

Center for Discovery and Adolescent Change

Program Schedule October 2006

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals
7:00-7:30am	Food Prep.	Food Prep.	Food Prep.	Food Prep.	Food Prep.	Food Prep.	Food Prep.
7:30-8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00-9:00am	YMCA 8:00-9:30am	Travel Time / School	YMCA 8:00-9:30am	Travel Time / School	Walk	Journaling	Reflections
9:00-10:15am	Life Skills 9:30-10:15am	School	Contract Group 9:30am	School	Psycho-Education Group	Life in Play 8:30- 10:45	Assignment Sharing
10:15-10:45am	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:45-12:00pm	Process Group	Walk / Individual Session	Process Group	Walk / Individual Session	Process Group	YMCA 10:45a-12:15p	Personal Time
12:15-12:45pm	Here & Now Lunch	Lunch	Here & Now Lunch	Lunch	Lunch	Here & Now Lunch	Lunch
12:45-1:30pm	School	School	School	School	School	Community	Free Time
1:30-2:30pm	Current Events	Health Education	DBT Group	Body Acceptance	Coping Skills Role Play	Community Outing/Snack	Visiting Hours 1:30pm-5:00pm
2:30-2:45pm	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Outing	Snack Prep.
2:45-3:10pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:10-3:55pm	School/Individual Session	School/Individual Session	School/Individual Session	School/Individual Session	Nutrition Group	Community Outing	Visiting Hours / Free Time
3:55-4:45pm	School/Individual Session	School/Individual Session	School/Individual Session	School/Individual Session	School/Individual Session	Community Outing	Visiting Hours / Free Time
4:45-5:45pm	Relapse Prevention	Art Therapy	Self-Esteem Group	Relaxation Group	Assignments	Community Outing	Walk
6:00-6:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:45-7:30pm	Pre-Contract Group	Pampering Group	Menu Planning/ Therapy Assignments	Personal Time / Homework	Menu Planning/ Therapy Assignments	Personal Time / Homework	Community Meeting
7:30-8:15pm	School / 1 on 1 / Assignments	School / 1 on 1 / Assignments	School / 1 on 1 / Assignments	School / 1 on 1 / Assignments	School / 1 on 1 / Assignments	School / 1 on 1 / Assignments	School / 1 on 1 / Assignments
8:15-8:30pm	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.
8:30-8:50pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:40-9:00pm	Commitments	Commitments	Commitments	Commitments	Commitments	Commitments	Commitments
9:00-9:30pm	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Personal Time / Homework	Personal Time / Homework
9:30pm	Lights Out	Lights Out	Lights Out	Lights Out	Prepare for Bed 10:15	Prepare for Bed 10:15	Lights Out
10:30pm					Lights Out	Lights Out	

12-Step group times for clients assigned will be specific to facility allocation and vary in time