A Unit
Social & Independent Living Skills Pathway

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0815	Mental Gymnastics	Mental Gymnastics	Mental Gymnastics	Mental Gymnastics	Mental Gymnastics	Mental Gymnastics	Mental Gymnastics
0845	Community Meeting	Community Meeting			Community Meeting		
0900	Living Skills (escorted to TLC) 0915 Nutrition Education	Living Skills (escorted to TLC) 0915: AMIE	Living Skills (escorted to TLC) 0915: AMIE	Living Skills (escorted to TLC) 0915: AMIE	Living Skills (escorted to TLC)		0930 Personal Hygiene
1000	Mental Illness Education (escorted to TLC)	Mental Illness Education (escorted to TLC)	Mental Illness Education (escorted to TLC)	Mental Illness Education (escorted to TLC)	Mental Illness Education (escorted to TLC)	Movie	
1030	Creative Arts (escorted to TLC)	Creative Arts (escorted to TLC)	Creative Arts (escorted to TLC)	Creative Arts (escorted to TLC)	Creative Arts (escorted to TLC)		
1100	Orientation	Orientation					
1145	Leisure Ed	Recognizing Symptoms	Recognizing Symptoms	Recognizing Symptoms	Leisure Ed		
1300	Life Fitness (escorted) Managing Emotions	Life Fitness (escorted) Community Re-Entry	Life Fitness (escorted) Arts & Crafts	Life Fitness (escorted) Arts & Crafts Community Re-Entry	Life Fitness (escorted) Managing Emotions	Life Fitness (escorted)	Life Fitness (escorted)
1400	Recovery Self Help	Problem Solving Relapse Prevention	Current Events	Problem Solving 1415-Music Therapy	Arts & Crafts		
1500	Yoga	Yoga		Book Club (escorted)			
1530	1515-Basic Coping					Healthy Living	
1600	Walk		Walk	Walk	Walk	Walk	Walk 1620: Health Education
1800	Evening Leisure Activities (escorted to TLC)	Evening Leisure Activities (escorted to TLC)	Evening Leisure Activities (escorted to TLC) AA (escorted to TLC	Evening Leisure Activities (escorted to TLC)	Evening Leisure Activities (escorted to TLC)	Game Night	Evening Leisure Activities (escorted to TLC)
1900	Understanding Your Illness 1915	Understanding Your Illness 1915	Game Night 1915-Medication Education	1915-Medication Education	1915-Medication Education		Understanding Your Illness 1915
2030	2000- Movie	Sleep Hygeine	Community Meeting	Community Meeting		Community Meeting	Community Meeting

B Unit
Adaptive Living Skills Pathway

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0800	Coffee & News	Coffee & News	Coffee & News Self-care (every 2 weeks)	Coffee & News	Coffee & News	Basic Living Skills 0830-0900	0845: Reminiscing
0900		Life Fitness	Church/Spirituality				
0930	Life Fitness		Life Fitness	Life Fitness	Life Fitness		
1100			Skills Group		Skills Group		
1200	Small Group	Small Group	Small Group	Small group			Small Group
1300	Health Walk		Unit Social –Trivia	Health Walk	Library		Health Walk
1400	Creative Arts	Creative Arts	Creative Arts	Creative Arts	Creative Arts		Movie
1500							
1600							
1700							
1800	Activity Night 1830-1915		AA Meeting	Community Meeting			

D Unit
Management of Legal Issues Pathways

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0830-1000	Life Fitness I 0815-0900 Kopp/ Calhoun	Life Fitness I 0815-0900 Kopp/ Calhoun	Life Fitness I 0815-0900 Wilson-Calhoun	Life Fitness I 0815-0900 Wilson/ Calhoun	Life Fitness I 0815-0900 Wilson-Calhoun	Life Fitness I 0815-0900 Wilson	Life Fitness I 0815-0900 Kopp
	Life Fitness II 0900-0945 Kopp/ Calhoun	Life Fitness II 0900-0945 Kopp/ Calhoun	Life Fitness II 0900-0945 Wilson/ Calhoun	Life Fitness II 0900-0945 Wilson	Life Fitness II 0900-0945 Wilson/ Calhoun	Life Fitness II 0900-0945 Wilson	Life Fitness II 0900-0945 Kopp
1000-1115	Healthy Lifestyles* 1000-1100 Calhoun/ Kopp	Self fulfillment Through Responsible Thinking 0900-1000 Lemons/ Ritow	Life Fitness/ E (F) 1000-1045 Wilson/ Calhoun	Life Fitness/ E (F) 1000-1045 Wilson/ Calhoun	0900-1030 Co-Occurring Phase III Pflug/Ryan/ Schoening	Current Events 1000-1045 Wilson	Life Fitness/ E (F) 1000-1100 Kopp
		Life Fitness/ E (F) 1000-1100 Kopp/ Calhoun	Conflict Resolution Group 1000-1030 Rick Massey		Healthy Lifestyles* 1000-1100 Calhoun-Wilson	Values & Stages of Change Pflug	
	Psychiatric Review / Competency Restoration 1000 - 1230 Hill/Clark	Psychiatric Review / Competency Restoration 1000 - 1230 Hill/Clark	Current Events 1045-1115 Wilson	Psychiatric Review / Competency Restoration 1000 - 1230 Hill/Clark	Self Medication Education 1030-1100 Hiltz	Soda Fountain 1045-1115 Wilson	
		Legal Pathways 1020-1100 Ritow/Ryan		Legal Pathways 1020-1100 Ritow/Ryan			
1130-1230	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
					Bible Study 1215 - 1300 Wood		
1300-1400	Leisure Awareness I 1300-1345 Calhoun/Kopp	Leisure Awareness I 1300-1345 Calhoun/Kopp	Leisure Awareness I 1300-1345 Calhoun/ Wilson	Leisure Awareness I 1300-1345 Calhoun/ Wilson	Leisure Awareness I 1300-1345 Calhoun/ Wilson	Leisure Awareness I 1300-1345 Wilson	Leisure Awareness I 1300-1345 Wilson
		Journaling Emotions & Thoughts Ritow	1245-1400 Phase II Co-Occurring Education Pflug/ Schoening		Phase I Co-Occurring Welcoming Schoening/ Pflug/Proxell		
		Pet Therapy 1330-1415			Library (escorted level 4+) 1345-1445		
1400-1500		Leisure Awareness II 1415-1500 Calhoun/Kopp	DBT Skills Training 1400-1500 Schoening	Leisure Awareness II 1415-1500 Calhoun/ Wilson	DBT Skills Training 1400-1500 Schoening	Leisure Awareness II 1415-1500 Wilson	Leisure Awareness II 1415-1500 Kopp

D Unit
Management of Legal Issues Pathways

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Leisure Awareness II 1415-1500 Calhoun/Kopp	Recovery & Hope 1400-1445 Clark/Proxell	Leisure Awareness II 1415-1500 Calhoun/ Wilson	Pet Therapy 1430-1500 Volunteer Recovery & Hope 1400-1445 Clark/Proxell	Leisure Awareness II 1415-1500 Calhoun/ Wilson		
1500-1600	Open Rec # 1 1515 -- 1600 Calhoun/Kopp	Open Rec # 1 1515 -- 1600 Calhoun/Kopp	Open Rec # 1 1515 -- 1600 Calhoun/ Wilson	Open Rec # 1 1515 -- 1600 Calhoun/ Wilson	Open Rec # 1 1515 -- 1600 Calhoun/ Wilson	Open Rec # 1 1515 -- 1600 Wilson/Reis	Open Rec # 1 1515 -- 1600 Kopp/Reis
	GED 1500-1545 Sbragia	GED 1500-1545 Sbragia	Protestant Church Services 1500-1600 Woods	GED 1500-1545 Sbragia			
1600-1700	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
1600-1700	Open Rec # 2 1600-1645 Kopp/Smith	Open Rec # 2 1600-1645 Kopp/Smith	Open Rec # 2 1600-1645 Wilson/Reis	Open Rec # 2 1600-1645 Wilson/Reis	Open Rec # 2 1600-1645 Wilson/Reis	Open Rec # 2 1600-1645 Wilson/Reis	Open Rec # 2 1600-1645 Wilson/Reis
1700-1800	S.O.P. 1715-1815		*		*	*	*
1800-1900	Conflict Resolution 1800-1845 D-wing Psych Tech Health Capsules 1845-1900 Richter/ Mickelberry	AA Meeting 1800-1900 Volunteer				Leisure Activity 1800-1900 Reis/Smith	
2030-2100		Medication Education 2030-2100 Juarez		Medication Education 2030-2100 Juarez			

* Healthy Lifestyles Group will rotate in four week cycles. Topics will include Mental Illness Education, Tai Chi, Yoga, Budgeting, Relaxation, etc. Bill Calhoun will work with the dietician to provide this class.

** DBT groups will include on a cycling basis 1. Introduction to Coping; 2. Basic Coping Skills; 3. Distress Tolerance; 4. Emotion Regulation; 5. Interpersonal Effectiveness; 6. Mindfulness; 7. Stages of Change

E Unit
Social & Independent Living Skills Pathway
Civil and Forensic Level 4 and Above

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0830			Open Canteen 0830-0900		Bible Study 0830-0900	Canteen Group 0830 (escorted)	Canteen Group 0830 (escorted)
0915	Adult GED 0915-1000		Basic Ed. Skills 0915-1000	Basic Ed. Skills 0915-1000	Adult GED 0915-1000		
1000	Life Fitness 1000 (escorted) Mental Illness Education TLC (escorted) 12-Step	Life Fitness 1000 (escorted) Mental Illness Education TLC (escorted)	Life Fitness 1000 (escorted) Mental Illness Education TLC (escorted)	Life Fitness 1000 (escorted) Mental Illness Education TLC (escorted)	Life Fitness 1000 (escorted) Mental Illness Education TLC (escorted)	Gym (escorted)	Gym (escorted)
1200		Core Concepts in Health 1215-1300		Community Recreation Strategies 1215-1300	Challenging Automatic Thinking Styles I(CATS) 1200-1300	Vocational Education Consultation	
1230	Ward Meeting		Ward Meeting		Ward Meeting		
1300	Managing Emotions A unit (escorted) Gateway to Recovery	WRAP Wellness Recovery Action Program	Managing Emotions A unit (escorted) Gateway to Recovery	Co-Occurring Overcoming Addictions	Challenging Automatic Thinking Styles II (CATS)	Open Gym TLC (escorted)	Open Gym TLC (escorted)
1400	Creative Arts TLC (escorted) Living Skills TLC (escorted) Basic Communications Money management	Strategies Toward Effective Problem Prevention (STEPP) Problem Solving A unit 1400-1425	Creative Arts TLC (escorted) Living Skills TLC (escorted) Basic Communications Home Safety Self Help	Current Events Problem Solving A unit 1400-1425	Creative Arts TLC (escorted) Home Safety	Men's Group 1415-1500	Arts Exploration Group 1400-1500
1500	Basic Coping 1515-1600 Open Gym 1515-1600 (escorted)	Open Gym 1515-1600 (escorted) Mindfulness Relaxation 1715-1800	Solutions to Wellness Walk (escorted)	Book Club (escorted) Open Gym 1515-1600 (escorted) Mindfulness Relaxation 1715-1800	Arts & Crafts Open Gym 1515-1600 (escorted)	Open Walk 1515-1600 (escorted)	Open Walk 1515-1600 (escorted) Horticulture Education 1500-1600
1630						Self-Med Set-up	Mental Aerobics 1630-1730
1700						Women's Health Group 1700-1800	
1800	Evening Leisure Activities (escorted) Challenging Automatic Thinking Styles (CATS) Study Group	Evening Leisure Activities (escorted) Ping Pong Tournament 1800-2100	AA Meeting 1800-1900 TLC Hobby Night Evening Leisure Activities (escorted)	Evening Leisure Activities (escorted) Health Capsule	Evening Leisure Activities (escorted)	Hobby Night	Evening Leisure Activities (escorted)
1900			Table Games/Card Games 1900-2000	Table Games/Card Games 1900-2100	Table Games/Card Games 1900-2100		
2000	Medication Education				Patient Interaction Game Night	Ward Meeting	Movie Night

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0800			Open Canteen 0830-0900		Bible Study 0830-0900		
0915			Basic Ed. Skills 0915-1000	Basic Ed. Skills 0915-1000			
1000	Healthy Lifestyles (D escort) 12-Step	Life Fitness (D escort) 1020 Legal Pathways (D escort)	Life Fitness (D escort)	Life Fitness (D escort) 1020 Legal Pathways (D escort)	Healthy Lifestyles (D escort)		Life Fitness (D escort)
1200		Core Concepts in Health 1215-1300		Community Recreation Strategies 1215-1300	Challenging Automatic Thinking Styles I	Vocational Education Consultation	
1230	Ward Meeting		Ward Meeting		Ward Meeting		
1300	Gateway to Recovery	WRAP Wellness Recovery Action Program	Gateway to Recovery	Co-Occurring Overcoming Addictions	Challenging Automatic Thinking Styles II		
1400	Money Management Basic Communications	Strategies Toward Effective Problem Prevention (STEPP)	Home Safety Basic Communications Self Help 1400-1500	Current Events	Home Safety	Men's Group 1415-1500	Arts Exploration
1500	1515 Basic Coping Skills GED (D escort)	GED (D escort) 1515 Protestant Services (D escort)	Solutions to Wellness	GED (D escort)	Arts & Crafts		
1630						Self-Med Set-up Mental Aerobics	Mental Aerobics 1630-1730
1700		Mindfulness Relaxation 1715-1800	Hobby Night	Health Capsule	Leisure Awareness	Women's Health Group	Horticulture Education 1700-1800
1800	Challenging Automatic Thinking Styles (CATS) Study Group	AA (D escort)		Mindfulness Relaxation 1715-1800		Hobby Night	
1900		Ping Pong Tournament 1800-2100	Table Games/Card Games 1900-2000	Table Games/Card Games 1900-2100	Table Games/Card Games 1900-2100		
2000	Gym (D escort) Medication Education		Gym (D escort)		Patient Interaction Game Night Gym (D escort)	Ward Meeting	Movie Night

Spratt Building
Coping and Co-Occurring Pathway

Daytime Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0730	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
0800-0830	Complete ADLs/room care	Complete ADLs/room care	Complete ADLs/room care	Complete ADLs/room care	Complete ADLs/room care	Complete ADLs/room care	Complete ADLs/room care
0830-0900	Community Meeting *All Staff*	Community Meeting *All Staff*	Community Meeting *All Staff*	Community Meeting *All Staff*	Community Meeting *All Staff*	Tai Chi Personal Reflection or Meditation	
0900-0930	Tai Chi Personal Reflection or Meditation	Tai Chi Personal Reflection or Meditation	Tai Chi Personal Reflection or Meditation	Tai Chi Personal Reflection or Meditation	Tai Chi Personal Reflection or Meditation		Tai Chi Personal Reflection or Meditation
0900-1000		Mindfulness Skills *D. Schoening*		Distress Tolerance Skills *D. Schoening*		Healthy Relationships *K. Caddell* Values & Stages of Change *J. Pflug*	
1000-1100	AMIE *E. Hawe (TLC)*		Healthy Lifestyles *R. Davis C. Ewan* AMIE *E. Hawe (TLC)*		AMIE *E. Hawe (TLC)*	Craft Activity *J. Anderson*	Craft Activity *J. Anderson*
1100-1130	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1200-1300	Aerobic Walk *M. Gratzer*	Mindfulness Walk *M. Gratzer*	Aerobic Walk *M. Gratzer*	Mindfulness Walk *M. Gratzer*	Aerobic Walk *M. Gratzer*	Mindfulness Walk *A. Grantham*	Mindfulness Walk *A. Grantham C. Ewan*
1300-1400	Intro to Coping *Marla Lemons* Rational Emotive Therapy *Evonne Hawe* Overcoming Addictions *A. Mattson E. Hawe J. Parrott (TLC)*	Anger Management *A. Mattson N. Rosenleaf*	Introduction to Coping Skills *Marla Lemons* Managing Self-Harm *Jody Parrott* Overcoming Addictions *A. Mattson E. Hawe J. Parrott (TLC)*	Spirituality and Recovery *E. Hawe J. Parrott*	Anger Management *A. Mattson N. Rosenleaf* Meditation Group *A. Grantham*	Budgeting and Money Management *C. Mullins*	Women's Health Group *M. Andreoli*
1400-1500	Diary Card Review *P. Peterson M. Lemons* Recovery & Self-Help *E. Hawe*	Co-Occurring Welcoming Group *E. Hawe*	Leisure Education *R. Davis C. Ewan* Barriers to Recovery *J. Parrott*	Interpersonal Process Group *M. Lemons*		DBT Video *A. Grantham*	DBT Video *A. Grantham*
1500-1600		Relapse Prevention *J. Parrott M. Gratzer*		Relapse Prevention *J. Parrott M. Gratzer*	I		Healthy Lifestyles *A. Grantham C. Ewan*

Spratt Building
Coping and Co-Occurring Pathway

Evening Activities

1600-1700	Dinner	Dinner	Dinner	Dinner	Dinner	Medication Education *C. Mullins* Dinner	Medication Education *J. Bedner* Dinner
1700-1800	Interpersonal Process Group *M. Lemons* Unit Orientation *J. Bedner* *A. Grantham*	Basic Breathing *K. Caddell*	**Values Clarification and Goal Attainment *J. Parrott***		Unit Orientation *C. Mullins* *A. Grantham*	Community Meeting *All Staff*	Community Meeting *All Staff*
1800-1900	Men's Group *T. Hamm*						
1900-2000	Yoga *Psych Tech*	Mindfulness Lab (practice) *J. Parrott*	Yoga *J. Parrott* Homework Review *Psych Tech*	Mindfulness Lab (practice) *J. Parrott*	Yoga *Psych Tech*	Mindfulness Lab (practice) *Psych Tech*	Relaxation Group *Psych Tech*
2000-2100	Homework Review *Psych Tech*		Homework Review *Psych Tech*	Sleep Solutions *R. Miller*	Homework Review *Psych Tech*	Homework Review *Psych Tech*	

Co-Occurring Group

Schedule for the TLC Building

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0800							
0830	Prevocational therapy	Prevocational therapy	Prevocational therapy	Prevocational therapy	Prevocational therapy		
0900	Living Skills	Living Skills	Living Skills	Living Skills	Living Skills		
	Life Fitness 0900 -- 1000	Life Fitness 0900 -- 1000	Life Fitness 0900 -- 1000	Life Fitness 0900 -- 1000	Life Fitness 0900 -- 1000		
0930	Creative Arts 0930 -- 1130	Creative Arts 0930 -- 1130	Creative Arts 0930 -- 1130	Creative Arts 0930 -- 1130	Creative Arts 0930 -- 1130	Personal Fitness 0930 – 1130	Open Gym 1000 -- 1100
1000	Mental Illness Ed 1000	Mental Illness Education 1000	Mental Illness Education 1000	Mental Illness Education 1000	Mental Illness Ed 1000		
	AIMI Group 1000		AIMI Group 1000		AIMI Group 1000		
1100							
1130							
12115	Computer Lab	Computer Lab	Computer Lab	Computer Lab	Computer Lab		
1300	Living Skills/ Computers	Living Skills/ Computers	Living Skills/ Computers	Living Skills/ Computers	Living Skills/ Computers	Open Gym / Movie 1300-1600	Social Hour / Gym 1300-1430
	Life Fitness 1300-1400	Life Fitness 1300-1400	Life Fitness 1300-1400	Life Fitness 1300-1400	Life Fitness 1300-1400		
	GED / Basic Ed 1300-1600	GED / Basic Ed 1300-1600	GED / Basic Ed 1300-1600	GED / Basic Ed 1300-1600	GED / Basic Ed 1300-1600		
1400	Creative Arts 2 1400-1300	Creative Arts 2 1400-1300	Creative Arts 2 1400-1300	Creative Arts 2 1400-1300	Creative Arts 2 1400-1300		
	Living Skills		Living Skills				
1500	Ceramics	Catholic Mass 1515	Catholic Mass 1515	Music Therapy 1500-1600 Ceramics	Ceramics		
	Life Fitness 1500-1600	Ceramics	Life Fitness 1500-1600	Life Fitness 1500-1600	Life Fitness 1500-1600		
	Computer Lab	Life Fitness 1500-1600		Computer Lab	Computer Lab		
		Computer Lab					
1600							
1700							
1800	Life Fitness 1800-1900		AA Meeting				Life Fitness 1800-1900
							Open Gym 1800-1900
1900							

Library Hours: 0830 –1600 Monday through Friday
Beauty Shop: 0800 – 1600 Tuesday through Saturday
Canteen / Snack Bar: 0800 – 1500 Monday through Sunday