



IOP SCHEDULE W/SOBER LIVING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up
10:00 AM	<u>IOP STARTS_10AM-1PM</u>	<u>IOP STARTS_10AM-1PM</u>	<u>IOP STARTS_10AM-1PM</u>	<u>IOP STARTS_10AM-1PM</u>	<u>JiuJitsu Starts</u>	<u>IOP STARTS_10AM-1PM</u>	Meet Van
11:00 AM	Focus is on Mindfulness, Yoga, & Meditation	Focus is on distress tolerance and self-regulation	Focus is on Men's issues in early recovery	Focus is on Communication Skills		Coffee & Grace Group	Focus is on DBT Skills
12:00 PM	Job Search Assistance**	Job Search Assistance**	Job Search Assistance**	Job Search Assistance**			
1:00 PM							
2:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
3:00 PM	Free Time/Individual Counseling Appointments	Staff Meeting - (Transportation Black Out)	Free Time	Individual Counseling Appointments	Free Time	Free Time	Free Time
4:00 PM					Individual Counseling Appointments		
5:00 PM					Grocery Shopping		
6:00 PM	DBT Skills ** (mandatory)	Community Meeting** (mandatory)	DBT Skills** (mandatory)	Relapse Prevention** (mandatory)	Free Time	Free Time	Free Time
7:00 PM	Free Time	AA/NA Meeting	Grocery Shopping	Free Time			
8:00 PM	AA/NA meeting	Deep Cleaning	AA/NA meeting	AA/NA meeting	AA/NA meeting	AA/NA meeting	AA/NA meeting
9:00 PM	Free Time		Free Time	Free Time	Free Time	Free Time	Free Time
10:00 PM	Medications	Medications	Medications	Medications	Medications	Medications	Medications
	Curfew Level 1	Curfew Level 1	Curfew Level 1	Curfew Level 1	Curfew Level 1		Curfew Level 1
10:30 PM	Curfew Level 2	Curfew Level 2	Curfew Level 2	Curfew Level 2	11:00PM Curfew Level 2 - Friday & Saturday		Curfew Level 2
11:00 PM	Curfew Level 3	Curfew Level 3	Curfew Level 3	Curfew Level 3	11:30PM Curfew Level 3 - Friday & Saturday		Curfew Level 3