



North Bethesda - Day Treatment

| | 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 | | | | | | | |