

Compass Program Patient Schedule

Fall / Winter

Updated: 1/2/2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME	
6:00 AM								6:00 AM	
6:30 AM			All Recovery Meeting 6:00 - 8:00		All Recovery Meeting 6:00 - 8:00			6:30 AM	
7:00 AM								7:00 AM	
7:30 AM	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	Breakfast 7:30 - 8:00	7:30 AM	
8:00 AM	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	Compass Gym 8:00 - 8:30	8:00 AM	
8:30 AM	Rounds & Nrsrg. Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nursing Reassessments 8:30 - 9:30	Rounds & Nrsrg. Reassessments 8:30 - 9:30	Nursing Reassessments 8:30 - 9:00	Nursing Reassessments 8:30 - 10:00	8:30 AM	
9:00 AM						Educational Lecture 9:00 - 9:50	Adult Gym 9:00 - 9:50	9:00 AM	
9:30 AM	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	Individual Appointments 9:30-10:30	9:30 AM	
10:00 AM								Adult Yoga 10:15 - 10:50	Adult Yoga 10:00 - 10:50
10:30 AM	Mentalizing 10:30 - 11:20	Community Meeting 10:30 - 11:20	Recovery Planning 10:30 - 11:20	Social Skills and Role Play 10:00 - 11:30	Coping with Trauma 10:30 - 11:20	12 Step (on unit) 11:00 - 11:30	Christian Services 11:00 - 11:30	10:30 AM	
11:00 AM								11:00 AM	
11:30 AM	Lunch (ED Track) 11:40-12:45	Lunch 11:30-12:15 Newcomers 12:30 - 1:00	Lunch (ED Track) 11:40-12:45	Lunch 11:30-12:15 Newcomers 12:30 - 1:00	Lunch (ED Track) 11:40-12:45	Lunch 11:30-12:15 Newcomers 12:30 - 1:00	Lunch (ED Track) 11:40-12:45	Lunch 11:30-12:15 Newcomers 12:30 - 1:00	11:30 AM
12:00 PM									
12:30 PM								12:30 PM	
1:00 PM	Men's Group 1:00 - 1:50	Women's Group 1:00 - 1:50	DBT 1:00 - 1:50	CD Education 1:00-2:20	Workshop 1:00-1:50	DBT 1:00 - 1:50	Meditation Group 1:00 - 1:50	Jumpstart 1:00 - 1:50	Interfaith Services 1:00 - 1:50
1:30 PM								1:30 PM	
2:00 PM	Shame Resilience 2:00 - 2:50	Group Therapy 2:10 - 3:00		Individual Appts. 2:00 - 2:30	Group Therapy 2:10 - 3:00	Goals Group 2:00 - 2:50	Outdoor Activity 2:00 - 2:50	AA Group 2:00 - 2:50	2:00 PM
2:30 PM				Values & Meaning 2:30 - 3:20	Art Therapy 2:30 - 3:20				2:30 PM
3:00 PM	Individual Appointments 3:00 - 4:00	Perfectionism 3:00 - 3:50		Nursing Reassessments 3:30 - 4:00	Outcomes Group 3:00 - 4:00	Compass Yoga 3:00 - 3:50	Nursing Reassessments 3:00 - 3:50	Nursing Reassessments 3:00 - 3:50	3:00 PM
3:30 PM								3:30 PM	
4:00 PM	Creative Expressions 4:00 - 4:50	Trauma- Sensitive Yoga 4:00 - 4:50	Relapse Prevention 4:00 - 4:50	Compass / PFP Gym 4:00 - 4:50	Boot Camp 4:00 - 4:50	LGBT 4:00-5:00	Smart Recovery 4:00-5:00	Adult Gym 4:00 - 4:50	Adult Gym 4:00 - 4:50
4:30 PM								4:30 PM	
5:00 PM	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	Dinner 5:10 - 5:45	5:00 PM
5:30 PM								5:30 PM	
6:00 PM	Art Class (Pet Therapy on 4th Mon.) 6:00 - 6:50	NA Meetings 6:00 - 6:50	Adult Gym 6:00 - 6:50	Jewelry Making 6:00 - 6:50	Refuge Recovery 6:00 - 6:50	Adult Gym 6:00 - 6:50	Nursing Reassessments 6:00 - 6:50	Nursing Reassessments 6:00 - 6:50	Safety Planning / Coping Skills 6:00 - 6:50
6:30 PM								6:30 PM	
7:00 PM	Adult Gym 7:00 - 7:50	AA Group 7:00 - 8:00	Adult Gym 7:00 - 7:50	NA Group 7:00 - 8:00	Adult Gym 7:00 - 7:50	Adult Crafts 7:00 - 8:30	Smart Recovery 7:00 - 7:50	Adult Crafts 7:00 - 8:30	7:00 PM
7:30 PM								7:30 PM	
8:00 PM	Adult Crafts 8:00 - 8:50	Nursing Reassessments 8:00 - 9:00	Adult Yoga 8:00 - 8:50	Nursing Reassessments 8:00 - 9:00	Nursing Reassessments 8:00 - 9:00	Nursing Reassessments 8:00 - 9:00	Nursing Reassessments 8:00 - 9:00	Nursing Reassessments 8:00 - 9:00	8:00 PM
8:30 PM								8:30 PM	
9:00 PM	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	Review/Relax 9:00 - 10:00	9:00 PM
9:30 PM								9:30 PM	
10:00 PM	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	Sleep Hygiene 10:15 - 10:30	10:00 PM

KEY	UNIT GROUPS	ADDICTION TRACK	REFERRAL NEEDED	CHECK GROUP LISTING	LEISURE	NEW ADMISSION	MEALS	KEY
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