



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	IOP Starts 10 AM-1 PM (Life skills)	IOP Starts 10 AM-1 PM (Radical acceptance)	IOP Starts 10 AM-1 PM (Men's issues in early recovery)	IOP Starts 10 AM-1 PM (Communication skills)	Clean-up and check-in	IOP Starts 10 AM-1 PM (DBT skills)	Meet Van
11:00 AM							Mandatory Adventure Day
12:00 PM	Job search assistance	Job search assistance	Job search assistance	Job search assistance	Coffee & Grace group		
1:00 PM							
2:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
3:00 PM	Individual counseling appointments/Gym	Staff Meeting (Transportation black out)	Gym/Free time	Individual counseling appointments/Gym /Free time	Free time	Free time	Free time
4:00 PM					Individual counseling appointments		
5:00 PM							
6:00 PM	Mindfulness & meditation (Mandatory)	Community meeting (Mandatory)	DBT skills (Mandatory)	Relapse prevention (Mandatory)	Gym/Free time	Grocery/Gym	
7:00 PM	Free time	AA/NA Meeting (In house)	Free time	Grocery shopping			
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/Curfew Level 1						
10:30 PM	Curfew Level 2						
11:00 PM	Curfew Level 3						