



Casa Serena Residential Treatment Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up		
6:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
6:30am							
7:00am	MEDS	MEDS	MEDS	MEDS	MEDS	Wake-up	Wake-up
7:30am	Chores	Chores	Chores	Chores	VETS AA Meeting (1.5 Hr.)	Breakfast	Breakfast
7:45am						MEDS	MEDS
8:00am	Goals, Intentions, & Walking Meditation (1 Hr.)	Goals, Intentions, & Walking Meditation (1 Hr.)	Goals, Intentions, & Walking Meditation (1 Hr.)	Goals, Intentions, & Walking Meditation (1 Hr.)		Chores	Chores
9:00am	Process Group (1.5 Hr)	DBT Skill Building (1.5 hr)	Process Group (1.5 Hr)	Garden Therapy & Process (1.5 Hr.)	AM Chores (9:00-9:30)	Goals, Intentions & Walking Meditation (8:45-9:45)	Goals, Intentions & Walking Meditation (8:45-9:45)
10:00am					Seeking Safety (1.5 Hr)	Creative Writing Workshop (2 Hr.)	Spiritual Connection Group (2 Hr.)
10:30am							
11:00am	Book Study (1 Hr.)	AA Meeting (1 Hr.)	Healthy Relationships (1Hr.)	AA Meeting (1 Hr.)	Anxiety Management (1 Hr.)		
11:30am							
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30pm	MEDS	MEDS	MEDS	MEDS	MEDS	MEDS	MEDS
1:00pm	Trauma Informed Therapy (1Hr.)	Shame Resilience Brene Brown (1 Hr.)	Anger Management (1 Hr.)	Relapse Prevention (1 Hr.)	Art Therapy (1 Hr.)		
1:30pm							
2:00pm							

2:30pm	Parenting & Attachment (1 Hr.)	Tai Chi (1 Hr.)	Yoga (1 Hr.)	DBT Skill Building (1 Hr.)	Mindful Meditation Group (1 Hr.)	Therapeutic Outing (2 Hr.)	Family Therapy (2 Hr.)
3:00pm	Life Skills (2 Hr.)	Life Skills (2 Hr.)	Life Skills (2 Hr.)	Life Skills (2 hr.)	Life Skills (2 Hr.)		
3:30pm	Individual Sessions/ADL's	Individual Sessions/ADL's	Individual Sessions/ADL's	Individual Sessions/ADL's	Individual Sessions/ADL's	Life Skills / ADL's (2 Hr.)	Life Skills/ADL's (2 Hr.)
4:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
4:30pm							
5:00pm	MEDS	MEDS	MEDS	MEDS	MEDS	MEDS	MEDS
5:30pm							
6:00pm	Family Night Dinner & Group (2 Hr.)	NA Meeting (1 Hr.)	Women's Meeting (1 Hr.)	Aftercare (1 Hr.)	AA Meeting Way of Life (1 Hr.)	AA Meeting Various (1 Hr.)	Resident Council (1 Hr.)
8:00pm	MEDS	MEDS	MEDS	MEDS	MEDS	MEDS	MEDS
9:30pm	In Room	In Room	In Room	In Room			In Room
10:00pm	Lights Out	Lights Out	Lights Out	Lights Out	In Room	In Room	Lights Out
10:30pm					Lights Out	Lights Out	
11:00pm							

Individualized Program:

- Individual Therapy: 2x/week at 1 hour per session
- Family Therapy: 1x/week at 1 hour per session
- Case Management: 1x/week at 1 hour per session
- Medication Management with Medical Director 2-4x/month