

JUEL FAIRBANKS CHEMICAL DEPENDENCY SERVICES

**RESIDENTIAL GROUP SCHEDULE (MEDIUM INTENSITY)**

Revised 1/8/2018

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>6 am</b>	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress		
<b>7 am</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>7:30 am</b>	Chores	Chores	Chores	Chores	Chores		
<b>8:30 am</b>	Meditation <i>All</i>	Meditation <i>All</i>	Meditation <i>All</i>	Meditation <i>All</i>	Meditation <i>All</i>	Chores	Chores
<b>9 am</b>	Helping Men Recover  <i>Residential LADC</i>	Acupuncture or in community  <i>Residential Acupuncturist</i>	Extended Care  <i>Residential LADC</i>	Appointments in the community	Anger Management  <i>Residential LADC</i>	Chemical  Free Leisure Activities	Chemical  Free Leisure Activities
<b>10 am</b>	Helping Men Recover (continued)  <i>Residential LADC</i>	Acupuncture or Appointments community  <i>Residential Acupuncturist</i>	Extended Care (continued)  <i>Residential LADC</i>	MICD Group with Dr. Bob or Appointments In Community  <i>(Referred)</i>	Extended Care  <i>Residential LADC</i>	Chemical  Free Leisure Activities	Chemical  Free Leisure Activities
<b>11 am</b>	Moods & Feelings  <i>Residential LADC</i>	Appointments in the community	Relationships  <i>Residential LADC</i>	Appointments in the community	Extended Care (continued)  <i>Residential LADC</i>	Visiting  Hours 11 AM to 3:00 PM	Visiting  Hours 11 AM to 3:00 PM
<b>12 PM</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1 PM</b>	Super Clean  1-230pm	Life Skills  <i>Residential LADC</i>	Appointments in the community or Make Up  <i>Residential LADC</i>	Red Road Group or Recovery Maintenance  <i>Residential LADC</i>	Appointments in the community	Visiting  Hours 11 AM to 3:00 PM	Visiting  Hours 11 AM to 3:00 PM
<b>2 PM</b>	Super Clean  1-230pm	Co-Occurring Group  <i>Residential LADC</i>	Appointments in the community or Make Up  <i>Residential LADC</i>	Red Road Group or Recovery Maintenance  <i>Residential LADC</i>	Appointments in the community	Visiting Hours  11 AM to 3:00 PM	Visiting Hours  11 AM to 3:00 PM
<b>3-4 PM</b>	Appointments in the community	Co-Occurring Group  <i>Residential LADC</i>	Appointments in the community or Make Up  <i>Residential LADC</i>	Men's Health  <i>Residential LPN</i>	Appointments in the community	Chemical Free Leisure	Chemical Free Leisure
<b>4-5 PM</b>	Domestics	Domestics	Domestics	Domestics	Domestics		
<b>5 - 6 PM</b>	Supper	Supper	Supper	Supper	Supper	Supper	Supper
<b>6:30 - 9</b>	Talking Circle 6:30-7:30 <i>(Must go to one)</i>	In-house AA meeting 6:30-7:30 <i>(Must go to one)</i>	In-house NA meeting 6:30-7:30 <i>(Must go to one)</i>	Wellbriety Meeting In Community	Visiting Hours 7 - 9 PM	Chemical Free Leisure Activities	Chemical Free Leisure Activities

**Dr. Bob individual counseling 10 am - until done**

Mealtimes last approximately 30 minutes. Daily Medication Distribution times: 7 am, 12 noon, 5 pm, and bedtime. (Depends on prescription). See Client Handbook for more information. Homework assignments & goals to be completed according to Counselor requirements. Family night held once a month.