

**“FOCUS”  
PROGRAM SCHEDULE**

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
7:00-7:30	Wake Up					7:00-7:30	Wake Up	
7:30-8:30	Hygiene/ Clean Up					7:30-8:00	Hygiene/ Clean Up	
8:30-9:00	Breakfast					8:00-8:30	Breakfast	
9:00-9:30	Meds/Patio					8:30-9:45	Meds/ Patio	
9:30-10:00	Orientation Group (Pod B and Pod D)					9:45-10:15	Goals Group/ Orientation (MHT)	
10:00-10:30	Patio					10:15-10:30	Patio	
	Get ready for group (get journal, etc)							
10:30-11:00	Process for Focus Group(CM/pod D)				Process Group (CM)			
11:00-11:30	Current Events (MHT)					10:30-11:15	Activities (AT)	
11:30-11:45	Patio					11:15-11:45	Patio	
11:45-12:15	Activities Group (AT)					11:45-12:15	Current Events (MHT)	
12:15-12:30	Free time/Prepare for Lunch					12:15-12:30	Patio	
12:30-1:00	Lunch					12:30-1:00	Lunch	
1:00-2:15	Relaxation (MHT)					1:00-2:00	Relaxation (MHT)	
2:15-2:30	Patio					2:00-2:30	Patio	
2:30-3:00	Coping skills (CM/pod D)				Coping skills (CM)	2:30-3:00	Skills Group	Meet with CM
3:00-4:00	Personal Time (MHT)					3:00-4:00	Relaxation (MHT)	Visitation
4:00-5:00	Journaling /Visitation for Pod D (MHT)					4:00-4:15	Patio	
						4:15-5:30	Personal Time	
5:30-6:00	Dinner					5:30-6:00	Dinner	
6:00-6:15	Patio					6:00-6:15	Patio	
6:15-7:00	Wrap-Up (MHT)					6:15-8:00	Therapeutic Movie	
7:00-8:30	Therapeutic Movie					8:00-9:00	Patio	
							Meds	
8:30-9:00	Free time/Meds					9:00-9:45	Free time/Phone	
9:00-10:00	Phone/Patio/Prepare for Bed					9:45-10:00	Patio	
10:00	Lights out					10:00	Lights out	