

SIBCY HOUSE DAILY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Day Begin	Day Begin	Day Begin	Day Begin	Day Begin
	Breakfast Goals group	Breakfast Goals group	Breakfast Goals group	Breakfast Goals group	Breakfast Goals group
8:15 - 9:00 am	*Fitness Yoga	Fitness Open Gym	*Fitness Yoga	Fitness (begins at 8:30) RT	Fitness Open Gym
9:00 - 10:30 am	DBT (Jason)	DBT (Noah)	DBT (Melissa)	DBT (Angie)	DBT (Jason)
10:30-11:00 am	**Open Time	**Open Time	**Open Time	**Open Time	**Open Time
11:00 - 11:50 am	MD Process (Dr. Rueve & Dr. Brandi)	RT	Enrichment (Rebecca)	Interpersonal Processing (Noah)	Enrichment (Rebecca)
12:00 pm	Break/Garden	Nutrition Bits (RD)	Break/Garden	Nutrition Bits (RD)	Break/Garden
12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 1:50 pm	Making Changes (Jason)	Interpersonal Processing (Angie)	Positive Psych (SW)	Self-Care (Jason)	CBT (Melissa)
2:00 – 2:50 pm	Expressive #1/ Week 2/ Community (Jessica)	Expressive (Jessica)	Expressive (Jessica)	Expressive (Jessica)	Expressive (Jessica)
3:00 – 3:50 pm	Connections (Jason)	Expressive (Jessica)	Managing Ax (Noah)	Connections (Jason)	Addictions (Gavin)
4:00 – 4:50 pm	Coping Skills (Gavin)	Coping Skills (Gavin)	Coping Skills (Gavin)	Coping Skills (Gavin)	Coping Skills (Gavin)
5:00 – 5:50 pm	Fitness Open Gym	Fitness Movement	Fitness Movement	Fitness Open Gym	Fitness Movement
6:00 pm	Dinner/IOP (6:00-7:30)	Dinner on Unit	Dinner/IOP (6:00-7:30)	Dinner/IOP (6:00-7:30)	Dinner
6:30 pm	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group
7:00 pm	Electronics Homework	Community AA Electronics Homework	Electronics Homework	Electronics Homework	Celebrate Recovery/ Electronics Homework
10:30 pm	Return Electronics Quiet Time	Return Electronics Quiet Time	Return Electronics Quiet Time	Return Electronics Quiet Time	Return Electronics Quiet Time

*Indicates shared group - 1 MHS must stay with group leader (gym or Faith Center)

**Indicates that this time may be used to meet with clinician individually.