



Denver - Day Treatment Schedules

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:00 am							
10:00 am		Check-in Set Goal for the Day	Check-in Set Goal for the Day	Check-in Set Goal for the Day	Check-in Set Goal for the Day	Check-in Set Goal for the Day	
11:00 am		UA / Snack / Prepare for Group	UA / Snack / Prepare for Group	UA / Snack / Prepare for Group	UA / Snack / Prepare for Group	UA / Snack / Prepare for Group	
12:00 pm		DBT Process Group	DBT Process Group	DBT Process Group	DBT Process Group	DBT Process Group	
1:00 pm		Stretched & Medication	Stretched & Medication	Stretched & Medication	Stretched & Medication	Stretched & Medication	
		Lunch	Lunch	Lunch	Lunch	Lunch	
2:00 pm		Academic / Vocational (Rotation of Individual Sessions)	Academic / Vocational (Rotation of Individual Sessions)	Academic / Vocational (Rotation of Individual Sessions)	Academic / Vocational (Rotation of Individual Sessions)	Academic / Vocational (Rotation of Individual Sessions)	
		Break / Brisk Walk	Break / Brisk Walk	Break / Brisk Walk	Break / Brisk Walk	Break / Brisk Walk	
3:00 pm		DBT Based Life Skills (Rotation of Individual Sessions)	DBT Based Life Skills (Rotation of Individual Sessions)	DBT Based Life Skills (Rotation of Individual Sessions)	DBT Based Life Skills (Rotation of Individual Sessions)	DBT Based Life Skills (Rotation of Individual Sessions)	
4:00 pm							
5:00 pm		CBT Based Experiential Group	CBT Based Experiential Group	CBT Based Experiential Group	CBT Based Experiential Group	CBT Based Experiential Group	
6:00 pm		Review Day, Goals & Assignments	Review Day, Goals & Assignments	Review Day, Goals & Assignments	Review Day, Goals & Assignments	Review Day, Goals & Assignments	
7:00 pm							