

Example Residential Daily Schedule

ADOLESCENT PROGRAM

Please Note: Family therapy, individual therapy sessions, and once weekly psychiatrist appointments are scheduled throughout the week, Monday through Friday, based on the needs of the client and family.

Monday-Friday	
7:30-8:30 AM	Daily skills: taking care of our hygiene and living spaces / Medications
8:30-9:00 AM	BREAKFAST
9:00-9:45 AM	Experiential Group (e.g. art, yoga, music, sports) or Learning Lab
9:45-10:40 AM	Experiential Group (e.g. art, yoga, music, sports) or Learning Lab
10:45-11:00 AM	BREAK / SNACK
11:00-11:45 AM	CBT Skills Core Group or Learning Lab
11:45 AM-12:30 PM	DBT Skills Core Group or Learning Lab
12:30-1:15 PM	LUNCH
1:15-2:00 PM	Ecological Systems Theory Group (e.g. mindfulness, identity, substance use, relationships, communication skills) or Learning Lab
2:00-2:45 PM	Ecological Systems Theory Group (e.g. mindfulness, identity, substance use, relationships, communication skills) or Learning Lab
2:45-3:00 PM	BREAK / SNACK
3:00-4:00 PM	Experiential Group (e.g. art, yoga, music), Healthy Challenge (fitness/nutrition) or Community Meeting (Wednesdays)
4:00-5:00 PM	Experiential Group (e.g. art, yoga, music), Healthy Challenge (fitness/nutrition), or Team Building (Wednesdays)
5:00-6:15 PM	Family phone calls, laundry and living space clean-up, reading and journaling, structured activity at the residence
6:15-6:45 PM	DINNER
6:45-8:00 PM	Learning Lab or Therapy Homework
8:00-8:30 PM	Daily skills: taking care of our hygiene and living spaces / Medications
8:30-10:00 PM	Earned Point Activity / Bedtime

Weekends		
	Saturday	Sunday
8:00-8:30 AM	Wake Up / Medications	
8:30-9:00 AM	Daily skills: taking care of our hygiene and living spaces / Family Phone Calls (one call per week)	
9:30-10:00 AM	CONTINENTAL BREAKFAST	
10:00-11:00 AM	Fitness Group	
11:00-11:15 AM	BREAK / SNACK	
11:15 AM-12:30 PM	"Saturday Special" Point Exchange	Activity led by Residential Counselors
12:30-1:00 PM	LUNCH	
1:00-2:00 PM	Expressive Therapy or Sports Group	"Science Sunday" Point Exchange
2:00-3:00 PM	Expressive Therapy or Sports Group	Activity led by Residential Counselors
3:00-3:30 PM	BREAK / SNACK	
3:30-4:30 PM	Activity led by Residential Counselors	
4:30-5:30 PM	Wellness Group	Smart Goals Group
5:30-6:15 PM	BREAK	
6:15-7:00 PM	DINNER	
7:00-8:00 PM	Daily skills: taking care of our hygiene and living spaces / Medications / Family Phone Calls (one call per week)	
8:00-10:30 PM	"Saturday Shenanigans" Point Activity	"Self Care Sunday" Point Activity
10:30 PM	BEDTIME	