

**Cayuga Addiction Recovery Services Residential Program Unit Schedule**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6 am - 8 am	Medication Pass 6 to 7:45 am						
8:00am	Breakfast Served Until 8 a.m. (off 2 <sup>nd</sup> floor by 8am)					Independent Study and Meditation Time	
8:30am	Positive Beginnings (Facilitated by Phase 3)						
9:30am	2 <sup>nd</sup> Floor Wash/Preparation for Day ---- All Clients off 2nd Floor by 10am						
10am	Community Meeting	Early Recovery Group (Orientation) Vocational Education	Drug and Alcohol Education (Life Skills)	Early Recovery Group (Orientation) Vocational Education	Drug and Alcohol Education (Life Skills)	GED Preparation or	Leadership/Team Skills Building (Church Attendance)
10:30am		Relapse Prevention (All Phases) with Primary Counselor		Relapse Prevention (All Phases) with Primary Counselor		Leadership/Team Skills Building	
11am	Phase Movement & Graduation						
11:30am	Roll Call & Mail in Great Room 12:00 / Lunch 12:15 / Med Pass at 12:30 (Residential Counselor)						
12pm							
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 Group (Life Skills)	Family Education Group (Life Skills)
1:30pm							
2pm	U.S. History: Civics and Citizenship All Community Program Great Room (Life Skills)	Social Supports Group (Primary Counselors)	Seven Habits (Bill Rusen, LMSW) Great room 2pm-4pm	Anger Management Didactic	Criminal & Addictive Thinking (Life Skills)	Visitation/ Structured Recreation (Life Skills/Residential Counselors)	Visitation/ Structured Recreation (Life Skills/Residential Counselors)
2:30pm		Relationship Group (LS) or Spirituality Group w/Agape Pastor		Parenting Skills Workshop (2 to 4 p.m.)			
3pm							
3:30pm							
4pm	ALTERNATIVE	ALTERNATIVE	ALTERNATIVE	ALTERNATIVE	ALTERNATIVE	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 (LS)	Relapse Prevention	Womens' Group	Anger Management Practicum	Knowledge is Power 6 to 8	Knowledge is Power	Living A Life That Matters
6:30pm			Structured Recreation				
7pm	Creative Writing	NA 12-Step Support or Alternative	AA 12-Step Support or Alternative	Thinking Reports	Optional AA 12 Step 7 to 8	NA 12-Step Support or Alternative	AA or MA 12-Step Support or Alternative
7:30pm							
8pm	Reflection Groups (Life Skills Counselors)				Movie Time Women Upstairs Men Downstairs	Movie Time Women Upstairs Men Downstairs	Reflection Group
8:30pm	Med Pass/ Bed Time Prep/ Quiet Study/ Relaxation & Exercise						Med Pass at 8:30 pm
9pm							
9:30pm	2nd Floor Night Preparation (Residential Counselors Secure 1st Floor)						
10pm					Roll Call & 2nd Floor Lights Out 11 pm	Roll Call & 2nd Floor Lights Out 11 pm	Roll Call & 2nd Floor Lights Out 10 pm
10:30pm	Roll Call & 2nd Floor Lights Out 10 pm						
11pm - 7am							