

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 8:30am-10:30am	Breakfast & Chores (8:00am-8:30am)
8:30am-9:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Recovery Meeting during day if attending evening outing
9:00am-10:30am	Movement Mindfulness	Acceptance and Commitment Therapy (ACT)	Implementation OR Foundational Group	Cognitive Behavioral Therapy (CBT)	Seeking Safety	Family Visits 1:00pm-5:00pm (Except Holidays) Note: Visitation policies are updated on a regular basis in line with COVID-19 guidelines.	
11:00am-12:30pm	Step Study	Dialectical Behavior Therapy (DBT) Skills	Movement Mindfulness	DBT Skills	DBT Skills		
12:30pm-2:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Behavioral Activation Outing Leave by 4:00 pm Return by 7:00pm	
2:00pm-3:30pm	Radically Open DBT	Understanding Anger	Art Therapy	Relapse Prevention	Huddle Group		
4:00pm-5:30pm	Behavioral Chain Analysis - Skills Application	Early Recovery	Relapse Prevention	Implementation	Early Recovery		
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