

Example Day Treatment Schedule

Day Treatment clients come to the Health and Education Center on our main campus from 10:00 a.m. to 4:00 p.m. each weekday for psychiatric services and therapy sessions. Some activities overlap with residential program activities, while others are designed to help day treatment clients increase the use and practice of skills to prepare for returning to the community. Multiple groups take place each hour, and primary counselors assign clients to groups based on their symptoms and goals. Weekly individual sessions with psychiatrists and therapists take place throughout the week.

	10:00	11:00	12:00	1:00	2:00	3:00
Monday	Compassion Meditation Seeking Healthy Relationships Nature or Music Group Substance Misuse	Volleyball Anxiety Management Grief and Loss Creative Expression Inspired by Nature	Dual Diagnosis Core Parenting Support Group Social & Assertiveness Skills Seeking Healthy Relationships	Lunch	Core Group	Codependence Identity & Insight Mindfulness Meditation Anxiety Management
Tuesday	Anger and Acceptance Codependence Product Art Practical Self-Care 90-Day Vocational Planning	ACT on Recovery Self-Esteem Product Art Preparing for Employment Advanced Process Group	Dual Diagnosis Core Healthy Relationships in Mid-Late Adulthood Independent Living Skills Family Empowerment	Lunch	Core Group	Solution-focused Peer Support Group Art Journaling Self-Esteem Anger and Acceptance
Wednesday	BIPOC Support Group Harmony Through Music Nature as Healer Relapse Prevention Meditation	Experiencing Spirituality Financial Literacy Harmony Through Music Art & the Inner Critic Managing Obsessions & Compulsions	Community Meeting	Lunch	Core Group	Healthy Challenge Art & Identity Social Assertiveness Skills Depression, Insight & Recovery
Thursday	Process Art Therapy Mindfulness for Obsessions Distress Tolerance Yoga	DBT Workshop Harvesting Hope ACTing on Your Values Process Art Therapy Advanced Process Group	Dual Diagnosis Core Accepting Imperfection Acts of Service Anxiety Management	Lunch	Core Group	Study Skills Interpersonal Effectiveness Mindfulness LGBTQIA+ Support Group
Friday	Ceramic Studio Team Sports Identity & Insight Reality Testing	Ceramic Studio Dual Recovery Accepting Imperfection Healthy Relationships in Young Adulthood Depression Insight	Dual Diagnosis Core DBT Skills Mindfulness ACTing on Your Values	Lunch	Core Group	Art Studio Mindfulness Team Building

			Exercise			
--	--	--	----------	--	--	--