

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00	AM MEDICATIONS/ BREAKFAST	AM MEDICATIONS/ BREAKFAST	AM MEDICATIONS/ BREAKFAST	AM MEDICATIONS/ BREAKFAST	AM MEDICATIONS/ BREAKFAST	AM MEDICATIONS/ BREAKFAST	AM MEDICATIONS/ BREAKFAST
8:30							
9:00	<b>COMMUNITY MEETING - ILLNESS MANAGEMENT &amp; RECOVERY GROUP</b>	<b>COMMUNITY MEETING - MEN'S GROUP</b>	<b>COMMUNITY MEETING - WOMEN'S ANGER MANAGEMENT GROUP</b>	<b>COMMUNITY MEETING</b>	<b>COMMUNITY MEETING - WOMEN'S SELF-ESTEEM GROUP</b>	FAMILY EDUCATION	FAMILY EDUCATION
9:30				REHABILITATIVE ENCOUNTERS BASED ON IMR; RECIPIENT APPOINTMENTS AS SCHEDULED			
10:00	REHABILITATIVE ENCOUNTERS BASED ON IMR; RECIPIENT APPOINTMENTS AS SCHEDULED	REHABILITATIVE ENCOUNTERS BASED ON IMR; RECIPIENT APPOINTMENTS AS SCHEDULED	REHABILITATIVE ENCOUNTERS BASED ON IMR; RECIPIENT APPOINTMENTS AS SCHEDULED		REHABILITATIVE ENCOUNTERS BASED ON IMR; RECIPIENT APPOINTMENTS AS SCHEDULED	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS BASED ON IMR
10:30							
11:00				<b>HEALTHY LIVING GROUP</b>		<b>COMMUNITY MEETING - ILLNESS MANAGEMENT &amp; RECOVERY GROUP</b>	
11:30	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION		ILS: ASSIGNED COOKING AND INSTRUCTION		ILS: ASSIGNED COOKING AND INSTRUCTION
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS
1:00	<b>ART AND LEISURE TIME GROUP</b>	<b>CLINICAL GROUP</b>	<b>CLINICAL GROUP</b>		<b>CLINICAL GROUP</b>	<b>RECREATIONAL ACTIVITY</b>	<b>RECREATIONAL ACTIVITY</b>
1:30				AFTERNOON MEDICATIONS			
2:00	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	REHABILITATIVE ENCOUNTERS	<b>RECREATIONAL ACTIVITY</b>	REHABILITATIVE ENCOUNTERS		
2:30	AFTERNOON MEDICATIONS	AFTERNOON MEDICATIONS	AFTERNOON MEDICATIONS		AFTERNOON MEDICATIONS	AFTERNOON MEDICATIONS	AFTERNOON MEDICATIONS
3:00	SHIFT CHANGE	SHIFT CHANGE	SHIFT CHANGE		SHIFT CHANGE	SHIFT CHANGE	SHIFT CHANGE
3:30	REHABILITATIVE ENCOUNTERS BASED ON IMR	REHABILITATIVE ENCOUNTERS BASED ON IMR	REHABILITATIVE ENCOUNTERS BASED ON IMR	REHABILITATIVE ENCOUNTERS BASED ON IMR	REHABILITATIVE ENCOUNTERS BASED ON IMR	REHABILITATIVE ENCOUNTERS BASED ON IMR	REHABILITATIVE ENCOUNTERS BASED ON IMR
4:00	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION	ILS: ASSIGNED COOKING AND INSTRUCTION
4:30							
5:00							
5:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:00							
6:30	<b>MEN'S ANGER MANAGEMENT GROUP</b>	<b>INTEGRATED DUAL DIAGNOSIS TREATMENT GROUP (IDDT)- PRE- CONTEMPLATIVE</b>	<b>DISCHARGE PLANNING GROUP</b>	<b>INTEGRATED DUAL DIAGNOSIS TREATMENT GROUP (IDDT) -RELAPSE PREVENTION</b>	<b>INTEGRATED DUAL DIAGNOSIS TREATMENT GROUP (IDDT) - ACTION/MAINTENANCE</b>	INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION	<b>COMMUNITY MEETING- SOCIAL SKILLS GROUP</b>
7:00	INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION	INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION	INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION	INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION	INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION		INDEPENDENT LIVING SKILLS (ILS): ROTATING ROOM CLEANING AND INSTRUCTION
7:30							
8:00							
8:30	PM MEDICATIONS	PM MEDICATIONS	PM MEDICATIONS	PM MEDICATIONS	PM MEDICATIONS	PM MEDICATIONS	PM MEDICATIONS

While the Intensive Residential Treatment Service is structured in some areas, the Program is designed to encourage Recipients to become independently involved in the community by taking advantage of the many resources offered such as attending support group meetings to further their recovery journey. For example, Daily Rehabilitative Encounters occur at various times of the day. This schedule is merely a guideline and may vary from depending on the Recipient's scheduled group meetings and appointments outside of Arrowhead House. Family is encouraged to become involved in the Recipient's recovery journey and are welcomed at most times outside of the designated scheduled groups which are shown in green.