**Sample Patient Schedule**

**The Meadows**

MONDAY

6:00 – 7:00 Fitness Center (coed)

6:50 – 7:30 Breakfast

7:45 – 8:15 Peer Meeting

8:10 – 8:45 Auricular Acupuncture

8:30 Survivors Metate Lecture Hall

9:00 – 9:45 Topic Group

10:00 – 11:30 Primary Group

11:15 – 1:00 Lunch

12:45 – 1:45 Mindful Movement & Meditation

2:00 – 3:30 Primary Group/Expressive Arts

2:00 – 3:30 New Patient Orientation

3:45 – 5:00 Fitness Center (females only)

3:45 – 4:30 Pool (males only)\*

4:00 – 5:00 Brain Center

4:30 – 5:15 Pool (females only)\*

5:00 – 6:00 Dinner

5:45 – 6:45 Yoga

6:00 – 7:30 Fitness Center (males only)

6:45 – 7:30 Meditation

7:30 – 8:30 12-Step Meeting

SATURDAY

6:30 – 7:30 Coed Fitness Center

7:15 – 7:45 Breakfast

7:45 – 8:15 Peer Meeting

8:15 – 10:00 Challenge Course

8:30 – 9:30 MMPI Testing (mandatory for all 1st week

female patients)

9:00 – 9:45 Tai Chi

10:30 – 11:30 MMPI Testing (mandatory for all 1st week

male patients)

11:45 – 12:30 Lunch

12:45 – 1:00 Spirituality

1:00 – 4:00 Women’s Self-Defense Personal Safety &

Empowerment Workshop

1:45 – 3:15 Pool (males only)\*

2:00 – 3:30 New Patient Orientation

3:15 – 4:45 Pool (females only)\*

3:30 – 5:00 Fitness Center (coed)

3:45 – 4:45 “Recovery Management Workshop” for all

patients in relapse prevention week

4:00 – 5:00 Acupuncture

5:00 – 6:00 Dinner

6:00 – 6:45 Military Breakout Group

6:30 – 7:15 Meditation

7:30 – 8:30 12-Step Speaker Meeting

8:30 – 9:30 Brain Center

9:00 – 11:00 Movie in the Peer Lounge

DAILY MEDICATION TIMES:

5:30 – 6:30 AM 8:15 – 9:00 AM 9:45 – 10:00 AM

12:30 – 1:00 PM 4:30 – 5:00 PM 6:30 – 7:00 PM

8:30 – 9:00PM

OPT FOR SLEEP MEDICATIONS:

10:30 – 10:50 PM and 11:30 – 12:00 AM

**MEDICATIONS WILL ONLY BE GIVEN AT THESE TIMES,**

**UNLESS AN EMERGENCY.**

SUNDAY

7:00 – 8:15 Fitness Center (females)

8:00 – 9:00 Breakfast

8:30 – 9:30 Fitness Center (males)

**11:00 – 11:45 Women’s Talking Circle (mandatory**

**for all female patients)**

11:00 – 11:45 Men’s Talking Circle (mandatory for

all male patients)

12:30 – 2:45 Pool (females only)\*

2:00 – 3:30 New Patient Orientation

2:00 – 3:00 Story Time for Regulation

2:00 – 3:30 Fitness Center (coed)

2:45 – 5:00 Pool (males only)\*

3:30 – 4:30 DBT Group

5:00 – 6:00 Dinner

**6:30 – 7:30 Mindfulness Basics & Meditation**

**7:30 – 8:30 12-Step Meeting**

DAILY PHONE TIMES:

8:00 – 9:00 AM 11:30 – 12:30 PM

3:30 – 4:30 PM 8:45 – 9:45 PM

Out of respect for your peers, please keep call to 15 minutes or less. We suggest keeping your calls “light and polite” in order to focus on your healing work and minimize unnecessary distractions.

*\*Please Note: The pool will be opened ONLY upon request and is dependent upon staff availability. Please request in Nursing.*

THURSDAY

6:00 – 7:00 Fitness Center (coed)

6:50 – 7:30 Breakfast

7:45 – 8:15 Peer Meeting

8:10 – 8:45 Auricular Acupuncture

9:00 – 9:45 Topic Group

10:00 – 11:30 Primary Group

11:15 – 1:00 Lunch

12:00-12:45 Full Body Acupuncture

12:45 – 1:45 Topic Group

2:00 – 3:30 Primary Group/ Brain Center

3:45 – 5:00 Fitness Center (males only)

3:45 – 4:30 Pool (females only)\*

4:00 – 5:00 Brain Center

4:30 – 5:15 Pool (males only)\*

5:00 – 6:00 Dinner

6:00 – 7:30 Fitness Center (females only)

6:30 – 7:30 Meditation

7:30 – 8:30 12-Step Meeting

8:30 – 9:30 Brain Center

TUESDAY

6:00 – 7:00 Fitness Center (coed)

6:00 – 7:00 Equine

6:50 – 7:30 Breakfast

7:45 – 8:15 Peer Meeting

8:10 – 8:45 Auricular Acupuncture

9:00 – 9:45 Tai Chi (mandatory for all patients)

10:00 – 11:30 Primary Group

11:15 – 1:00 Lunch

12:45 – 1:45 Topic Group

2:00 – 3:30 Primary Group

2:00 – 3:30 New Patient Orientation

3:45 – 5:00 Fitness Center (males only)

3:45 – 4:30 Pool (females only)\*

4:00 – 5:00 Introduction to Trauma Healing (Mandatory for all first-week patients)

4:00 – 5:00 Brain Center

4:30 – 5:15 Pool (males only)\*

5:00 – 6:00 Dinner

6:00 – 7:30 Fitness Center (females only)

6:30 – 7:30 Meditation

7:30 – 8:30 12-Step Meeting

8:30 – 9:30 Brain Center

FRIDAY

6:00 – 7:00 Fitness Center (coed)

6:50 – 7:30 Breakfast

7:45 – 8:15 Peer Meeting

9:00 – 9:45 Topic Group

10:00 – 11:30 Community Activity

11:15 – 1:00 Lunch

12:45 – 1:45 Primary Group

2:00 – 3:30 New Patient Orientation

2:30 – 3:30 EFT/Survivors Prep (mandatory for

all pre-Survivor’s Week patients)

3:45 – 4:30 Letter Writing

3:45 – 4:30 Pool (males only)\*

4:00 – 5:00 Brain Center

4:30 – 5:15 Pool (females only)\*

5:00 – 6:00 Dinner

6:00 – 7:30 Fitness Center (coed)

6:30 – 7:30 Meditation

7:30 – 8:30 12-Step Meeting

8:30 – 9:30 Brain Center

9:00 – 11:00 Movie in the Peer Lounge

WEDNESDAY

6:00 – 7:00 Fitness Center (coed)

6:50 – 7:30 Breakfast

7:45 – 8:15 Peer Meeting

8:20 – 9:00 Commencement

9:00 – 9:45 Topic Group

10:00 – 11:30 Primary Group

11:15 – 1:00 Lunch

12:45 – 1:45 Topic Group

2:00 – 3:30 Primary Group

2:00 – 3:30 New Patient Orientation

3:45 – 5:00 Fitness Center (females only)

3:45 – 4:30 Pool (males only)\*

4:00 – 5:00 Brain Center

4:30 – 5:15 Pool (females only)\*

5:00 – 6:00 Dinner

5:00 – 6:00 Desert Experience (as assigned)

6:00 – 7:00 Yoga

6:00 – 7:30 Fitness Center (males only)

6:30 – 7:30 Meditation

7:30 – 8:30 12-Step Meeting

8:30 – 9:30 Brain Center

Your assignment for this week is:

*In order to get the most out of your time at*

*The Meadows, we strongly recommend that you take advantage of at least one regulation activity (i.e. Brain Center, yoga, tai chi, meditation) in addition to your assigned program activities each day.*