

# CLINICALLY MANAGED RESIDENTIAL WITHDRAWAL MANAGEMENT

## LEVEL 3.2 WITHDRAWAL MANAGEMENT

SHIFT	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st shift	8:00AM	Unit Orientation						
	9:00 AM	Affirmations						
	9:30AM							
	10 AM - 11 AM	GROUP: Physical Effects						
	11:00A- 12:00P	Vitals--Health Screening Assessments						
	12:00 PM	Lunch						
	1:00 - 2:30 PM	GROUP: Step 1						
RELAY 1st to	2:30PM	Chemical Dependency						
	3:30PM							
2nd shift CONTINUED ON NEXT PAGE								



# Clinically Manged High-Intensity Residential Services

## LEVEL 3.5 Residential Services

SHIFT	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:10 - 7:30 AM	Wake-up Hygiene	Wake-up Hygiene	Wake-up Hygiene	Wake-up Hygiene	Wake-up Hygiene	Wake-up Hygiene	Wake-up Hygiene
<b>1st shift</b>	8:00AM	Self-Empowermen	Self-Empowermen	Self-Empowermen	Self-Empowermen	Self-Empowermen	Self-Empowermen	Self-Empowerment
	8:45AM	<b>Affirmations</b>	<b>Affirmations</b>	<b>Affirmations</b>	<b>Affirmations</b>	<b>Affirmations</b>	<b>Affirmations</b>	<b>Affirmations</b>
	9:00 AM	Medication	Medication	Medication	Medication	Medication	Medication	Medication
	10:00AM	Chores/Phone	Chores/Phone	Chores/Phone	Chores/Phone	Chores/Phone	Chores/Phone	Chores/Phone
	10 AM - 11 AM			<b>Stress Management</b>	<b>Domestic Violence</b>	<b>Community</b>	<b>Trauma</b>	<b>Healing from Guilt and Shame</b>
	11:00A- 12:00P	<b>Music Therapy</b>	Art Therapy	Self-Esteem	hemical Dependence	Step 1,2,3	Motivational Change	AA/NA Meeting
	12:00 PM	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	1:00 PM	Life Checks	Life Checks	Life Checks	Life Checks	Life Checks	Life Checks	Life Checks
	1:15 - 2:30 PM	MRT Study	<b>Men and Women's Narratives</b>	<b>Integrated Combined Therapy</b>	<b>Relapse Prevention</b>	<b>Disease Concepts</b>	<b>MRT</b>	<b>Cognitive Behavioral Therapy</b>
	2:30-3:30PM	12-Step Self Help	MRT Study	Recreation Therapy	MRT Study	Health Wellness	MRT	Self-Help



# ***Medically Monitored Withdrawal Management***

## LEVEL 3.7 WITHDRAWAL MANAGEMENT (DETOX)

SHIFT	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RELAY 3rd to 1st	7:00 AM	Staff Intros						
	7:10 - 7:30 AM	Relay/Whiteboard Life Checks						
1st shift	8:00AM	Unit Orientation						
	9:00 AM	Life Checks						
	9:30AM	Smoke Break						
	10 AM - 11 AM	GROUP: Physical Effects						
	11:00A- 12:00P	Phone Room Open						
	11:00AM	Life Checks						
	11:00AM	Smoke Break						
	12:00 PM	Lunch						
	1:00 PM	Life Checks						
	1:15 - 2:15 PM	GROUP: Consequences						
	2:15PM	Smoke Break						
RELAY 1st to 2nd	3:00PM	Staff Intros						
	3:10-3:30PM	Client QuietTime						
	3:10 - 3:30 PM	Relay/Whiteboard Life Checks						
	<b>2nd shift CONTINUED ON NEXT PAGE</b>							



**HAYMARKET CENTER INTENSIVE OUTPATIENT PROGRAM (IOP/LEVEL 2.1) INDIVIDUAL TREATMENT SCHEDULE**



<b>IOP GROUP SCHEDULE: March 2020</b>			
<b>Group Times</b>	<b>Group Topic</b>	<b>Group Type</b>	<b>Room #</b>
<b>Monday, March 2</b>			
	<b>Week 1</b>		
10am-11am	Health Education	Didactic	212
9:30am-11am	Relapse Prevention	Therapeutic	214
9:30am-11am	Having a Relationship with Self	Didactic	304
9:30am-11am	Intro to IOP (NEW CLIENTS ONLY!)	Didactic	C Training
<b>9:30am-12:45pm</b>	<b>Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)</b>	Didactic/Ther.	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)</b>	Didactic/Ther.	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)</b>	Didactic/Ther.	<b>Sangamon H.</b>
11:15am-12:45pm	Physical Effects of Alcohol	Didactic	214
11:15am-12:45pm	Foundations of Healthy Relationships	Didactic	304
11:15am-12:45pm	Refusal Skills & Assertiveness	Didactic	303
11:15am-12:45pm	Process of Change	Didactic	212
<b>1:30pm-4:30pm</b>	<b>Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)</b>	Didactic/Ther.	<b>212</b>
6:00pm-8:00pm	Stages of Change	Didactic	214
<b>Tuesday, March 3</b>			
9:30am-11am	Mindfulness Skills	Therapeutic	304
9:30am-11am	Parenting: Ch. 1 of 7 (Understanding Your Children)	Didactic	213
9:30am-11am	Intro to 12 Steps	Didactic	214
9:30am-11am	Disease Concept	Therapeutic	303
<b>9:30am-12:45pm</b>	<b>Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)</b>	Therapeutic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)</b>	Therapeutic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)</b>	Therapeutic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)</b>	Therapeutic	<b>212</b>
11:15am-12:45pm	Doctor's Opinion <b>**Needs Facilitator**</b>	Didactic	214
11:15am-12:45pm	"Let's Talk About It"	Therapeutic	304
<b>6:00pm-9:00pm</b>	Disease Concept	Didactic	214
<b>Wednesday, March 4</b>			
9:30am-11am	Motivation to Change	Didactic	214
9:30am-11am	The Twelve Steps and Shame: Steps 1, 2, & 3	Didactic	213
9:30am-11am	Staying Positive In Recovery	Therapeutic	303
9:30am-11am	Healthy vs Unhealthy Relationships	Didactic	304
<b>9:30am-12:45pm</b>	<b>Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)</b>	Didactic/Ther.	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)</b>	Didactic/Ther.	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)</b>	Didactic/Ther.	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)</b>	Didactic/Ther.	<b>212</b>
11:15am-12:45pm	Why Balance in Recovery	Therapeutic	304
11:15am-12:45pm	Resentments	Therapeutic	303
11:15am-12:45pm	Criminal and Addictive Thinking	Didactic	214
6:00pm-8:00pm	Fear, Stress, and Coping Skills	Didactic	214
<b>Thursday, March 5</b>			
9:30am-11am	Small Group Therapy	Therapeutic	
<b>1:00pm-2:30pm</b>	<b>Women's Issues</b>	Therapeutic	<b>213</b>
<b>6:00pm-9:00pm</b>	Treatment Issues	Didactic	214
<b>Friday, March 6</b>			
9:30am-11am	12 Step Simulated Meeting: AA/NA/CA	Therapeutic	214
9:30am-11am	Feelings and Emotions (CBT)	Therapeutic	304
<b>9:30am-12:45pm</b>	<b>Spirituality &amp; the 12 Steps / Early Recovery Skills (Two 90-minute Groups)</b>	Therapeutic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Spirituality &amp; the 12 Steps / Early Recovery Skills (Two 90-minute Groups)</b>	Therapeutic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Spirituality &amp; the 12 Steps / Early Recovery Skills (Two 90-minute Groups)</b>	Therapeutic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Spirituality &amp; the 12 Steps / Early Recovery Skills (Two 90-minute Groups)</b>	Therapeutic	<b>212</b>
11:15am-12:45pm	Anger Management	Didactic	214
11:15am-12:45pm	Medication Assisted Treatment: Integrating the 12 Steps	Didactic	303
11:15am-12:45pm	Impulse Thinking	Didactic	304
<b>2:00pm-5:00pm</b>	<b>Seeking Safety – Week 6: Recovery Thinking (MEN ONLY) / Sex &amp; Recovery - Week 6: Intimacy vs Isolation (MEN ONLY) (Two 90-Minute Groups)</b>	Therapeutic	<b>213</b>

6:00pm-8:00pm	Gratitude in Recovery	Didactic	214
Group Times	Group Topic	Group Type	Room #
Monday, March 9	Week 2		
10am-11am	Health Education	Didactic	212
9:30am-11am	Chronic Relapse (Identifying Cravings, Triggers, & Warning Signs)	Didactic	214
9:30am-11am	Motivation in Recovery	Didactic	304
9:30am-11am	Intro to IOP (NEW CLIENTS ONLY!)	Didactic	C Training
<b>9:30am-12:45pm</b>	<b>Family Roles / Communication Skills (Two 90-Minute Groups)</b>	Didactic/Ther.	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Family Roles / Communication Skills (Two 90-Minute Groups)</b>	Didactic/Ther.	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Family Roles / Communication Skills (Two 90-Minute Groups)</b>	Didactic/Ther.	<b>Sangamon H.</b>
11:15am-12:45pm	Physical Effects of Heroin/Opiates	Didactic	214
11:15am-12:45pm	Healthy vs Unhealthy Boundaries in Relationships	Therapeutic	304
11:15am-12:45pm	Grief & Loss	Therapeutic	303
11:15am-12:45pm	Stress & Recovery	Didactic	212
<b>1:30pm-4:30pm</b>	<b>Family Roles / Communication Skills (Two 90-Minute Groups)</b>	Didactic/Ther.	<b>212</b>
6:00pm-8:00pm	Relapse Prevention	Didactic	214
Tuesday, March 10			
9:30am-11am	Distress Tolerance Skills	Therapeutic	304
9:30am-11am	Parenting: Ch. 2 of 7 (Understanding Young Children's Behavior)	Didactic	213
9:30am-11am	Intro to 12 Steps	Didactic	214
9:30am-11am	Post Acute Withdrawal Syndrome	Therapeutic	303
<b>9:30am-12:45pm</b>	<b>Stress &amp; Recovery / Motivation to Change (Two 90-minute Groups)</b>	Therapeutic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Stress &amp; Recovery / Motivation to Change (Two 90-minute Groups)</b>	Therapeutic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Stress &amp; Recovery / Motivation to Change (Two 90-minute Groups)</b>	Therapeutic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Stress &amp; Recovery / Motivation to Change (Two 90-minute Groups)</b>	Therapeutic	<b>212</b>
11:15am-12:45pm	Treatment Sabotage <b>**Needs Facilitator**</b>	Didactic	214
11:15am-12:45pm	"Let's Talk About It"	Therapeutic	304
<b>6:00pm-9:00pm</b>	Small Group Therapy	Didactic	214
Wednesday, March 11			
9:30am-11am	Motivation to Change	Didactic	214
9:30am-11am	Domestic Violence, Part 1	Didactic	304
9:30am-11am	Self-Esteem	Therapeutic	303
9:30am-11am	The Twelve Steps and Shame: Steps 4, 5, & 6	Didactic	213
<b>9:30am-12:45pm</b>	<b>Chronic Relapse / Coping Skills (Two 90-minute Groups)</b>	Didactic/Ther.	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Chronic Relapse / Coping Skills (Two 90-minute Groups)</b>	Didactic/Ther.	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Chronic Relapse / Coping Skills (Two 90-minute Groups)</b>	Didactic/Ther.	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Chronic Relapse / Coping Skills (Two 90-minute Groups)</b>	Didactic/Ther.	<b>212</b>
11:15am-12:45pm	My Addictive Behavior	Therapeutic	304
11:15am-12:45pm	Forgiveness and Letting Go	Therapeutic	303
11:15am-12:45pm	Criminal and Addictive Thinking	Didactic	214
6:00pm-8:00pm	Conflict Resolution	Therapeutic	214
Thursday, March 12			
9:30am-11am	Small Group Therapy	Therapeutic	
<b>1:00pm-2:30pm</b>	<b>Women's Issues</b>	Therapeutic	<b>213</b>
<b>6:00pm-9:00pm</b>	Physical Effects of Drugs and Alcohol	Didactic	214
Friday, March 13			
9:30am-11am	12 Step Simulated Meeting: AA/NA/CA	Therapeutic	214
9:30am-11am	Cognitive Distortions	Didactic	304
<b>9:30am-12:45pm</b>	<b>Let's Talk About It / Positive Socialization Skills (Two 90-minute Groups)</b>	Therapeutic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Meditation and Stress Reduction / Meditation for Anxiety &amp; Pain (Two 90-minute Groups)</b>	Therapeutic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Mental Health &amp; Substance Use / Fear, Stress, and Coping Skills (Two 90-minute Groups)</b>	Therapeutic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Process of Change / Small Group Therapy (Two 90-minute Groups)</b>	Therapeutic	<b>212</b>
11:15am-12:45pm	Anger Management	Didactic	214
11:15am-12:45pm	Seeking Self-Gratification	Didactic	304
11:15am-12:45pm	Medication Assisted Treatment: Integrating the 12 Steps	Didactic	303
<b>2:00pm-5:00pm</b>	<b>Seeking Safety – Week 7: Healing From Anger (MEN ONLY) / Sex &amp; Recovery - Week 7: The Connection between Substance Abuse and Sex Addiction (MEN ONLY) (Two 90-Minute Groups)</b>	Therapeutic	<b>213</b>
6:00pm-8:00pm	Motivation for Recovery	Didactic	214
Group Times	Group Topic	Group Type	Room #
Monday, March 16	Week 3		
10am-11am	Health Education	Didactic	212

9:30am-11am	Relapse Prevention	Didactic	214
9:30am-11am	Having a Relationship with Self	Didactic	304
9:30am-11am	Intro to IOP (NEW CLIENTS ONLY!)	Didactic	C Training
<b>9:30am-12:45pm</b>	<b>Relationships &amp; Boundaries / Conflict Resolution (Two 90-minute Groups)</b>	Therapeutic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Relationships &amp; Boundaries / Conflict Resolution (Two 90-minute Groups)</b>	Therapeutic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Relationships &amp; Boundaries / Conflict Resolution (Two 90-minute Groups)</b>	Therapeutic	<b>Sangamon H.</b>
11:15am-12:45pm	Physical Effects of Stimulants	Didactic	214
11:15am-12:45pm	How to Communicate with Your Partner in Healthy Ways	Didactic	304
11:15am-12:45pm	Refusal Skills & Assertiveness	Didactic	303
11:15am-12:45pm	Process of Change	Didactic	212
<b>1:30pm-4:30pm</b>	<b>Relationships &amp; Boundaries / Conflict Resolution (Two 90-minute Groups)</b>	Therapeutic	<b>212</b>
6:00pm-8:00pm	Addiction as a Disease	Didactic	214
Tuesday, March 17			
9:30am-11am	Emotion Regulation Skills	Therapeutic	304
9:30am-11am	Parenting: Ch. 3 of 7 (Building Self-Esteem in the Early Years)	Didactic	213
9:30am-11am	Intro to 12 Steps <b>**On Hiatus**</b>	Didactic	214
9:30am-11am	Disease Concept	Therapeutic	303
<b>9:30am-12:45pm</b>	<b>Criminal &amp; Addictive Thinking / Impulse Control (Two 90-minute Groups)</b>	Didactic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Criminal &amp; Addictive Thinking / Impulse Control (Two 90-minute Groups)</b>	Didactic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Criminal &amp; Addictive Thinking / Impulse Control (Two 90-minute Groups)</b>	Didactic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Criminal &amp; Addictive Thinking / Impulse Control (Two 90-minute Groups)</b>	Didactic	<b>212</b>
11:15am-12:45pm	How It Works <b>**Needs Facilitator**</b>	Didactic	214
11:15am-12:45pm	"Let's Talk About It"	Therapeutic	304
<b>6:00pm-9:00pm</b>	Cognitive Behavioral Therapy	Didactic	214
Wednesday, March 18			
9:30am-11am	Motivation to Change	Didactic	214
9:30am-11am	Domestic Violence, Part 2 <b>**Canceled due to Ms. Redd attending all-day training**</b>	Didactic	304
9:30am-11am	Staying Positive In Recovery	Therapeutic	303
9:30am-11am	The Twelve Steps and Shame: Steps 7, 8, & 9	Therapeutic	213
<b>9:30am-12:45pm</b>	<b>PAWS / Disease Concept (Two 90-minute Groups)</b>	Didactic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>PAWS / Disease Concept (Two 90-minute Groups)</b>	Didactic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>PAWS / Disease Concept (Two 90-minute Groups)</b>	Didactic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>PAWS / Disease Concept (Two 90-minute Groups)</b>	Didactic	<b>212</b>
11:15am-12:45pm	Why Balance in Recovery	Therapeutic	304
11:15am-12:45pm	Criminal and Addictive Thinking <b>**On Hiatus**</b>	Didactic	214
11:15am-12:45pm	Johari Window	Therapeutic	303
6:00pm-8:00pm	Small Group Therapy	Therapeutic	214
Thursday, March 19			
9:30am-11am	Small Group Therapy	Therapeutic	
<b>1:00pm-2:30pm</b>	<b>Women's Issues</b>	Therapeutic	<b>213</b>
<b>6:00pm-9:00pm</b>	How It Works	Didactic	214
Friday, March 20			
9:30am-11am	12 Step Simulated Meeting: AA/NA/CA	Therapeutic	214
9:30am-11am	Stinkin' Thinkin' (CBT)	Therapeutic	304
<b>9:30am-12:45pm</b>	<b>Physical Effects of Drugs and Alcohol (Two 90-minute Groups)</b>	Didactic	<b>MRH Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Physical Effects of Drugs and Alcohol (Two 90-minute Groups)</b>	Didactic	<b>Sangamon H.</b>
<b>9:30am-12:45pm</b>	<b>Physical Effects of Drugs and Alcohol (Two 90-minute Groups)</b>	Didactic	<b>CIP Dayroom</b>
<b>9:30am-12:45pm</b>	<b>Physical Effects of Drugs and Alcohol (Two 90-minute Groups)</b>	Didactic	<b>212</b>
11:15am-12:45pm	Anger Management	Didactic	214
11:15am-12:45pm	Impulse Thinking	Didactic	304
11:15am-12:45pm	Medication Assisted Treatment: Integrating the 12 Steps	Didactic	303
<b>2:00pm-5:00pm</b>	<b>Seeking Safety – Week 1: Safety (MEN ONLY) / Sex &amp; Recovery - Week 1: Why is Sexual Health Important in Recovery? (MEN ONLY) (Two 90-Minute Groups)</b>	Therapeutic	<b>213</b>
6:00pm-8:00pm	Intro to the 12 Steps	Didactic	214
<b>Group Times</b>	<b>Group Topic</b>	<b>Group Type</b>	<b>Room #</b>
Monday, March 23			
Week 4			
10am-11am	Health Education	Didactic	212
9:30am-11am	Chronic Relapse (Identifying Cravings, Triggers, & Warning Signs)	Didactic	214
9:30am-11am	Motivation in Recovery	Didactic	304
9:30am-11am	Intro to IOP (NEW CLIENTS ONLY!)	Didactic	C Training
<b>9:30am-12:45pm</b>	<b>Grief &amp; Loss / Shame &amp; Guilt (Two 90-minute Groups)</b>	Therapeutic	<b>MRH Dayroom</b>

9:30am-12:45pm	Grief & Loss / Shame & Guilt (Two 90-minute Groups)	Therapeutic	CIP Dayroom
9:30am-12:45pm	Grief & Loss / Shame & Guilt (Two 90-minute Groups)	Therapeutic	Sangamon H.
11:15am-12:45pm	Physical Effects of Cannabis, Hallucinogens and Inhalants	Didactic	214
11:15am-12:45pm	Alternatives to Improve Rocky Relationships	Didactic	304
11:15am-12:45pm	Grief & Loss	Didactic	303
11:15am-12:45pm	Stress & Recovery	Didactic	212
1:30pm-4:30pm	Grief & Loss / Shame & Guilt (Two 90-minute Groups)	Therapeutic	212
6:00pm-8:00pm	Trauma & Addiction	Didactic	214
Tuesday, March 24			
9:30am-11am	Interpersonal Effectiveness Skills	Therapeutic	304
9:30am-11am	Parenting: Ch. 4 of 7 (Listening and Talking to Young Children)	Didactic	213
9:30am-11am	Intro to 12 Steps <b>**On Hiatus**</b>	Didactic	214
9:30am-11am	Post Acute Withdrawal Syndrome	Therapeutic	303
9:30am-12:45pm	Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)	Didactic/Ther.	MRH Dayroom
9:30am-12:45pm	Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)	Didactic/Ther.	Sangamon H.
9:30am-12:45pm	Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)	Didactic/Ther.	CIP Dayroom
9:30am-12:45pm	Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups)	Didactic/Ther.	212
11:15am-12:45pm	Conflict Resolution <b>**Needs Facilitator**</b>	Didactic	214
11:15am-12:45pm	"Let's Talk About It"	Therapeutic	304
6:00pm-9:00pm	Healthy vs Unhealthy Relationships	Didactic	214
Wednesday, March 25			
9:30am-11am	Motivation to Change	Didactic	214
9:30am-11am	Setting Healthy Boundaries	Didactic	304
9:30am-11am	Self-Esteem	Therapeutic	303
9:30am-11am	The Twelve Steps and Shame: Steps 10, 11, & 12 <b>**Canceled Due to PTO**</b>	Therapeutic	213
9:30am-12:45pm	Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)	Therapeutic	MRH Dayroom
9:30am-12:45pm	Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)	Therapeutic	Sangamon H.
9:30am-12:45pm	Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)	Therapeutic	CIP Dayroom
9:30am-12:45pm	Gratitude / Forgiveness and Letting Go (Two 90-minute Groups)	Therapeutic	212
11:15am-12:45pm	My Addictive Behavior	Therapeutic	304
11:15am-12:45pm	Intermediate Meditation	Therapeutic	212
11:15am-12:45pm	Criminal and Addictive Thinking <b>**On Hiatus**</b>	Didactic	214
11:15am-12:45pm	Shame and Guilt	Therapeutic	303
6:00pm-8:00pm	Disease Concept	Didactic	214
Thursday, March 26			
9:30am-11am	Small Group Therapy	Therapeutic	
1:00pm-2:30pm	Women's Issues	Therapeutic	213
6:00pm-9:00pm	Stages of Change	Didactic	214
Friday, March 27			
9:30am-11am	12 Step Simulated Meeting: AA/NA/CA	Therapeutic	214
9:30am-11am	Feelings and Emotions (CBT)	Therapeutic	304
9:30am-12:45pm	Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)	Didactic/Ther.	MRH Dayroom
9:30am-12:45pm	Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)	Didactic/Ther.	Sangamon H.
9:30am-12:45pm	Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)	Didactic/Ther.	CIP Dayroom
9:30am-12:45pm	Intro to Steps 1, 2, 3 / Stages of Change (Two 90-minute Groups)	Didactic/Ther.	212
11:15am-12:45pm	Anger Management	Didactic	214
11:15am-12:45pm	Seeking Self-Gratification	Didactic	304
11:15am-12:45pm	Medication Assisted Treatment: Integrating the 12 Steps	Didactic	303
	<b>Seeking Safety – Week 2: PTSD – Taking Back Your Power (MEN ONLY) / Sex &amp; Recovery - Week 2:</b>		
2:00pm-5:00pm	<b>The Effects of Drug Abuse on the Reproductive System and Functioning (MEN ONLY) (Two 90-Minute Groups)</b>	Therapeutic	213
6:00pm-8:00pm	Shame and Guilt	Didactic	214

**HAYMARKET CENTER OUTPATIENT PROGRAM (OP/LEVEL 1) INDIVIDUAL TREATMENT SCHEDULE**

<b>OP GROUP SCHEDULE: March 2020</b>			
<b>Group Times</b>	<b>Group Topic</b>	<b>Group Type</b>	<b>Room #</b>
Monday, March 2	Week 1		
6:00pm-8:00pm	Relapse Prevention	Didactic/Therapeutic	212
Tuesday, March 3			
9:30am-11am	Having a Relationship with Self	Didactic	C Training Room
Wednesday, March 4			
9:30am-11am	PAWS	Didactic	C Training Room
Friday, March 6			
9:30am-11am	Physical Effects of Drugs & Alcohol	Didactic	C Training Room
3:30pm-5:30pm	Relapse Prevention	Didactic/Therapeutic	212
<b>Group Times</b>	<b>Group Topic</b>	<b>Group Type</b>	<b>Room #</b>
Monday, March 9	Week 2		
6:00pm-8:00pm	Motivation for Recovery	Didactic/Therapeutic	212
Tuesday, March 10			
9:30am-11am	Gratitude in Recovery	Didactic	C Training Room
Wednesday, March 11			
9:30am-11am	Codependency	Didactic	C Training Room
Friday, March 13			
9:30am-11am	Shame & Guilt	Didactic	C Training Room
3:30pm-5:30pm	Motivation for Recovery	Didactic/Therapeutic	212
<b>Group Times</b>	<b>Group Topic</b>	<b>Group Type</b>	<b>Room #</b>
Monday, March 16	Week 3		
6:00pm-8:00pm	Total Abstinence	Didactic/Therapeutic	212
Tuesday, March 17			
9:30am-11am	Anger Management	Didactic	C Training Room
Wednesday, March 18			
9:30am-11am	Small Group Therapy	Didactic	C Training Room
Friday, March 20			
9:30am-11am	Communication Skills	Didactic	C Training Room

3:30pm-5:30pm	Total Abstinence	Didactic/Therapeutic	212
<b>Group Times</b>	<b>Group Topic</b>	<b>Group Type</b>	<b>Room #</b>
Monday, March 23	Week 4		
6:00pm-8:00pm	Surrender vs. Compliance	Didactic/Therapeutic	212
Tuesday, March 24			
9:30am-11am	Small Group Therapy	Didactic	C Training Room
Wednesday, March 25			
9:30am-11am	Disease Concept	Didactic	C Training Room
Friday, March 27			
9:30am-11am	Spirituality	Didactic	C Training Room
3:30pm-5:30pm	Surrender vs. Compliance	Didactic/Therapeutic	212