SANDSTONE CARE

Detox Inpatient Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 am							
8:00 am		Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	
9:00 am	Wake Up/ Medication	Breakfast/ Morning Reading	Breakfast/ Morning Reading	Breakfast/ Morning Reading	Breakfast/ Morning Reading	Breakfast/ Morning Reading	Wake Up/ Medication
10:00 am	Breakfast/ Morning Reading	Process Group: Self Esteem	Process Group: Family Relationships	Process Group: Fear	Process Group: Relapse/Recovery	Process Group: Rebuilding Trust	Breakfast/ Morning Reading
11:00 am	Relapse Prevention Skills						Experiential Activity
12:00 pm	Wellness: Self Care	Wellness: Nutrition	Relationships: Addiction	Creative Expressions: DBT House	Wellness: Mental/Emotional	Relationships: Spiritual	
1:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00 pm	Journaling	Fitness: Yoga	Defining Shame	Defining Mental Health/Addiction	Experiential Activity	Recovery Warning Signs	Wellness: Managing Cravings
3:00 pm	Life Skills Development	Recovery: Defining Recovery	Fitness	Psychoeducation Seminar		Wellness: Mindfulness	
4:00 pm	Fitness	Journaling		Cost/Benefit Analysis		Journaling	
5:00 pm							
6:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 pm							
8:00 pm	Recovery Community Engagement	Recovery Community Engagement	Recovery Community Engagement	Recovery Community Engagement	Recovery Community Engagement	Recovery Community Engagement	Recovery Community Engagement
9:00 pm	Evening Medications	Evening Medications	Evening Medications	Evening Medications	Evening Medications	Evening Medications	Evening Medications
10:00 pm	11th Step	11th Step	11th Step	11th Step	11th Step	11th Step	11th Step
11:00 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
12:00 pm							