Clearview Dual Diagnosis Treatment Center
Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up 9:30am	Wake up 7:30am
8:15am	Morning Mindfulness/Chore List Review	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness		Breakfast & Chores (8:00am-8:30am)
8:30am-9:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast & Chores 8:30am-10:30am	
9:00am-10:30am	**Movement Mindfulness**	**Acceptance and Commitment Therapy (ACT)**	**Implementation** OR **Foundational Group**	**Cognitive Behavioral Therapy (CBT)**	**Seeking Safety**		**Palisades 12-Step Meeting** **Leave between 8:45 - 9:00am** **Return by 12:30pm** Note: Virtual or in-person attendance is based on COVID-19 guidelines.
11:00am-12:30pm	**Step Study**	**Dialectical Behavior Therapy (DBT) Skills**	**Movement Mindfulness**	**DBT Skills**	**DBT Skills**	Recovery Meeting during day if attending evening outing	
12:30pm-2:00pm	Lunch	Lunch	Lunch	Lunch	Lunch		**Family Visits** **1:00pm-5:00pm** **(Except Holidays)**
2:00pm-3:30pm	**Radically Open DBT**	**Understanding Anger**	**Art Therapy**	**Relapse Prevention**	**Huddle Group**	**Behavioral Activation Outing** **Leave by 4:00 pm** **Return by 7:00pm**	
4:00pm-5:30pm	**Behavioral Chain Analysis - Skills Application**	**Early Recovery**	**Relapse Prevention**	**Implementation**	**Early Recovery**		Note: Visitation policies are updated on a regular basis in line with COVID-19 guidelines.
5:30pm-6:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30pm- 9:30pm	Recovery Meeting / Store Run	Recovery Meeting / Store Run	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	**Community Reintegration Outing**
9:30pm-10:00pm	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up
11:00pm-12:00am	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime (12:00am)	Bedtime (12:00am)	Bedtime