

G&G Healthcare Services Treatment Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 AM <i>Wake Up</i>	5:45 AM <i>Wake Up</i>	6:45 AM <i>Wake Up</i>	6:45 AM <i>Wake Up</i>	6:45 AM <i>Wake Up</i>	6:45 AM <i>Wake Up</i>	6:45 AM <i>Wake Up</i>
7:15 AM <i>Spiritual</i>	6:40 AM <i>Depart</i> 7:00 - 8:00 AM <i>AA Meeting</i>	7:15 AM <i>Spiritual</i>	7:15 AM <i>Spiritual</i>	7:15 AM <i>Spiritual</i>	7:15 AM <i>Spiritual</i>	7:15 AM <i>Spiritual</i>
8:00 - 8:45 AM <i>Meds & Breakfast</i>	8:15 - 9:00 AM <i>Meds & Breakfast</i>	8:00 - 8:45 AM <i>Meds & Breakfast</i>	8:15 - 8:45 AM <i>Meds & Breakfast</i>	8:00 - 8:45 AM <i>Meds & Breakfast</i>	8:00 - 8:45 AM <i>Meds & Breakfast</i>	8:00 - 8:45 AM <i>Meds & Breakfast</i>
9:00 AM <i>Depart</i>	9:15 AM <i>Depart</i>	9:00 AM <i>Depart</i>	9:00 AM <i>Depart</i>	9:00 AM <i>Depart</i>	9:00 AM <i>Depart</i>	9:00 AM <i>Depart</i>
<p style="text-align: center;">9:15 - 10:30 AM <i>Goal Setting</i> <i>Facilitator: Kezia H, MS</i></p> <p style="text-align: center;">10:00 - 11:00 AM <i>Meditation</i> <i>Facilitator: Vanessa VanDyne</i> <i>Cert. Yoga Inst.</i></p>	9:30 - 10:30 AM <i>All Clients</i> <i>Community Meeting & Process Group</i> <i>Facilitator: John G.</i>	9:15 - 10:30 AM <i>Identify A Recovery Lifestyle</i> <i>Facilitators: Karyn H, CAC CHAP</i>	9:15 - 10:30 AM <i>Developing a Connection w/Spirituality</i> <i>Facilitators: Carl A, MS</i> <i>Rick M, MA</i> <i>Peter L, CRSS</i>	9:15 - 10:30 AM <i>Coping w/Dual Disorders</i> <i>Facilitators: Rachel S Psy</i> <i>Anne R, LMFT</i> ❖ <i>Sexuality Alana G, LCSW</i>	9:15 - 11:00 AM <i>Goal Setting</i> <i>Facilitators: Rick M MA</i> ❖ <i>Harmonic Mood Enhancement</i> <i>Facilitator: Darren C, CAP</i>	9:15 - 10:30 AM <i>Communication Skills</i> <i>Facilitator: Harry H LMHC</i> <i>Kezia H MS</i>
	10:45 - 11:45 AM <i>Medication Compliance</i> <i>Facilitator: Arlene Pena, MD</i> ❖ <i>Disease Model</i> <i>Facilitator: Rick M, MA</i>	10:45 - 11:45 AM <i>12 Step Meeting Alumni</i> ❖	10:45 - 11:45 AM <i>Spirituality & Recovery</i> <i>Facilitators: Peter L, CRSS</i> <i>Robert B, MS</i> ❖ <i>Integrated Tx of Mental Health</i> <i>Facilitator: Anne R, LMFT</i>	10:45 - 11:45 AM <i>Psycho Education & Communication</i> <i>Facilitators: Ashley V MS</i> <i>Tania T, RN</i>	11:00 - 11:15 AM <i>Acupuncture Craving Reduction</i> <i>Stress Reduction</i> <i>Facilitator: Arthur A, LAC</i>	10:45 - 11:45 AM <i>Creative Technical Movement for Mood Enhancement</i> <i>Facilitator: Kezia H MS</i> <i>Harry H, LMHC</i>
11:30 - 12:30 PM <i>Lunch</i>	12:00 - 1:00 PM <i>Lunch</i>	12:00 - 1:00 PM <i>Lunch</i>	12:00 - 1:00 PM <i>Lunch</i>	12:00 - 1:00 PM <i>Lunch</i>	12:00 - 12:45 PM <i>Lunch</i>	12:45 - 1:30 PM <i>Lunch</i>
<p style="text-align: center;">1:30 - 3:30 PM <i>Exercise Education</i> <i>Olympia Gym Recovery Staff</i></p> <p style="text-align: center;">1:30 - 3:30 PM <i>Life Skills</i> <i>Facilitator: Kezia H MS</i></p>	1:15 - 2:45 PM <i>Therapeutic Interventions Case Load</i>	1:15 - 2:15 PM <i>Self-Esteem</i> <i>Facilitators: Lisa A MS</i> <i>Alex C, LMHC</i> ❖ <i>Harmonic Mood Enhancement</i> <i>Facilitator: Ashley V MS</i>	1:15 - 2:45 PM <i>Relapse Prevention</i> <i>Facilitator: Jeri M, LMHC</i> <i>Spirituality Through Recovery Process</i> <i>Peter L, CRSS</i>	1:15 - 1:45 PM <i>Nutrition Workshop</i> <i>Facilitators: Harriett C LCSW</i> <i>SAP</i> ❖	<p>1:00 - 3:30 PM <i>Recreations Therapy</i> <i>Community Outings</i></p>	1:45 - 3:30 PM <i>Health & Wellness</i> <i>Recovery Staff</i>
	2:45 - 3:00 PM <i>Acupuncture Craving Reduction</i> <i>Facilitator: Arthur A, LAC</i>	2:30 - 3:30 PM <i>Gender Group</i> <i>Facilitator: (M) Robert B, MS</i> <i>(F)- Alana G, LCSW</i>	2:45 - 3:00 PM <i>Acupuncture Craving Reduction</i> <i>Facilitator: Arthur A, LAC</i>	2:00 - 3:15 PM <i>Breakthroughs in Recovery</i> <i>Facilitators: Jeri M, LMHC</i> <i>Alex C, LMHC</i> <i>Harmonic Mood Enhancement Carl</i>		1:45 - 3:30 PM <i>Stress Reduction</i> <i>Facilitator: Kezia H MS</i>
	3:15 - 5:00 PM <i>Wellness</i> <i>Stress Reduction</i> <i>Community Integration</i> <i>Olympia Gym Recovery Staff</i>	3:45 - 4:30 PM <i>Discharge Planning</i> <i>Facilitator: Katherine B, CAC</i> ❖ <i>Program Orientation</i> <i>Facilitator: Client Advocate</i>	3:15 - 5:00 PM <i>Wellness</i> ❖ <i>Community Resources</i> <i>Facilitator: Katherine Books, CAC</i> <i>Outside Community Support Presenters</i>	3:30 - 4:30 PM <i>Stress Reduction Group</i> <i>Facilitator: Rachel S Psy</i> ❖ <i>Anger Management</i> <i>Facilitator: Lisa A MS</i>		3:45 - 4:45 PM <i>Relapse Prevention</i> <i>Facilitator: Kezia H</i>
	4:30 - 4:45 PM <i>Acupuncture Craving Reduction</i> <i>Stress Reduction</i> <i>Facilitator: Arthur A, LAC</i>	4:30 - 4:45 PM <i>Acupuncture Craving Reduction</i> <i>Stress Reduction</i> <i>Facilitator: Arthur A, LAC</i>	4:30 - 4:45 PM <i>Acupuncture Craving Reduction</i> <i>Stress Reduction</i> <i>Facilitator: Arthur A, LAC</i>	4:30 - 4:45 PM <i>Acupuncture Craving Reduction</i> <i>Stress Reduction</i> <i>Facilitator: Arthur A, LAC</i>		
5:15 - 6:15 PM DINNER						
6:30 - 7:30 PM <i>ADL</i>	7:00 - 8:00 PM <i>12 Step Meeting Step Group at Facility</i>	6:15 PM <i>Depart</i>	7:30 PM <i>Depart</i>	7:15 PM <i>Depart</i>	7:15 PM <i>Depart</i>	7:30 - 8:30 PM <i>12 Step Meeting Step Group at Facility</i>
8:00 - 9:00 PM <i>12 Step Meeting</i>	8:15 - 9:15 PM <i>Reflections Copings Skills</i>	6:30 - 8:00 PM <i>Family Group All Therapists</i> ❖ <i>Holistic Healing Orientation</i>	8:00 - 9:00 PM <i>12 Step Meeting</i>	8:00 - 9:00 PM <i>12 Step Meeting Step Group at Facility</i>	8:30 - 9:30 PM <i>12 Step Meeting</i>	8:00 - 9:00 PM <i>12 Step Meeting Step Group at Facility</i>
9:15 - 10:00 PM <i>Reflections Coping Skills</i>	9:30 - 10:30 PM <i>Med Observation</i>	8:45 - 9:30 PM <i>Reflections Coping Skills</i>	9:30 - 9:45 PM <i>Reflections Copings Skills</i>	9:15 - 9:45 PM <i>Reflections Copings Skills</i>	9:45 - 10:15 PM <i>Reflections Copings Skills</i>	9:00 - 9:45 PM <i>Reflections Copings Skills</i>
10:00 - 10:45 PM <i>Med Observation</i>		9:45 - 10:45 PM <i>Med Observation</i>	10:00 - 10:45 PM <i>Med Observation</i>	10:00 - 10:45 PM <i>Med Observation</i>	10:15 - 11:00 PM <i>Med Observation</i>	10:00 - 10:45 PM <i>Med Observation</i>
11:30 PM Lights Out					12:00 AM Lights Out	