

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a - 6:30a		Wake Up, Make Bed, Daily Chores	Wake Up, Make Bed, Daily Chores	Wake Up, Make Bed, Daily Chores	Wake Up, Make Bed, Daily Chores	Wake Up, Make Bed, Daily Chores	
6:30a-7:15a		Breakfast: Prepare for Day	Breakfast: Prepare for Day	Breakfast: Prepare for Day	Breakfast: Prepare for Day	Breakfast: Prepare for Day	7:00a Wake, Make Bed, Breakfast
7:15a-7:30a		Upon Awakening/ Daily Reflection	Upon Awakening/ Daily Reflection	Upon Awakening/ Daily Reflection	Upon Awakening/ Daily Reflection	Upon Awakening/ Daily Reflection	7:30a Daily Reflection
7:30a-8:00a	8:00a Wake Up, Make Bed, Breakfast	Medication Distribution	Medication Distribution	Medication Distribution	Medication Distribution	Medication Distribution	8:00a Medication Distribution
8:00a-8:30a	Medication Distribution	Transport to Greenway	Transport to Greenway	Transport to Greenway	Transport to Greenway	Transport to Greenway	Transport to Greenway
8:30a-11:30a	9:00a - Daily Reflection 9:30a-12:00p 12 Step Meeting	8:30a-10:30a PHP/IOP Group with Primary Therapist 10:30a-11:30a Psych-Ed (Individual Sessions)	8:30a-10:30a PHP/IOP Group with Primary Therapist 10:30a-11:30a Psych-Ed (Individual Sessions)	8:30a-10:30a PHP/IOP Group with Primary Therapist 10:30a-11:30a Psych-Ed (Individual Sessions)	8:30a-10:30a PHP/IOP Group with Primary Therapist 10:30a-11:30a Psych-Ed Fitness (Individual Sessions)	8:30a-10:30a PHP/IOP Group with Primary Therapist 10:30a-11:30a Psych-Ed (Individual Sessions)	9:00a-12:00p Family Education Program Monthly Sedona Trip
11:30a-1:00p	12:00p Lunch/Med Dist. Approved Visitation	Transport to Housing Lunch/Med Dist. Transport to Greenway	Transport to Housing Lunch/Med Dist. Transport to Greenway	Transport to Housing Lunch/Med Dist. Transport to Greenway	Transport to Housing Lunch/Med Dist. Transport to Greenway	Transport to Housing Lunch/Med Dist. Transport to Greenway	12:00p Lunch/Med Dist.
1:00p-2:00p	Deep Clean	Psych Ed Meditation Yoga (Individual Sessions)	Psych Ed Music Therapy (Individual Sessions)	Psych Ed (Individual Sessions)	Psych Ed Meditation Yoga (Individual Sessions)	Psych Ed (Individual Sessions)	1:00p-5:00p Various Activities and Outings
2:00p - 3:00pm	Deep Clean	Psych Ed Health & Wellness (Massage) (Individual Sessions)	Health Sessions (Nutrition Lecture) (Individual Sessions)	Psych Ed Health & Wellness (Massage) (Individual Sessions)	Psych Ed (Individual Sessions)	Expressive Art Therapy (2-3:30 Every 2 Wks) Relapse Prevention (Individual Sessions)	
3:00p - 4:00p	Deep Clean	Psych Ed (Individual Sessions)	Psych Ed Trauma Group (Individual Sessions)	Psych Ed (Individual Sessions)	Psych Ed Trauma Group (Individual Sessions)	Psych Ed (Individual Sessions)	
4:00p – 5:00p		Transport to Housing Free Time	Transport to Housing Free Time	Transport to Housing Free Time	Transport to Housing Free Time	Transport to Housing Free Time	
5:00p – 6:00p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00p – 9:00p	12-Step Meetings/ Free Time	12-Step Meeting/Step-Work/Homework	12-Step Meeting/Step-Work/Homework	12-Step Meeting/Step-Work/Homework	12-Step Meeting/Step-Work/Homework	12-Step Meeting/Step-Work/Homework	12-Step Meetings
9:00p – 9:30p	Medication Distribution Free Time	Medication Distribution Free Time	Medication Distribution Free Time	Medication Distribution Free Time	Medication Distribution Free Time	Medication Distribution Free Time	Medication Distribution Free Time
9:30p – 10:30p	CRASH/Evening Review Meeting	CRASH/Evening Review Meeting	CRASH/Evening Review Meeting	CRASH/Evening Review Meeting	CRASH/Evening Review Meeting	CRASH/Evening Review Meeting	CRASH/Evening Review Meeting
10:30p-11:00p	Ready for Bed	Ready for Bed	Ready for Bed	Ready for Bed	Ready for Bed	Ready for Bed	Ready for Bed
11pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out