

| <b>TIME</b>        | <b>MONDAY</b><br>Building Relationships   | <b>TUESDAY</b><br>Problem Solving and Communication   | <b>WEDNESDAY</b><br><b>Y</b><br>Personal Acceptance   | <b>THURSDAY</b><br>Distress Tolerance   | <b>FRIDAY</b><br>Emotional Regulation   | <b>SATURDAY</b><br>Mindfulness Skills   | <b>SUNDAY</b><br>Developing Self-Care   |
|--------------------|---|---|---|---|---|---|---|
| 6:30am             | Wake Up & Vitals  | Wake Up & Vitals  | Wake Up & Vital   | Wake Up & Vitals  | Wake Up & Vitals  | Wake Up & Vitals  | Wake Up & Vitals  |
| 7:00am             | Prayer/Meditation   | Prayer/Meditation   | Prayer/Meditation   | Prayer/Meditation   | Prayer/Meditation   | Prayer/Meditation   | Prayer/Meditation   |
| <b>7:30am</b>      | <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>  |
| 8:00am             | Laundry Opens   | Laundry Opens   | Laundry Opens   | Laundry Opens   | Laundry Opens   | Laundry Opens   |   |
| 9:00am<br>9:30 am  | Community Mtg- CA<br><i>Treatment Room</i>  | Community Mtg- CA<br><i>Treatment Room</i>  | Community Mtg-CA<br><i>Treatment Room</i>   | Community Mtg-CA<br><i>Treatment Room</i>   | Community Mtg- CA<br><i>Treatment Room</i>  | Community Mtg- CA<br><i>Treatment Room</i>  | Community Mtg- CA<br><i>Treatment Room</i>  |
| 10:00am<br>10:50am | Psychoeducation-CA<br><i>Treatment Room</i>   | Psychoeducation-CA<br><i>Treatment Room</i>   | After Care/ ROC-CA<br><i>Treatment Room</i>   | Psychoeducation- CA<br><i>Treatment Room</i>  | Psychoeducation- CA<br><i>Treatment</i>   | Psychoeducation-CA<br><i>Treatment Room</i>   | Health and Wellness- Nursing Group<br><i>Treatment Room</i>                                     |
| 11:00am<br>11:50am | Core Group -Coun.<br><i>Treatment Room</i>  | Core Group -Coun.<br><i>Treatment Room</i>  | Core Groups -Coun.<br><i>Treatment Rooms</i>  | Core Groups - Coun.<br><i>Treatment Rooms</i>   | Core Groups - Coun.<br><i>Treatment Rooms</i>   | Core Group - Coun.<br><i>Treatment Room</i>   | Core Group- Coun.<br><i>Treatment Room</i>  |
| <b>12:00pm</b>     | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  |
| 12:30pm            | Break   | Break   | Break   | Break   | Break   | Break   | Break   |
| 1:00pm<br>1:50pm   | <b>Relapse Prevention- Coun.</b><br><i>Treatment Room</i>                                       | Physical Fitness- Coun.<br><i>Treatment Room</i>  | Physical Fitness- Coun.<br><i>Treatment Room</i>  | Physical Fitness- Coun.<br><i>Treatment Room</i>  | <b>Relapse Prevention- Coun.</b><br><i>Treatment Room</i>                                       | Physical Fitness- Coun.<br><i>Treatment Room</i>  | Physical Fitness: YOGA Video- CA<br><i>Treatment Room</i>                                       |
| 2:00pm<br>3:00pm   | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> | Outdoor Recreation- CA<br><i>Courtyard</i><br><b>OR</b><br>Art Therapy-CA<br><i>Dining Hall</i> |
| 3:00pm             | Personal Room Time  | Personal Room Time  | Personal Room Time  | Personal Room Time  | Personal Room Time  | Personal Room Time  | Personal Room Time  |
| 4:00pm<br>4:50pm   | Healthy Relationships- CA<br><i>Treatment Room</i>  | Communication Skills- CA<br><i>Treatment Room</i>   | Cultural Diversity and Tolerance- CA<br><i>Treatment Room</i>                                   | Grief and Loss- CA<br><i>Treatment Room</i>   | CBT- CA<br><i>Treatment Room</i>  | CA Choice Group Topic<br><i>Treatment Room</i>  | Gratitude- CA<br><i>Treatment Room</i>  |
| <b>5:00pm</b>      | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   |

## Group A Schedule

|                   |   |  |   |   |   |  |  |
|-------------------|---|--|---|---|---|--|--|
| 5:30pm            | Phone Time  | Phone Time   | Phone Time  | Phone Time  | Phone Time  | Phone Time   | Phone Time                                   |
| 6:25 pm<br>7:15pm | Job Skills- CA<br><i>Treatment Room</i><br><b>OR</b><br>Orientation-CS<br><i>Small Group Rm 309</i> | Ted Talk Tuesday-CA<br><i>Treatment Room</i><br><b>OR</b><br>Orientation-CS<br><i>Small Group Rm 309</i> | Self-Reflection-CA<br><i>Treatment Room</i><br><b>OR</b><br>Orientation-CS<br><i>Small Group Rm 309</i> | Anger and<br>Resentment- CA<br><i>Treatment Room</i><br><b>OR</b><br>Orientation- CS<br><i>Small Group Rm 309</i> | Stress Management-<br>CA<br><i>Treatment Room</i><br><b>OR</b><br>Orientation-CS<br><i>Small Group Rm 309</i> | Co-Occurring<br>Disorders- CA<br><i>Treatment Room</i> | Psychoeducation- CA<br><i>Treatment Room</i> |
| 7:30pm<br>8:30pm  | Recovery Group-CA<br><i>Treatment Room</i>  | Recovery Group-CA<br><i>Treatment Room</i>   | Alumni Meeting<br><i>Treatment Room</i>   | Recovery Group-CA<br><i>Treatment Room</i>  | Open Mic Night<br><i>Treatment Room</i>   | Recovery Group- CA<br><i>Treatment Room</i>            | Recovery Group- CA<br><i>Treatment Room</i>  |
| 8:30pm            | Community Mtg-CA<br><i>Treatment Room</i>   | Community Mtg-CA<br><i>Treatment Room</i>  | Community Mt-CA<br><i>Treatment Room</i>  | Community Mtg-CA<br><i>Treatment Room</i>   | Community Mtg- CA<br><i>Treatment Room</i>  | Community Mtg- CA<br><i>Treatment Room</i>             | Community Mtg- CA<br><i>Treatment Room</i>   |
| 9:00pm            | Phone Time  | Phone Time   | Phone Time  | Phone Time  | Phone Time  | Phone Time   | Phone Time                                   |
| 9:30pm            | Free Time   | Free Time  | Free Time   | Free Time   | Free Time   | Free Time/<br>Ladies Movie Night<br>9pm                | Free Time/<br>Guy's Movie Night 9pm          |
| 10:30pm           | Laundry Closes  | Laundry Closes   | Laundry Closes  | Laundry Closes  | Laundry Closes  | Laundry Closes   |  |
| 11:00pm           | Good Night/ Lights Out  | Good Night/ Lights<br>Out  | Good Night/ Lights<br>Out   | Good Night/ Lights<br>Out   | Good Night/ Lights<br>Out   | Good Night/ Lights<br>Out                              | Good Night/ Lights<br>Out                    |

**+Group Facilitator: CA= Clinical Aide; Coun= Counselor; CS= Clinical Supervisor**

**+If you have a conflict of interest (aka need to be in two places at once), it is your responsibility to inform both parties so that it can be discussed how you can attend the most vital appointment.**

**+Phone times can be sign up for during morning community meeting on day of anticipated call.**

## Group A Schedule

### Counselors

**Jordan (Sunday-Thursday) (off= Friday/ Saturday)**

**Corey (Monday-Saturday) (off= Sunday/ Monday)**

**Sam (TBD)**

### Group Facilitator Notes

Group Topics will be written on the curriculum; this will be based on the week of the month (i.e. the first week of the month will be “week 1” of the curriculum). The paperwork needed for each group can be found in the Group Topics binders in the Supervisor office

### Community Meetings:

- Start with the Script: Thank you for coming to group today. Before we start, I want to reiterate that at Malvern Treatment Center we want to provide you with excellence in customer service. While you are here, we want you to feel safe, respected and encouraged to ask for help when needed. We strive to ensure that you recognize the value in each therapy group, understand your Treatment plan and are given the tools to feel better at discharge. To help us know we are meeting these goals, you will be given a Patient Satisfaction Survey at discharge. An explanation of the survey questions were included in the folder you were given at the start of your stay with us. If at any point you have any questions or need anything during your stay, please ask a staff member for assistance. We want for you to leave answering every question with the highest possible rating – a smiley face!
- Discuss the day’s schedule and review staff names and roles with the patients.
- Ask if there are questions or “housekeeping” items that need to be addressed.
- Morning: review one current event (appropriate for all group members); read daily horoscopes
- Evening: do “pits and peaks” —the low points and the high points for the day; also do a process group, going over how they feel about what they discussed today during group; anyone discharging should do a full reflection of their stay; acknowledge anyone discharging the next day

Small groups: facilitated by the group counselor – each counselor group will be assigned a group room for their small group time – treatment room one/ two

### **Group A Schedule**

Relapse Prevention: always facilitated by a counselor/ supervisor/ director

ROC/ Alumni: will be completed by an outside entity but CA should remain in the room with them

Free Time:

- It is our job to engage with the residents
- please ensure we are monitoring while using any equipment or gaming devices
- Residents are NEVER permitted to have the Roku remote; staff must control it at all times

Physical Fitness: This is led by counselor Corey when available; CA led when he is not available

Art Therapy: All material for art therapy is in the supervisor office (rm 309); all materials leaving the room need to be signed out; all materials need to be used with supervision

Ladies Movie Night: female residents get to choose the movie. In the Patient Lounge (programming side), use Roku remote to choose a FREE video. All residents can attend but female residents get to decide on the movie. To make your life easier, you might want to choose 3 movies yourself and let them choose from just those.

Guy's Movie Night: male residents get to choose the movie. In the Patient Lounge (programming side), use Roku remote to choose a FREE video. All residents can attend but male residents get to decide on the movie. To make your life easier, you might want to choose 3 movies yourself and let them choose from just those.

Open Mic Night: staff must remain present with residents. Residents should sign up to participate during Friday morning community meeting. Using Roku remote, staff will select the song that resident might need to utilize.

Recovery Group: Recovery groups are NA/AA meetings. Residents have the option to facilitate their own meeting or to do a zoom meeting. CA should be present for both types. If they choose a Zoom meeting, please get the laptop from Mary's office and connect it to the HDMI cord in the conference room (room with the phone on/off switch). Group will take place in that room. Then go to [naworks.org](http://naworks.org) and you can find zoom meetings. Connect to one starting at the time of the group. The residents have the choice to have their camera on or off.

Phone Time: Phone times are twice a day. Residents are allowed ONE call per day. During morning Community Meetings, residents should be signing up for time slots. This form should be passed to evening shift CA during change of shift. After phone time is over, phones must be turned off. CA MUST be present with residents while the use the phone to ensure 1 call for 10 minutes only. Don't forget about the 5-day blackout period for detox residents.

Laundry: if more than residents need to use the laundry, CA must remain in there with them

## **Group A Schedule**

Meals: CA should remain in dining hall with residents during meals; if change of shift is beginning, you need to be relieved before leaving the dining. Food should not leave the dining hall

Personal Room Time: Residents need to be in their rooms during this time. No residents on the programming side.

Wake Up/ Lights Out: times need to be adhered to! No exceptions, unless with nursing staff

## **Group A Schedule**