

CENTER FOR INTENSIVE ADDICTION SERVICES (Client Schedule)

"ALL MEETINGS ARE MANDATORY"

| Times | <i>**Weekend Schedule subject to change</i> | | | | | | |
|--|--|--|--|--|---|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | *SATURDAY | *SUNDAY (Holidays) |
| 6:30 to 7:45AM | Wake-Up & Hygiene | Wake-Up & Hygiene | Wake-Up & Hygiene | Wake-Up & Hygiene | Wake-Up & Hygiene | Wake-Up & Hygiene | Wake-Up & Hygiene |
| 7:45 to 8:00 AM | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation |
| 8:00 to 9:00 AM 8:30 Meds | <i>Breakfast Vitals & Meds</i> | <i>Breakfast Vitals & Meds</i> | <i>Breakfast Vitals & Meds</i> | <i>Breakfast Vitals & Meds</i> | <i>Breakfast Vitals & Meds</i> | <i>Breakfast Vitals & Meds</i> | <i>Breakfast Vitals & Meds</i> |
| 9:00 to 10:30 (Free Time 10:30 to 11:00) | Education/ Didactic | Education/ Didactic | Dr. Lecture Didactic | Education/ Didactic | Education/ Didactic | Education/ Didactic | Education/ Didactic |
| 11:00 to NOON | <i>Recreation</i> | <i>Recreation</i> | <i>Recreation</i> | <i>Recreation</i> | <i>Recreation</i> | <i>Free Time</i> | <i>Free Time</i> |
| NOON to 1:00 PM | <i>Lunch</i> | <i>Lunch</i> | <i>Lunch</i> | <i>Lunch</i> | <i>Lunch</i> | <i>Lunch</i> | <i>Lunch</i> |
| 1:00 to 2:30 PM | Group | Group | Group | Group | Group | Group | Group |
| 2:30 to 3:30PM | Personal Time/ 1:1 Sessions | Community Group 2:30 - 3:00 pm | Personal Time/ 1:1 Sessions | Personal Time/ 1:1 Sessions | Personal Time/ 1:1 Sessions | Personal Time/ 1:1 Sessions | Visiting Hours 2:30 - 5:30 pm |
| 3:30 to 5:00 PM | Didactic | Didactic | Didactic | Didactic | Didactic | Free Time | Visiting Hours |
| 5:15 to 6:00 PM | <i>Dinner</i> | <i>Dinner</i> | <i>Dinner</i> | <i>Dinner</i> | <i>Dinner</i> | <i>Dinner</i> | <i>Dinner</i> |
| 6:00 to 7:30 PM | Acupuncture 1:1 | Acupuncture 1:1 | Acupuncture 1:1 | Free Time/ 1:1 | Free Time/ 1:1 | Free Time | Free Time |
| 7:30 to 10:00 PM | Study, Free Time & <i>A.A./N.A.Meetings</i> | Study, Free Time & <i>A.A./N.A.Meetings</i> | Study, Free Time & <i>A.A./N.A.Meetings</i> | Study, Free Time & <i>A.A./N.A.Meetings</i> | Study, Free Time & <i>A.A./N.A.Meetings</i> | Study, Free Time & <i>A.A./N.A.Meetings</i> | Study, Free Time & <i>A.A./N.A.Meetings</i> |
| 10:00 to 10:15 PM (From 10PM to 5AM all clients are to remain on the Unit) | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |
| 10:15 to 10:30 PM | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation |
| 10:30 to Midnight | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |
| MIDNIGHT | LIGHTS OUT | LIGHTS OUT | LIGHTS OUT | LIGHTS OUT | (Friday & Saturday ONLY till 1:00 AM) LIGHTS OUT | (Friday & Saturday ONLY till 1:00 AM) LIGHTS OUT | LIGHTS OUT |

VISITING HOURS: Sunday 2:30 pm to 5:30 pm on the Unit. Other times to be arranged with staff.