

HOPE BY THE SEA MEN'S TREATMENT SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 6:45	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Clean Up / Chores
7-7:30am	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	
8am- 8:50 am	Gratitude Work A Room B (Frank) Daily Devotional C Pastor Dale Room A Morning Reflection T Room C (John)	Gratitude Work A Room B (Frank) Daily Devotional C Pastor Dale Room A Morning Reflection T Room C (Andrew)	Gratitude Work A Room B (Frank) Daily Devotional C Pastor Dale Room A Morning Reflection T Room C (John)	Gratitude Work A Room B (Frank) Daily Devotional C Pastor Dale Room A Morning Reflection T Room C (Andrew)	Gratitude Work A Room B (Peter) Daily Devotional C Pastor Dale Room A Morning Reflection T Room C (Andrew)	Meal Planning and Preparation	Training on Self-Administration of Medication
9am- 9:50 am	The Work A Room B (Frank) A New Life Has Begun C Room A (Ryan Kelly) 12x12 T Room C (John)	The Work A Room B (Frank) CH Boundaries C Room A (Ryan Kelly) The Disease T Room C (Gina)	The Work A Room B (Frank) CH Bible Study C Room A (Ryan K) Boundaries T Room C (John)	The Work A Room B (Frank) CH Boundaries C Room A (Pete) Coping Skills T Room C (Andrew)	Positive Psychology Group # 1 Room A (Dr. S) Psycho Education Group #2 Room B (Erin)		
10- 10:45am	The Work Group #1 Room A (Frank) Guided Imagery Group # 2 Room B (Erin)	Psycho Drama Group # 1 Room A (Pete, Peter) Family Sculpture Group #2 Room C (Victoria)	The Work Group #2 Room A (Frank) Guided Imagery Group # 1 Room B (Erin)	2-2:50pm	Anger Management Group #1 Room A (Dr. S) End of Week Process Group #2 (Erin)	Yoga / Church / 12 Step	
11-11:50am	Anger Management Group # 2 Room A (Dr. S) Physiological Effects Group #1 Room B (Pete)		Selective Education Group # 1 Room B (John) Physiological Effects Group #2 Room A (Pete)		3-3:50pm		
12-12:45pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1-1:50pm	Coping Skills Group # 1 Room A (Gina) TFCBT Group #2 Room B (Peter)	DBT Group# 1 Room A (Erin) Music Therapy Group #2 Room B (Peter)	Coping Skills Group #2 Room A (Gina) TFCBT Group # 1 Room B (Peter)	DBT Group# 2 Room A (Erin) Music Therapy Group #1 Room B (Peter)	Selective Education B Group #2 (Erin) End of Week Process A Group #1 (Victoria)	Visiting	Visiting
2-2:50pm	Family Systems A Group 1 (John) Logo Therapy B Group 2 (Peter)	Relapse Prevention B Group #1 (Gina) Life Skills A Group #2 (John)	Family Systems A Group 2 (John) Logo Therapy B Group 1 (Peter)	Relapse Prevention B Group #2 (Gina) Life Skills A Group #1 (John)	Art Therapy Group # 2 Room C (Gina) Psycho Education Group #1 Room A (Victoria)		
3-3:50pm	Process Group A (John) Physical Activity	Process Group A (Guido) Physical Activity	Process Group A (Guido) Physical Activity	Process Group A (John) Physical Activity	Development of Community Living Skills		
5:50 - 6:30pm	Meal Preparation and Menu Planning	Meal Preparation and Menu Planning	Meal Preparation and Menu Planning	Meal Preparation and Menu Planning		Meal Preparation and Menu Planning	
6:30-7:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Smart Recovery	Dinner
7:30 -9:30pm	Smart Recovery/Meeting	Smart Recovery/ Meeting	In Home Assignments	Meditation/ Meeting	Outside Meeting	Development of Community Living Skills Meeting	Development of Community Living Skills Meeting
10:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out