

Hope Unit Program Schedule (subject to change; please see Board for updated Daily schedule)										All Groups are held in Rm 1046, unless indicated otherwise					
1/21/2018	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
7:30-8:00am	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		
8:30-9:00am	Team Rounds/Appts	*PIYO 8:30-9:15 (Rehab in Gym)	Team Rounds/Appts		Community Meeting (main lounge)		Team Rounds/Appts		Team Rounds/Appts	*PIYO 8:30-9:20 (Rehab in gym)	Wellness/Leisure		Wellness/Leisure		
9:00-9:45am	Team Rounds/Appts		*Yoga	Rounds/Appts	Team Rounds/Appts		Team Rounds/Appts		Team Rounds/Appts		Saturday Educational (Commons Bldg)				
10:00-10:45am	*Walking Group	Rounds/Appts	Team Rounds/Appts		Mentalizing (9:30-10:15)		*Walking Group	Rounds/Appts	Aerobics (Rehab on unit)	Rounds/Appts	Wellness/Leisure	Cyber Shopping 10:00-12:00	Yoga (Exercise Room)		
11:00-11:45am	CD Education		12 Step	New Patient Orientation (1x only)	CD Process <i>No late entry</i>				Values Group		Creative Expressions		Yoga (Rehab) 10:30-11:20am (Wellness Center)	Christian Services 11:00-11:30am (Chapel)	
11:50-12:30	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		
1:00-1:45pm	Trauma Education (on PIC)		Dialectical Behavior Therapy (DBT)		Suicide Resilience		Wellness Group		Dialectical Behavior Therapy (DBT)		Safety Planning Group	Recovery Jumpstart 1:00-1:50 (on PIC)	DBT Pre-Commit 12:30-1:00pm <i>One time only</i>		
2:00-2:45pm	Gym	Grief Journeys	Group Psychotherapy <i>No late entry</i>		Cognitive Behavior Therapy (CBT)		Group Psychotherapy <i>No late entry</i>		Goals Group		Scrapbooking (Rehab in Craft Room)	AA 2:00-3:00 (Commons)			
3:00-3:45pm	Outcomes Group (1044)	Goals Group	Wellness Group	Men's TSY (on PIC)	Self-Compassion		CD Relapse Prevention	Men's TSY (on PIC)	Team Rounds/Appts		Wellness/Leisure		Wellness/Leisure		
4:00-4:45pm	Women's TSY 4:00-4:50 (on PIC)		Gym (Rehab)	Fitness Education (Rehab on Hope)	Women's TSY 4:00-4:50 (on PIC)	Putting Wellness into Practice	Boot Camp (Rehab) (Gym)		Smart Recovery (Commons)	Gym (Rehab)	Latin Dance (Rehab)	Outdoor Activity (Rehab)	Lit Club (Rehab by fireplace)	Gym (Rehab)	
5:00pm-5:15pm	Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		Highs at 5 (main lounge)		
5:15-5:50pm	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		
6:00-6:50pm	Art Class with Kula or Pet Therapy	Refuge Recovery (Dining Rm)	Peer Meeting 6:00-6:45pm		-Virtual Visits 6-8pm-		Open Gym (Rehab) 6:00-6:45pm		Movie/Game Night (Rehab in Craft Room)	Wellness/Leisure	-Virtual Visits 6-8pm-		Recreational Therapy Activities (Rehab in gym)	Wellness/Leisure	
7:00-7:50pm	Open Gym (Rehab)		AA 7:00-8:00 (Commons)	Current Events (Rehab in Craft Rm)	Open Gym (Rehab)		NA 7:00-8:00(Commons)			New Patient Orientation (1x only)	Gym (Rehab)	Meditation (Rehab in Exercise Room)	Smart Recovery (Classrooms)		
8:00-8:50pm	Current Events (Rehab in Craft Room)		Safety Planning Group		Yoga (Rehab in Wellness Center)		Wellness/Leisure		Wellness/Leisure		Crafts (Rehab)		Crafts (Rehab)		
9:00-9:30pm	Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		Sleep Promotion Group		
COLOR Key	Optional Groups (eligible for LOR signature) (*=may attend if not in conflict with rounds/appts)				Referral-only		Addictions Track		TSY= Trauma-Sensitive Yoga		Tier 1		Tier 2		