

TYPICAL DAY IN RESIDENTIAL TREATMENT

This is an example of what a typical day and week is like in the Residential Treatment Programs at Gateway Foundation. Schedules are developed so individuals can participate in group therapy, family visits and education, as well as health and well-being. Individual counseling with one's primary counselor will be scheduled based on the specific needs of each person.

This is only a sample schedule to give you an idea of what a typical day and week in treatment will include. Schedules will change to fulfill your specific needs while in treatment at Gateway Foundation.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.	Leisure Time Job Orientation	Leisure Time Unit Review Exercise	Recreation Group	Leisure Time Unit Review Exercise	Recreation Group	Leisure Time	Leisure Time
9:00 a.m.	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Breakfast	Breakfast
9:45 a.m.	Homework Group	Recreational Time & Group Activities	Anger Management "Assertiveness & Resolution Model"	1st Step Group	Group Therapy "Seeking Safety Compassion"	Children's Visitation or Morning Process Group	Bedroom Review
12:00 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch	Bible Study (Optional)/Lunch	Family Visitation/ Lunch
1:00 p.m.	Group Therapy "Self-Esteem"	Group Therapy "Tools for Living"	Acceptance & Commitment Therapy	Community Issues	Homework/ Crafts Group	Meditation or Quiet Time	Family Education "Preventing Relapse"
2:00 p.m.				Orientation Group or Homework			
3:00 p.m.	Break	Break	Break	Break	Break	Guided Imagery	Quiet Time
3:15 p.m.	Sober Living Activity	Relapse Prevention	Living in Balance	Exercise & Activities	Separate Men & Women's Outing		
4:00 p.m.					Break	Break	Break
4:45 p.m.	Break	Break	Break	Break	Break	Break	Break
5:00 p.m.	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 p.m.	12-Step Facilitation	Co-Occurring Disorders "Substance Related Disorders"	Family Visitation/ Free Time/ Exercise & Activities	Group Therapy "Cognitive Restructuring"	Women's Bridge Group	Free Time/ Exercise & Activities	Women's Bridge Group
7:00 p.m.	AA Meeting					AA Meeting	
8:00 p.m.	Break	Break	Break	Break	Break	12-Step Meeting	Weekend Review & Closure Group
8:30 p.m.	Closure Group	Closure Group	Closure Group	Closure Group	In-House AA Meeting		

MORE WAYS TO STAY INFORMED

