

Basic Sample Patient Schedule

Week of Date

SATURDAY	Date
5:00 – 7:00	Coed Fitness Center
7:45 – 8:10	Peer Meeting
7:45–9:45	Challenge Course
12:45- 1:45	Spirituality Group
12:45 -- 4:00	Woman’s Self-Defense, Personal Safety, & Empowerment Workshop- Sign up with therapist
1:45 – 3:15	Men’s Pool time*
2:00 – 3:30	New Patient Orientation (if assigned)
3:15 – 4:45	Women’s Pool time*
3:30 – 5:00	Coed Fitness Center
4:00 – 4:30	Letter Writing (5 th and/or 6 th week patients)
6:00–7:00	DBT Group (If assigned)
6:45 – 7:15	Meditation
7:30 – 8:30	12-Step Meeting
8:30 – 9:30	Brain Center (must sign up)
9:00 – 11:00	Movie (Patient Choice)

SUNDAY	Date
5:00 – 7:00	Coed Fitness Center
11:00 – 11:45	Women’s Talking Circle
11:00 – 11:45	Men’s Talking Circle
11:00–11:45	Co-ed Talking Circle
11:00–3:00	Family Week Visitation (Scheduled Family Week Participants only)
12:30 – 2:45	Women’s Pool time*
1:30 – 2:00	“Story Time for Regulation”
2:00 – 3:30	Coed Fitness Center New Patient Orientation
2:45 – 5:00	Men’s Pool time*
3:30–4:00	Music for Regulation
6:45 – 7:15	Mindfulness Basics & Meditation (Mandatory)
7:30 – 8:30	12-Step Meetings (format chosen at Peer Meeting)
8:30–9:30	Brain Center (must sign up)

MONDAY	Date
5:00 – 7:00	Coed Fitness Center
5:55--7:30	Specific group- Equine (times change during winter)
7:45 – 8:10	Peer Meeting
8:30	Auricular Acupuncture
8:30 – 9:45	Family Week Orientation/ Family Lecture
9:00 – 9:45	Lecture
10:00 – 11:30	Therapy Group
12:30 – 2:00	Specific Group- Full Body Acupuncture
12:45 – 1:45	Lecture
2:00 – 3:30	Therapy Group Specific group - Brain Center Specific group - Expressive Arts
3:45 – 5:00	Men’s Fitness Center
3:45 – 4:30	Women’s Pool time*
4:00 – 5:00	Brain Center (must sign up)
4:30 – 5:15	Men’s Pool time*
5:45 – 6:45	Yoga
6:00 – 7:30	Women’s Fitness Center
6:45 – 7:15	Meditation
7:30 – 8:30	12-Step Meetings (format chosen at peer meeting)
8:30–9:30	Brain Center (must sign up)

TUESDAY	Date
5:00 – 7:00	Coed Fitness Center
5:55–7:30	Specific group- Equine (times change during winter)
7:45 – 8:10	Peer Meeting
8:10 – 8:45	Auricular Acupuncture
9:00 – 9:45	Lecture
10:00 – 11:30	Therapy Group Specific Group- Brain Center Specific Group- Expressive Arts
12:45 – 1:45	Lecture
2:00 – 3:30	Therapy Group Specific Group- Expressive Arts Specific Group- Brain Center New Patient Orientation (if assigned)
2:30 – 3:30	Specific Group - Restorative Embodied Practice
3:45 – 5:00	Women’s Fitness Center
3:45 – 4:30	Men’s Pool time*
4:00 – 5:00	“Intro to Trauma Healing” (required for 1 st week pt)
4:00 – 5:00	Yoga
4:00 – 5:00	Brain Center (must sign up)
4:30 – 5:15	Women’s Pool time*
6:00 – 7:30	Men’s Fitness Center
6:45 – 7:15	Meditation
7:30 – 8:30	12-Step Meetings (format chosen at peer meeting)
8:30 – 9:30	Brain Center (must sign up)

WEDNESDAY	Date
5:00 – 7:00	Coed Fitness Center
7:45 – 8:10	Peer Meeting
8:20 – 9:00	Patient Commencement
9:00 – 9:45	Lecture
10:00 – 11:30	Therapy Group Specific Group- Expressive Arts Specific Group- Brain Center
12:45– 1:45	Lecture
2:00 – 3:30	Therapy Group Specific Group- Expressive Arts Specific Group- Brain Center New Patient Orientation (if assigned)
3:45 – 5:00	Recovery Management (if assigned)
3:45 – 5:00	Men’s Fitness Center
3:45 – 4:30	Women’s Pool time*
4:00 – 5:00	Brain Center (Must sign up)
4:30 – 5:15	Men’s Pool time*
5:45 – 6:45	Letting Go to Move Forward (if assigned)
5:45 – 6:45	Yoga
6:00 – 7:30	Women’s Fitness Center
6:45 – 7:15	Meditation
7:30 – 8:30	12-Step Meetings (format chosen at peer meeting)
8:30 – 9:30	Brain Center (must sign up)

* Please Note: The pool will be opened ONLY upon request when there are 2 or more patients requesting pool time and it is dependent upon staff availability (please request in Nursing).

This schedule may change, based on staffing needs. **ALL OUTSIDE ACTIVITIES ARE WEATHER PERMITTING**

THURSDAY Date

5:00 – 7:00	Coed Fitness Center
5:55 – 7:30	Specific Groups- Equine (times change during winter)
7:45 – 8:10	Peer Meeting (LH)
8:10 – 8:45	Auricular Acupuncture
9:00 – 9:45	Lecture
10:00 – 11:30	Therapy Group Specific Group- expressive arts Specific Group- Brain Center
12:45 – 1:45	Lecture
2:00 – 3:30	Therapy Group Specific Group - Expressive Arts Specific Group - Brain Center New Patient Orientation (if assigned)
3:45 – 5:00	Women’s Fitness Center
3:45 – 4:30	Men’s Pool time*
4:00 – 5:00	Brain Center (Must Sign up)
4:30 – 5:15	Women’s Pool time*
6:00 – 7:30	Men’s Fitness Center
6:45 – 7:15	Meditation
7:30 – 8:30	12-Step Meetings (format chosen at peer meeting)
8:30 – 9:30	Brain Center (must sign up)

FRIDAY Date

5:00 – 7:00	Coed Fitness Center
5:55 – 7:30	Specific Group- Equine (times change during winter)
7:45 – 8:10	Peer Meeting
9:00 – 9:45	Lecture
10:00 – 11:00	Therapy Group
12:45 – 2:00	Break Out Group/Community Activity
2:00 – 3:30	New Patient Orientation (if assigned)
2:30 – 2:55	Family Week Graduation Family Prep to start immediately following graduation.
3:00 – 3:30	EFT/Survivors Prep for Mandatory all pre-Survivors week
3:00 – 4:00	Brain Center (must sign up)
3:45 – 4:30	Men’s pool time*
4:00 – 5:00	Brain Center (must sign up)
4:30 – 5:15	Women’s Pool time*
6:00 – 7:30	Coed Fitness Center
6:45 – 7:15	Meditation
7:30 – 8:30	12-Step Meetings (format chosen at peer meeting)
8:30 – 9:30	Brain Center (must sign up)
9:00 – 11:00	Movie (Patient Choice)

Your assignment for this week is:

In order to get the most out of your time at The Meadows, we strongly recommend that you take advantage of at least one regulation activity (i.e. Brain Center, yoga, meditation) in addition to your assigned program activities each day.

Things you should know:

Breakfast is served 6:50 – 8:15am on weekdays,
7:15 – 8:15am on Saturdays,
7:30 – 8:45am on Sundays.

Lunch is served: 11:15am – 1:15pm on weekdays,
11:45am – 1:15pm on Saturdays,
12:00pm – 1:15pm on Sundays

Dinner is served: 5:00pm - 6:45pm
4:45 – 6:45 pm Wednesdays

Snack is served: 8:30- 9:00pm



5:30 – 6:30 AM	8:15 – 9:00 AM
9:45 – 10:00 AM	12:30 – 1:00 PM
4:30 – 5:00 PM	6:30 – 7:00 PM
8:30 – 9:00 PM	

OPT FOR SLEEP MEDICATIONS: 10:30 – 10:50 PM
and 11:30 – 12:00 AM

*MEDICATIONS WILL ONLY BE GIVEN AT THESE TIMES,
UNLESS AN EMERGENCY.*



Weekday
7:00 – 9:00 AM 11:30 – 12:30 PM
3:30 – 4:30 PM 8:45 – 9:45 PM
Weekend
7:00AM—7:30PM 8:45PM—9:45PM

Out of respect for your peers, please keep calls to 15 Minutes or less. We suggest keeping your calls “light and polite” in order to focus on your healing work and minimize unnecessary distractions.



We believe that 12-Step recovery is a vital part of your healing journey with us, and attending a meeting is on your schedule each evening. In order to meet the needs of our community and maximize the spaces we have available, 12-step meetings are scheduled as follows:

- AA, NA, CODA: Every day
- ACOA: Monday and Wednesday
- GA: Friday
- DEPA: Tuesday and Thursday
- SLAAW: Sunday and Wednesday
- SLAAM: Sunday and Tuesday
- LGBTQIA+ SLAA: Sunday and Thursday
- EDA: Friday
- LGBTQIA + CODA: Monday

The Chair for each meeting selects the meeting format, which can be: Big Book study, Step study, or a Traditions meeting. If you would like to suggest changes to the 12-step schedule, please speak with your Primary Therapist.



We need your data! Help us learn how we are doing and how we can keep growing. Admission and Discharge surveys are required for first and last week of treatment and are administered in the Psych Testing Dept. (You will receive a slip)

Curfew: Sunday- Thursday 11 PM Friday & Saturday-

Meals

Medications

Phones

12-Step Meetings

Surveys