



1 Malvern Treatment Center Group Schedule

Time	Daily Program Schedule
	RISE and SHINE
7:30am	BREAKFAST
7:45am -8:25 am	Medication Times
8:00 am	<i>Optional Daily Prayer/Spirituality (Patient run group)</i>
8:30 am- 9:00 am	Community Meeting <i>& Temperature w/ COVID Screening Questions</i>
9:15 am-10:15 am	<u>Small Group Processing with Primary Counselors</u>
10:30am 11:30 am	TOPIC GROUP <i>(see this week's schedule)</i>
11:30am 12:30pm	LUNCH <i>(Medication Time)</i>
12:00 pm- 12:45 m	(Optional) Mindfulness Group <i>(see this week's schedule)</i>
1:00 pm -2:00 pm	Psychoeducation Group <i>(see this week's schedule)</i>
2:30 pm	<i>Peer Team Pep Talk (Patient run group)</i>

Team A- Upper Mall

Group Locations
Team B- Lower Mall

Team C-Back Patient Lounge



2 Malvern Treatment Center Group Schedule

3:30pm 4:25pm	Recreational Activity Group <i>(see this week's schedule)</i>
4:30 pm- 5:30 pm	DINNER & Phone Calls <i>(Medication Time)</i>
5:45pm - 6:45pm	Substance Abuse Group <i>(see this week's schedule)</i>
7:00pm 8:00pm	Speaker MEETING
8:15 pm -8:30 pm	Community Meeting & Discharge Recognition
8:45pm- 9:15pm	<i>Small Group Wrap Up Reflections</i>
9:30pm 10:30pm	Snack, Money, & Cigarettes <i>(Medication Time)</i>
10:30pm	<i>Relaxation/Journal/Read</i> <i>(Televisions & Music off)</i>
11:00 PM	<u>Lights Out</u>
*11:30 PM	<u>Friday & Saturday – Lights Out</u>

Team A- Upper Mall

Group Locations
 Team B- Lower Mall

Team C-Back Patient Lounge



3 Malvern Treatment Center Group Schedule

Week 1

Group Time	Team	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am	A	Gratitude	Relapse Prevention	Self-Reflection	Self-Identity	Child-Parent Relationship (Nursing)	Gratitude	Anger Management
	B	Self-Reflection	Support Group	Self-Forgiveness	Self-Esteem	Gratitude	Self-Esteem	Self Esteem
	C	Self-Esteem	Gratitude	Relapse Prevention	Family (ROC)	Relapse Prevention	Self-Reflection	Self-Care
12:00 pm (Optional)		Mindfulness	Meditation	Mindfulness	Meditation	Mindfulness	Recreation	Arts & Crafts
1:00 pm	A	Cognitive Distortions	Intrusive Symptoms	ACA	Anxiety	Relapse Prevention	Depression	Boundaries
	B	ACA	Anger Management	Anxiety	1st 30 Days	Loss	Self-Control	Relapse Prevention
	C	Grief	1st 30 Days	Cognitive Distortions	Depression	Stress Management	Relapse Prevention	Self-Control
3:30 pm	A	Music	Recreation	Art	Music	Recreation	Recreation	Self-Care
	B	Recreation	Art	Music	Recreation	Art	Relapse Prevention	Art
	C	Art	Journaling	Recreation	Art	Journaling	Art	Journal

Team A- Upper Mall

Group Locations
Team B- Lower Mall

Team C-Back Patient Lounge



4 Malvern Treatment Center Group Schedule

5:45 pm	A	Values	Relapse Prevention	Effects of Alcohol on the Body	Managing Cravings	Temptation	Mine Field	Human Knot
	B	Managing Cravings	Temptation	Values	Relapse Prevention	Effects of Alcohol on the Body	2 Truths & a Lie	Mine Field
	C	Relapse Prevention	Effects of Alcohol on the Body	Managing Cravings	Temptation	Values	Blind Drawing	Scavenger Hunt

Week 2

Group Time	Team	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am	A	Self-Reflection	Self-Forgiveness	Self-Esteem	Family (ROC)	Behavior Chain	Self-Care	Relapse Prevention
	B	Gratitude	Self-Reflection	Anti-Craving Medication Education (Nursing)	Relapse Prevention	Self-Care	Relapse Prevention	Self-Esteem
	C	Relapse Prevention	Support Group	Self-Forgiveness	Gratitude	Self-Reflection	Gratitude	Self-Forgiveness
12:00 pm (Optional)		Mindfulness	Meditation	Mindfulness	Meditation	Mindfulness	Recreation	Music
1:00 pm	A	Stress Management	Trauma	ACA	1 st 30 Days	Compulsive Behaviors	Self-Control	Conflict Resolution

Team A- Upper Mall

Group Locations
Team B- Lower Mall

Team C-Back Patient Lounge



5 Malvern Treatment Center Group Schedule

	B	Cognitive Distortions	Cultivating Self Love	Grief	Trauma	Depression	Anxiety	Self-Control
	C	ACA	Cognitive Distortions	Compulsive Bx	Stress Management	Relapse Prevention	Values	Relapse Prevention
3:30 pm	A	Art	Music	Recreation	Art	Recreation	Recreation	Art
	B	Music	Recreation	Art	Recreation	Art	Art	Music
	C	Recreation	Art	Journal	Music	Journal	Self-Care	Conflict Resolution
5:45 pm	A	Managing Criticism	Effects of Drugs on the Body	Social Support	Positive Thoughts	Building Future	Barter Puzzle	Salt & Pepper
	B	Building Future	Managing Criticism	Effects of Drugs on the Body	Social Support	Positive Thoughts	Blind Drawing	Best/Worst Moments
	C	Positive Thoughts	Building Future	Managing Criticism	Effects of Drugs on the Body	Social Support	Mine Field	Flip it Over

Week 3

Group Time	Team	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am	A	Self-Identity	Support Groups	Self-Care	Self-Esteem	Self-Reflection	Denial	Self-Esteem
	B	Self-Esteem	Relapse Prevention	Self-Reflection	Family Roles (ROC)	Relapse Prevention	Gratitude	Self-Forgiveness

Team A- Upper Mall

Group Locations
Team B- Lower Mall

Team C-Back Patient Lounge



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	C	Self-Care	Gratitude	Self-Esteem	Self-Identity	Nutrition (Nursing)	Self-Esteem	Gratitude
12:00 pm (optional)		Mindfulness	Meditation	Mindfulness	Meditation	Mindfulness	Stress Management	Art
1:00 pm	A	Compulsive Behaviors	Cultivating Self-Love	Anxiety	Grief	Relapse Prevention	Depression	Boundaries
	B	ACA	Anxiety	Compulsive Bx	Intrusive Symptoms	Cognitive Distortions	Intrusive Symptoms	Depression
	C	Anger Management	Loss-Letting Go	ACA	Cultivating Self-Love	Stress Management	Co-Dependency	Temptation
3:30 pm	A	Art	Recreation	Music	Art	Recreation	Music	Recreation
	B	Recreation	Music	Art	Recreation	Art	Spider Web	Art
	C	Journal	Art	Recreation	Music	Journal	Art	Music
5:45 pm	A	Self-Control	Goal Setting	Assertive Talk	Acceptance	Concern	What does your tank need?	Flip It Over
	B	Concern	Self-Control	Goal Setting	Assertive Talk	Acceptance	Recovery Beach Ball	What does your tank need?
	C	Acceptance	Concern	Self-Control	Goal setting	Assertive Talk	Salt & Pepper	Best/Worst Moments

Team A- Upper Mall

Group Locations
Team B- Lower Mall

Team C-Back Patient Lounge



Malvern Treatment Center Group Schedule

Week 4

Group Time	Team	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am	A	Self-Care	Relapse Prevention	Health Risks (Nursing)	Self-Forgiveness	Gratitude	Self-Care	Gratitude
	B	Self-Esteem	Self-Care	Gratitude	Self-Reflection	Self-Care	Relapse Prevention	Self-Care
	C	Self-Reflection	Roles	Relapse Prevention	Social Skills (ROC)	Relapse Prevention	Gratitude	Relapse Prevention
12:00 pm (Optional)		Mindfulness	Meditation	Mindfulness	Meditation	Mindfulness	Music	Art
1:00 pm	A	ACA	Intrusive symptoms	Depression	Addicted Brain	Anger Management	Relapse Prevention	Self-Identity
	B	Grief	Addicted Brain	Anger Management	Anxiety	ACA	Self-Identity	High Risk Situations
	C	Depression	Grief	ACA	Anger Management	Self-Care	Personal Space	Fears
3:30 pm	A	Recreation	Art	Music	Recreation	Art	Art	Recreation
	B	Music	Recreation	Journal	Art	Recreation	Shoe Scrambler	Music
	C	Art	Journal	Recreation	Music	Journal	Self-Identity	Art

Team A- Upper Mall

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Team C-Back Patient Lounge



Malvern Treatment Center Group Schedule

5:45 pm	A	Cost of Self-Destructive Coping Strategies	Valued Living	Committed Action	Your Higher Power	Recognizing Your Emotions	Best/Worst Moments	Balloon Questions
	B	Recognizing Your Emotions	Cost of Self-Destructive Coping Strategies	Valued Living	Committed Action	Your Higher Power	Flip It Over	Human Knot
	C	Your Higher Power	Recognizing Your Emotions	Cost of Self-Destructive Coping Strategies	Valued Living	Committed Action	What's your tank need?	Best/Worst Moments

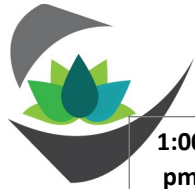
Week 5

Group Time	Team	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am	A	Gratitude	Self-Identity	Self-Reflection	Relationships (ROC)	Self-Care	Self-Esteem	Gratitude
	B	Relapse Prevention	Co-dependency	Self-Forgiveness	Self-Esteem	Recovery-Wellness/Insomnia (Nursing)	Gratitude	Self-Identity
	C	Self-Forgiveness	Self-Care	Self-Identity	Relapse Prevention	Self-Reflection	Self-Care	Social Skills
12:00 pm (Optional)		Mindfulness	Meditation	Mindfulness	Meditation	Mindfulness	Recreation	Music

Team A- Upper Mall

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Team C-Back Patient Lounge



Malvern Treatment Center Group Schedule

1:00 pm	A	Loss	Stress Management	ACA	Anxiety	Compulsive Bx	Building Future	Relapse Prevention
	B	Compulsive Bx	Cognitive Distortions	Anger Management	Why 12 Steps?	Loss-Letting Go	Relapse Prevention	Building Future
	C	ACA	Addicted Brain	Grief	Compulsive Bx	Trauma	Self-Reflection	Self-Identity
3:30 pm	A	Recreation	Music	Recreation	Music	Art	Music	Art
	B	Music	Art	Music	Art	Journal	Art	Recreation
	C	Art	Journal	Art	Journal	Recreation	Recreation	Relapse Prevention
5:45 pm	A	High Risk Situations	Effective Refusal	Disrupting Habit	Brain Expectations	Reward Success	Blind Drawing	2 Truths & Lie
	B	Reward Success	High Risk Situations	Effective Refusal	Disrupting Habit	Brain Expectations	Salt & Pepper	Barter Puzzle
	C	Brain Expectations	Reward Success	High Risk Situations	Effective Refusal	Disrupting Habit	2 Truths & Lie	Winner/Loser

Week 6

Group Time	Team	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am	A	Self-Forgiveness	Communication	Co-Dependency	Self-Esteem	Relapse Prevention	Self-Identity	Self-Reflection

Team A- Upper Mall

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Team C-Back Patient Lounge



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	B	Gratitude	Self-Identity	Relapse Prevention	Communication (ROC)	Self-Care	Self-Reflection	Relapse Prevention
	C	Self-Identity	Self-Esteem	STD/HEP/HIV (Nursing)	Compulsive Bx	Relapse Prevention	Anger Management	Anger Management
12:00 pm	ALL	Mindfulness	Meditation	Mindfulness	Meditation	Mindfulness	Self-Care	Art
1:00 pm	A	ACA	Why 12 Steps?	Anger Management	Compulsive Bx	Depression	Fears	Relapse Prevention
	B	Depression	Compulsive Bx	ACA	Relapse Prevention	Stress Management	Goals to Fight Depression	Social Support
	C	Compulsive Bx	Loss	Stress Management	Why 12 Steps?	Relapse Prevention	Compulsive Bx	Relapse Prevention
3:30 pm	A	Art	Recreation	Art	Music	Recreation	Spider Web	Music
	B	Music	Art	Recreation	Journal	Art	Shoe Scrambler	Art
	C	Recreation	Music	Journal	Art	Journal	Relapse Prevention	Spider Web
5:45 pm	A	Miracle Question	Readiness for Change	Expressions of Concern	Get Validated	Encouragement Script	Winner/Loser	Scavenger Hunt
	B	Encouragement Script	Miracle Question	Readiness for Change	Expressions of Concern	Get Validated	Scavenger Hunt	Winner/Loser

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	C	Get Validated	Encouragement Script	Miracle Question	Readiness for Change	Expressions of Concern	Human Knot	Barter Puzzle
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Team A- Upper Mall

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Team B- Lower Mall

Team C-Back Patient Lounge