

ATP Program Schedule - Fall 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time			
07:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	07:30			
07:45	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	07:45			
08:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	08:00			
08:30	School	School	School	School	School			Study Hall	Smart Recovery	08:30	
09:00						Wellness Planning & Goals	09:00				
09:30							Skills Reinforcement and Safety Planning	09:30			
10:00						10:00					
10:30	Brain Break	Brain Break	Brain Break	Brain Break	Brain Break	Chores	Chores	10:30			
11:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	11:00			
12:00	Group Therapy	Transitions	DBT skills	Group Therapy	Mentalizing	Yoga	Team UP	12:00			
12:30							Chapel	12:30			
01:00	Gym time/Active Group Activity on the unit	Gym time/Active Group Activity on the unit	Gym time OR Pet Therapy (every other week)	Gym time/Active Group Activity on the unit	Fitness Fun (on unit)	Gym	Gym	01:00			
02:00	CBT	Relationship Skills	Resilience	Self-Compassion/Relaxation	DBT skills	Healthy Lifestyles/Lifeskills	Values and Meaning	02:00			
03:00	Outcomes	Reaching Recovery*	Health Promotion	Community Meeting	Ask the Doc	Self-Esteem	Recreation Therapy	Recreation Therapy	03:00		
03:30				Music Therapy					03:30		
04:00	Evening Kickoff	Evening Kickoff	Evening Kickoff	Evening Kickoff	Evening Kickoff	Evening Kickoff	Evening Kickoff	04:00			
04:15	Mindfulness	Mindfulness		Evening Kickoff	Mindfulness	Mindfulness	Mindfulness	Mindfulness	04:15		
04:45	Dinner	Dinner	Dinner	Dinner	Dinner/Games/Movie (Family Welcome until 8:30 pm)	Dinner	Dinner	04:45			
06:00	Recreation Therapy	Creative Expressions	Recreation Therapy	Fitness Fun		Newcomer's Group & Intro to DBT Skills	Yoga	06:00			
06:30								06:30			
07:00	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower		Movie & Snacks	Creative Expressions/Crafts with Edie (until 8:15)	Teen Government (at 8:15)	07:00		
07:30	APG meeting	DBT skills practice	Skills Reinforcement/Safety Planning	DBT skills practice	Wrap Up Group/Snacks				Wrap up Group	Medications	07:30
08:00			Self-Soothe								08:00
08:30	Wrap Up Group/Snacks	Wrap Up Groups/Snacks	Wrap Up Groups/Snacks	Wrap Up Group/Snacks	08:30						
09:00	Medications	Medications	Medications	Medications	Wrap Up Group/Snacks	Wrap up Group	Medications	09:00			
09:15	Dream Catchers	Dream Catchers	Dream Catchers	Dream Catchers	Medications	Medications	Dream Catchers	09:15			
10:00	Bedtime	Bedtime	Bedtime	Bedtime	Dream Catchers	Dream Catchers	Bedtime	10:00			
10:30					Bedtime	Bedtime		10:30			
		Do not disturb		Recreation Therapy/Fitness	* referral group						
		Addiction Groups		Psychoeducation							