

Cayuga Addiction Recovery Services Residential Program Unit Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6 am - 8 am	Early Med Pass at 6:30 a.m. / Regular Medication Group 7:30 / Breakfast Served until 7:30 a.m.							
8:00am	Positive Beginnings (off 2 nd floor by 7:20am)					Independent Study and Meditation Time		
8:30am	General Medication Pass begins at 8:30 a.m. (2nd floor open)							
9:00 AM	2 nd Floor Wash/Preparation for Day ---- All Clients off 2nd Floor by 9:50 am							
10am	Community Meeting	Early Recovery Group (Orientation) Vocational Education Program (All Others)	Drug & Alcohol Education	Early Recovery Group (Orientation) Vocational Education Program (All Others)	Drug & Alcohol Education	GED Class or Recreation	Structured Leisure	
10:30am								
11am	Phase Movement & Graduation	Matrix (A group) Relapse Prevention (B group)	Gorski Relapse Prevention	Matrix (B group) Relapse Prevention (A group)	Anger Management / Emotion Regulation		Independent Living Skills	
11:30am								
12pm	Roll Call & Mail in Great Room 12:00 / Lunch 12:15 / Med Pass at 12:30 (Residential Counselor)							
12:30pm								
1pm	Orientation Training & Testing Leisure Time (all others)	P 1 Training & Testing Leisure Time (all others)	P 2 Training & Testing Leisure Time (all others)	CCE Cooking Leisure Time (all others)	P3&P4 Training & Testing Leisure Time (all others)	Family Education	Family Education	
1:30pm								
2pm	U.S. History: Civics and Citizenship All Community Program (Great Room)	Social Supports Group	Seven Habits (Bill Rusen, LMSW) Great room 2pm-4pm	Tobacco Group (or) Wellness (self directed)	Criminal & Addictive Thinking	Visitation/ Recreation	Visitation/ Recreation	
2:30pm				Relationship Group or Spirituality Group w/Agape Pastor				Parenting Skills Workshop 2-4 p.m.
3pm		Art Appreciation 3 to 4pm			Men & Women's Social Support			
3:30pm	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Med Pass	Med Pass	
4:30pm						Visits/ Rec Cont..	Visits/ Rec Cont..	
5pm	4:50 p.m. Roll Call (All Clients Must Report) 5 p.m. Dinner							
5:30pm								
6pm	Emotions Group	Conflict Resolution	Structured Recreation	Thinking Reports	Knowledge is Power	Knowledge is Power	Living a Life that Matters	
6:30pm								
7pm	Creative Writing	Twelve & Twelve (or) Reflections	Reflections	Literature	Community Supports (or) Reflections	Reflections	AA 12-Step Support (or) Reflections	
7:30pm								
8pm	Roll Call (all clients must report), Snack, Chores					Movie Night Structured Leisure Med Pass at 8:30 pm	Movie Night Structured Leisure Med Pass at 8:30 pm	Roll Call, Snack, Chores
8:30pm	Women's Medication pass (2nd floor) /Men's chore time (1st floor)							Med Pass Bedtime Prep Nighttime chores
9pm	Men's Medication pass (2nd floor) /Women's chore time (1st floor)							
9:30pm	2nd Floor Night Preparation (Residential Counselors Secure 1st Floor)							
10pm	Roll Call & 2nd Floor Lights Out 10 pm							
10:30pm								
11pm - 7am								