

ATP Program Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:00	Check in/Daily Goals	Check In/Daily Goals	Check In/Daily Goals	Check In/Daily Goals	Check In/Daily Goals	Check In/Daily Goals	Check In/Daily Goals
8:00 - 8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 10:30	Mindfulness/Journaling	School/Rounds	School/Rounds	School/Rounds PRN	School/Rounds	School/Rounds	Mindfulness/Journaling
	Wellness Planning and Goals - ATP Nursing Staff						Skills Reinforcement and Safety Planning - ATP Nursing Staff
10:30 - 11:00	Chores	Rounds/Leisure	Brain Break	Community Meeting	Rounds/Leisure	Brain Break	Chores
11:00 - 12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:00 - 12:45	Team UP	Process Group - Aloura Alcantar, LCSW	Creative Therapy - Ken Crawford, LCSW OR Sleep Promotion- Dr. Mary Rose 1st Tuesday	Process Group - Aloura Alcantar, LCSW	Creative Therapy - Ken Crawford, LCSW	Process Group - Aloura Alcantar, LCSW	Crafts
	Chapel						
1:00 - 1:45	Gym	GYM 1p-1:45p	Drumba in Gym 1p-1:45p	GYM 1p-1:45p; Pet Therapy 2nd and 4th wk	GYM 1p-1:45p	GYM 1p-1:45p	Gym
		IT/FT	IT/FT	IT/FT	IT/FT	IT/FT	
2:00 - 2:45	Values and Meaning - Chapel Staff	Acceptance and Commitment Therapy - Kim Fountain, MA, LPC	Nutrition and Wellness - Jessica Suchma RD, LD /Reaching Recovery (Referral) - Cullen Roth	Self Esteem/Resiliency - Ken Crawford, LCSW; Reaching Recovery (Referral)- Danae Whitman LMSW, LCDC	SMART Recovery - Cullen Roth	Narrative Therapy - Aloura Alcantar, LCSW/Reaching Recovery (Referral) - Amber Lotsi	Healthy Lifestyles - ATP Nursing Staff
3:00 - 3:45	Recreation Therapy	Outcomes - Julia Myerson	Dialectical Behavior Therapy - Gabriela Trevino, LMSW and nursing	Leisure Awareness	Dialectical Behavior Therapy - Gabriela Trevino, LMSW and nursing	Body Image (Referral) - Danae Whitman LMSW, LCDC	Brain Break
3:45 - 4:00	Evening Kick Off	Evening Kick Off	Evening Kick Off	Evening Kick Off	Evening Kick Off	Evening Kick Off	Evening Kickoff
4:00 - 4:45	SMART Recovery - Cullen Roth	Pharmacy Education - Victor Lee, PharmD, RPh	Brain Break	Music Therapy - Jessica Hernandez, MT-BC	Brain Break	Recreation Therapy	Games/Movies
4:45 - 6:00	Dinner/Check Out	Dinner/Check Out	Dinner/Check Out	Dinner/Check Out	Dinner/Check Out	Dinner/Check Out	Dinner/Check Out
6:00 - 7:00	Creative Expressions/Crafts - Edie (7p-7:50p)	Recreation Therapy 5:30p-6:30p	Recreation Therapy 5:30p-6:30p	Fitness Fun 5:30p-6:30p	Recreation Therapy 5:30p-6:30p	Games/Movie- Rec Therapy and Nsg	Newcomer's Group & Introduction to DBT Skills - ATP Nursing Staff
7:00 - 7:30	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower	Clean Up/Shower
7:30 - 8:00	Wrap Up/Goals Group	Wrap Up/Goals Group	Wrap Up/Goals Group	Newcomer's Group w/ president and VP	Wrap Up/Goals Group	Wrap Up/Goals Group	Wrap Up/Goals Group
8:00 - 8:30	Teen Government w/ nsg staff	Snacks/Vitals/Meds	Snacks/Vitals/Meds	Snacks/Vitals/Meds	Snacks/Vitals/Meds	Snacks/Vitals/Meds	Snacks/Vitals/Meds
8:30 - 9:15	Snacks/Vitals/Meds	Self-Soothe/Movies/Games	Self-Soothe/Movies/Games	Self-Soothe/Movies/Games	Self-Soothe/Movies/Games	Self-Soothe/Movies/Games	Self-Soothe/Movies/Games
9:15 - 9:30	Clean Up Milieu	Clean Up Milieu	Clean Up Milieu	Clean Up Milieu	Clean Up Milieu	Clean Up Milieu	Clean Up Milieu
9:30 - 10:00	Relaxation/Dream Catchers	Relaxation/Dream Catchers	Relaxation/Dream Catchers	Relaxation/Dream Catchers	Relaxation/Dream Catchers	Clean Up Milieu	Clean Up Milieu
10:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Relaxation/Dream Catchers	Relaxation/Dream Catchers
10:30						Bedtime	Bedtime