

# ZION Integrated Behavioral Health Services

# DAILY SCHEDULE

TIME:	MONDAY THROUGH FRIDAY		SATURDAY	SUNDAY
6:00 AM	WAKE-UP		7:00 AM -- WAKE-UP	7:00 AM -- WAKE-UP
6:00-7:00 AM	DAILY LIVING SKILLS/SHOWER		7:00-8:00 AM -- DAILY LIVING SKILLS/SHOWER	7:00-8:00 AM -- DAILY LIVING SKILLS/SHOWER
7:00-7:45 AM	BREAKFAST		8:00 AM – BREAKFAST	8:00-8:45 AM -- BREAKFAST
7:45-8:00 AM	Daily Reading Group		9:00-10:00 video group	845-9:00 AM – SUPPLIES FROM OFFICE
8:00-9:15 AM	WELLNESS DEVELOPMENT GROUP (M,T,W, F) Parenting Class (Thurs)		10:15-11:00 AM-- study time/ exercise	9:00-10:30 Bible study at church (optional)
9:15-10:15 AM	ASSIGNMENT GROUP		11:00-12:00 lunch	10:30-12:00 PM Church (optional)
10:30-11:00 AM	EXERCISE		12:00-12:45 PM	
11:00-12:00 AM	Lunch		12 Step Review	
12:00-12:45 PM	Co-occurring Group (M,T,Thur, Friday) Trauma Informed Group (W)		12:45-1:00 PM – SUPPLIES FROM OFFICE	11:00-12:00 PM – LUNCH
12:45-1:00 PM	PREPARE FOR AFTERNOON GROUPS		1:00-2:00 PM – UNIT CLEAN-UP	12:00-1:00 PM – SUPPLIES FROM OFFICE/ study time
1:00-2:00 PM	ASSIGNMENT GROUP		2:30-3:30 PM – EXERCISE	1:00-4:00 – FREE TIME – FAMILY VISITATION
2:15-3.30 PM	Early Recovery Skills		3:30-4:30 PM – Reflections	4:30-5:00 supper
3:30-4:30 PM	Stage of Change/Reflections Bible Study (Thursday)		4:30-5:30 PM – supper	5:30-5:45 PM – supplies from office
4:30-5:00 PM	Supper		5:30-6:30 PM – read from big book	5:45:-6:45 PM – Study time
5:00-6:00 PM	EXERCISE		6:30-7:00 PM – SUPPLIES FROM OFFICE	7:00-8:00PM – lounge/Exercise
6:00-7:00 PM	Study Time		7:00-8:00 PM – NA MEETING	8:00-9:00 PM – AA MEETING
7:00-7:30 PM	SUPPLIES FROM OFFICE		8:00-9:00 PM – STUDY TIME	9:00-9:30 PM – FREE TIME
7:30-8:00 PM	Free Time		9:00-11:00 PM – RECREATIONAL VIDEO	
8:00-9:00 PM	* M-T-W *	* THU/FRI *		9:30-10:00 PM – REFLECTIONS
	AA/NA MEETINGS OPEN	Free Time		
9:00-10:00 PM	SHOWERS/Study Time		11:00 PM – LIGHTS OUT IN DORMS – BEDTIME	10:00 PM –LIGHTS OUT IN DORMS -- BEDTIME
10:00 PM	LIGHTS OUT IN DORMS - BEDTIME			