



HCBTS Residential Weekly Treatment Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00	6:00am Wake-Up / Morning Medication	6:00am Wake-Up / Morning Medications	6:00am Wake-Up / Morning Medications	6:00am Wake-Up / Morning Medications	6:00am Wake-Up / Morning Medications	6:00am Wake-Up / Morning Medications	6:00am Wake-Up / Morning Medications
06:30		6:30am Community Breakfast	6:30am Community Breakfast	6:30am Community Breakfast	6:30am Community Breakfast	6:30am Community Breakfast	6:30am Community Breakfast
07:00	7:00am Community Breakfast			7:15am Executive Quality Group (2nd & 4th Wednesday of each month)			
07:30							7:15am HCBTS Orca Too AA Meeting
08:00							
08:30	8:00am Yoga	7:45am Beach Meditation Walk	7:45am Beach Meditation Walk	7:45am Beach Meditation Walk	7:45am AA Meeting (Orca II)	7:45am Beach Meditation Walk	*Personal Time
09:00		9:00am (50 Min) Case Management Group	9:00am (50 Min) Educational Group Therapy	9:00am (50 Min) Spirituality Group Therapy	9:00am (50 Min) Family Sculpting Group Therapy	9:00am (50 Min) Psychoeducational Group Therapy	
09:30							9:00am Group Outing
10:00							
10:30	9:30am-11:30am Art Therapy	10:00am (50 Min) Experiential Group Lecture	10:00am (50 Min) Process Group	10:00am (50 Min) Psychoeducational Lecture	10:00am (50 Min) Case Management Group	10:00am (50 Min) Relapse Prevention Lecture	
11:00							
11:30		11:00am Personal Recovery Time	11:00am Personal Recovery Time	11:00am Personal Recovery Time	11:00am Personal Recovery Time	11:00am Personal Recovery Time	
12:00							
12:30	12:00pm Lunch	12:00pm Lunch	12:00pm Lunch	12:00pm Lunch	12:00pm Lunch	12:00pm Lunch	
01:00							
01:30		1:00pm Group Lecture	1:00pm Recovery Lecture		1:00pm Healthy Relationships Group	1:00pm Amends Lecture	
02:00		*Gym from 2:30pm-4:00pm *Individual Therapy Appointments *Individual Case Management *Business Activities	*Gym from 2:30pm-4:00pm *Individual Therapy Appointments *Individual Case Management *Business Activities	*Lunch *Gym from 2:30pm-4:00pm *Individual Therapy Appointments *Individual Case Management *Business Activities	*Gym from 2:30pm-4:00pm *Individual Therapy Appointments *Individual Case Management *Business Activities	*Gym from 2:30pm-4:00pm *Individual Therapy Appointments *Individual Case Management *Business Activities	
02:30							
03:00	*Group Activity *Free Time *Personal Time						
03:30							
04:00		AA Book Study @ 4500 Seashore					
04:30							
05:00		5:00pm Dinner	5:00pm Dinner	5:00pm Dinner @ Mamma D's	5:00pm Dinner		5:00pm Dinner
05:30							
06:00		*Personal Time	*Personal Time	*Personal Time	*Personal Time	*Personal Time	*Personal Time
06:30	6:00pm Dinner			6:00pm AA Stag Meeting @ Newport Club		5:00pm Community Dinner/Speaker Panel (Every other Friday)	
07:00	7:00pm Wrap-Up Process Group	7:00pm Wrap-Up Process Group	7:00pm Wrap-Up Process Group		7:00pm Stag AA Meeting @ Anderson B. Anderson		7:00pm Wrap-Up Process Group
07:30							
08:00							
08:30							
09:00	*Personal Time	*Personal Time	*Personal Time	*Personal Time	*Personal Time	*Personal Time	*Personal Time
09:30							
10:00							
10:30	10:30pm Lights Out	10:30pm Lights Out	10:30pm Lights Out	10:30pm Lights Out	10:30pm Lights Out	11:00pm Lights Out	11:00pm Lights Out
11:00							
11:30							
12:00							