

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 |
| 1st shift | 8:00AM | Self-Empowermen | Self-Empowermen | Self-Empowermen | Self-Empowermen | Self-Empowermen | Self-Empowermen | Self-Empowerment |
| | 8:45AM | Affirmations | Affirmations | Affirmations | Affirmations | Affirmations | Affirmations | Affirmations |
| | 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 | | | Stress Management | Domestic Violence | Community | Trauma | Healing from Guilt and Shame |
| | 11:00A- 12:00P | Music Therapy | Art Therapy | Self-Esteem | hemical Dependence | Step 1,2,3 | Motivational Change | AA/NA Meeting |
| | 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| | 1:00 PM | Life Checks | Life Checks | Life Checks | Life Checks | Life Checks | Life Checks | Life Checks |
| | 1:15 - 2:30 PM | MRT Study | Men and Women's Narratives | Integrated Combined Therapy | Relapse Prevention | Disease Concepts | MRT | Cognitive Behavioral Therapy |
| | 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 |
| | 2nd shift CONTINUED ON NEXT PAGE | | | | | | | |

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



| IOP GROUP SCHEDULE: March 2020 | | | |
|---------------------------------------|---|-------------------|--------------------|
| Group Times | Group Topic | Group Type | Room # |
| Monday, March 2 | | | |
| | Week 1 | | |
| 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 |
| 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. | CIP Dayroom |
| 9:30am-12:45pm | Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups) | Didactic/Ther. | Sangamon H. |
| 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 |
| 1:30pm-4:30pm | Feelings and Emotions (CBT) / Anger Management (Two 90-minute Groups) | Didactic/Ther. | 212 |
| 6:00pm-8:00pm | Stages of Change | Didactic | 214 |
| Tuesday, March 3 | | | |
| 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 |
| 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 | Doctor's Opinion **Needs Facilitator** | Didactic | 214 |
| 11:15am-12:45pm | "Let's Talk About It" | Therapeutic | 304 |
| 6:00pm-9:00pm | Disease Concept | Didactic | 214 |
| Wednesday, March 4 | | | |
| 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 |
| 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 | 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 |
| Thursday, March 5 | | | |
| 9:30am-11am | Small Group Therapy | Therapeutic | |
| 1:00pm-2:30pm | Women's Issues | Therapeutic | 213 |
| 6:00pm-9:00pm | Treatment Issues | Didactic | 214 |
| Friday, March 6 | | | |
| 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 | Spirituality & the 12 Steps / Early Recovery Skills (Two 90-minute Groups) | Therapeutic | MRH Dayroom |
| 9:30am-12:45pm | Spirituality & the 12 Steps / Early Recovery Skills (Two 90-minute Groups) | Therapeutic | Sangamon H. |
| 9:30am-12:45pm | Spirituality & the 12 Steps / Early Recovery Skills (Two 90-minute Groups) | Therapeutic | CIP Dayroom |
| 9:30am-12:45pm | Spirituality & the 12 Steps / Early Recovery Skills (Two 90-minute Groups) | Therapeutic | 212 |
| 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 |
| 2:00pm-5:00pm | Seeking Safety – Week 6: Recovery Thinking (MEN ONLY) / Sex & Recovery - Week 6: Intimacy vs Isolation (MEN ONLY) (Two 90-Minute Groups) | Therapeutic | 213 |

| Group Times | Group Topic | Group Type | Room # |
|---------------------|---|----------------|--------------------|
| 6:00pm-8:00pm | Gratitude in Recovery | Didactic | 214 |
| 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 |
| 9:30am-12:45pm | Family Roles / Communication Skills (Two 90-Minute Groups) | Didactic/Ther. | MRH Dayroom |
| 9:30am-12:45pm | Family Roles / Communication Skills (Two 90-Minute Groups) | Didactic/Ther. | CIP Dayroom |
| 9:30am-12:45pm | Family Roles / Communication Skills (Two 90-Minute Groups) | Didactic/Ther. | Sangamon H. |
| 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 |
| 1:30pm-4:30pm | Family Roles / Communication Skills (Two 90-Minute Groups) | Didactic/Ther. | 212 |
| 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 |
| 9:30am-12:45pm | Stress & Recovery / Motivation to Change (Two 90-minute Groups) | Therapeutic | MRH Dayroom |
| 9:30am-12:45pm | Stress & Recovery / Motivation to Change (Two 90-minute Groups) | Therapeutic | Sangamon H. |
| 9:30am-12:45pm | Stress & Recovery / Motivation to Change (Two 90-minute Groups) | Therapeutic | CIP Dayroom |
| 9:30am-12:45pm | Stress & Recovery / Motivation to Change (Two 90-minute Groups) | Therapeutic | 212 |
| 11:15am-12:45pm | Treatment Sabotage **Needs Facilitator** | Didactic | 214 |
| 11:15am-12:45pm | "Let's Talk About It" | Therapeutic | 304 |
| 6:00pm-9:00pm | 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 |
| 9:30am-12:45pm | Chronic Relapse / Coping Skills (Two 90-minute Groups) | Didactic/Ther. | MRH Dayroom |
| 9:30am-12:45pm | Chronic Relapse / Coping Skills (Two 90-minute Groups) | Didactic/Ther. | Sangamon H. |
| 9:30am-12:45pm | Chronic Relapse / Coping Skills (Two 90-minute Groups) | Didactic/Ther. | CIP Dayroom |
| 9:30am-12:45pm | Chronic Relapse / Coping Skills (Two 90-minute Groups) | Didactic/Ther. | 212 |
| 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 | |
| 1:00pm-2:30pm | Women's Issues | Therapeutic | 213 |
| 6:00pm-9:00pm | 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 |
| 9:30am-12:45pm | Let's Talk About It / Positive Socialization Skills (Two 90-minute Groups) | Therapeutic | MRH Dayroom |
| 9:30am-12:45pm | Meditation and Stress Reduction / Meditation for Anxiety & Pain (Two 90-minute Groups) | Therapeutic | Sangamon H. |
| 9:30am-12:45pm | Mental Health & Substance Use / Fear, Stress, and Coping Skills (Two 90-minute Groups) | Therapeutic | CIP Dayroom |
| 9:30am-12:45pm | Process of Change / Small Group Therapy (Two 90-minute Groups) | Therapeutic | 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 |
| 2:00pm-5:00pm | Seeking Safety – Week 7: Healing From Anger (MEN ONLY) / Sex & Recovery - Week 7: The Connection between Substance Abuse and Sex Addiction (MEN ONLY) (Two 90-Minute Groups) | Therapeutic | 213 |
| 6:00pm-8:00pm | Motivation for Recovery | Didactic | 214 |
| Monday, March 16 | Week 3 | | |
| 10am-11am | Health Education | Didactic | 212 |

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|-----------------------|--|-------------------|--------------------|
| 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 |
| 9:30am-12:45pm | Relationships & Boundaries / Conflict Resolution (Two 90-minute Groups) | Therapeutic | MRH Dayroom |
| 9:30am-12:45pm | Relationships & Boundaries / Conflict Resolution (Two 90-minute Groups) | Therapeutic | CIP Dayroom |
| 9:30am-12:45pm | Relationships & Boundaries / Conflict Resolution (Two 90-minute Groups) | Therapeutic | Sangamon H. |
| 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 |
| 1:30pm-4:30pm | Relationships & Boundaries / Conflict Resolution (Two 90-minute Groups) | Therapeutic | 212 |
| 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 **On Hiatus** | Didactic | 214 |
| 9:30am-11am | Disease Concept | Therapeutic | 303 |
| 9:30am-12:45pm | Criminal & Addictive Thinking / Impulse Control (Two 90-minute Groups) | Didactic | MRH Dayroom |
| 9:30am-12:45pm | Criminal & Addictive Thinking / Impulse Control (Two 90-minute Groups) | Didactic | Sangamon H. |
| 9:30am-12:45pm | Criminal & Addictive Thinking / Impulse Control (Two 90-minute Groups) | Didactic | CIP Dayroom |
| 9:30am-12:45pm | Criminal & Addictive Thinking / Impulse Control (Two 90-minute Groups) | Didactic | 212 |
| 11:15am-12:45pm | How It Works **Needs Facilitator** | Didactic | 214 |
| 11:15am-12:45pm | "Let's Talk About It" | Therapeutic | 304 |
| 6:00pm-9:00pm | Cognitive Behavioral Therapy | Didactic | 214 |
| Wednesday, March 18 | | | |
| 9:30am-11am | Motivation to Change | Didactic | 214 |
| 9:30am-11am | Domestic Violence, Part 2 **Canceled due to Ms. Redd attending all-day training** | 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 |
| 9:30am-12:45pm | PAWS / Disease Concept (Two 90-minute Groups) | Didactic | MRH Dayroom |
| 9:30am-12:45pm | PAWS / Disease Concept (Two 90-minute Groups) | Didactic | Sangamon H. |
| 9:30am-12:45pm | PAWS / Disease Concept (Two 90-minute Groups) | Didactic | CIP Dayroom |
| 9:30am-12:45pm | PAWS / Disease Concept (Two 90-minute Groups) | Didactic | 212 |
| 11:15am-12:45pm | Why Balance in Recovery | Therapeutic | 304 |
| 11:15am-12:45pm | Criminal and Addictive Thinking **On Hiatus** | 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 | |
| 1:00pm-2:30pm | Women's Issues | Therapeutic | 213 |
| 6:00pm-9:00pm | 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 |
| 9:30am-12:45pm | Physical Effects of Drugs and Alcohol (Two 90-minute Groups) | Didactic | MRH Dayroom |
| 9:30am-12:45pm | Physical Effects of Drugs and Alcohol (Two 90-minute Groups) | Didactic | Sangamon H. |
| 9:30am-12:45pm | Physical Effects of Drugs and Alcohol (Two 90-minute Groups) | Didactic | CIP Dayroom |
| 9:30am-12:45pm | Physical Effects of Drugs and Alcohol (Two 90-minute Groups) | Didactic | 212 |
| 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 |
| 2:00pm-5:00pm | Seeking Safety – Week 1: Safety (MEN ONLY) / Sex & Recovery - Week 1: Why is Sexual Health Important in Recovery? (MEN ONLY) (Two 90-Minute Groups) | Therapeutic | 213 |
| 6:00pm-8:00pm | Intro to the 12 Steps | Didactic | 214 |
| Group Times | Group Topic | Group Type | Room # |
| 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 |
| 9:30am-12:45pm | Grief & Loss / Shame & Guilt (Two 90-minute Groups) | Therapeutic | MRH Dayroom |

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|---------------------|---|----------------|-------------|
| 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 **On Hiatus** | 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 **Needs Facilitator** | 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 **Canceled Due to PTO** | 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 **On Hiatus** | 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 |
| | Seeking Safety – Week 2: PTSD – Taking Back Your Power (MEN ONLY) / Sex & Recovery - Week 2: | | |
| 2:00pm-5:00pm | The Effects of Drug Abuse on the Reproductive System and Functioning (MEN ONLY) (Two 90-Minute Groups) | Therapeutic | 213 |
| 6:00pm-8:00pm | Shame and Guilt | Didactic | 214 |

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

| OP GROUP SCHEDULE: March 2020 | | | |
|--------------------------------------|-------------------------------------|----------------------|-----------------|
| Group Times | Group Topic | Group Type | Room # |
| 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 |
| Group Times | Group Topic | Group Type | Room # |
| 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 |
| Group Times | Group Topic | Group Type | Room # |
| 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 |
| Group Times | Group Topic | Group Type | Room # |
| 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 |