transition | | | | | | |
| 3:00 - 3:30 pm | Chores/Personal Space/Grounding Walks | | | | | | |
| 3:30 - 4:00 pm | Afternoon Snack | | | | | | |
| 4:00 - 4:15 pm | Transition | | | | | | |
| 4:15 - 5:00 pm | Relapse Prevention / Recovery Skills | Yoga / Self-Defense | Process / Survivor | DBT Skills: Mindfulness | Weekend Planning | Creative Expressions | Weekend Review |
| 5:00 - 5:15 pm | Transition | | | | | | |
| 5:15 - 5:45 pm | Medication, Chores, Leisure Time | | | | | | |
| 5:45 - 6:45 pm | Dinner | | | | | | |
| 6:45 - 7:15 pm | Meal Process, Evening Wrap Up | | | | | | |
| 7:15 - 8:30 pm | Visiting Hours, Resident Group Activities, Leisure Time, Fresh Air | | | | | | |
| 8:30 - 9:00 pm | Snack with visitors by approval/level | | | | | | |
| 9:00 - 9:30 pm | Mindfulness Activity / Guided Meditation / Drumming | | | | | | |
| 9:30 - 11:00 pm | Resident Community Time, Tea Time, Medication Time | | | | | | |
| 11:00 pm | Bed Time | | | | | | |