



IOP SCHEDULE W/SOBER LIVING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up
10::00 AM	<u>IOP STARTS</u>	<u>IOP STARTS</u>	<u>IOP STARTS</u>	<u>IOP STARTS</u>	<u>IOP STARTS</u>		Meet Van
11:00 AM	Mindfulness, Yoga, & Meditation	Radical Acceptance Therapy	Men's Issue's in early recovery	Men's Issue's Continued	DBT Skills Group	Free Time & Morning Meeting	Mandatory Sunday Adventure Day**
12:00 PM							
1:00 PM							
2:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
3:00 PM	Gym Time/Free Time or Job Assistance	Gym Time/Free Time or Job Assistance	Gym Time/Free Time or Job Assistance	Gym Time/Free Time or Job Assistance	Gym Time/Free Time or Job Assistance	Gym Time/Free Time or Job Assistance	
4:00 PM		Staff Meeting (Transportation blackout)		Grocery Shopping			
5:00 PM							
6:00 PM	12 Step Study**(mandatory)	Community Meeting** (mandatory)	DBT Skills** (mandatory)	Relapse Prevention** (mandatory)	Free Time	Free Time	Free Time
7:00 PM	Free Time	AA/NA Meeting	Free Time	Free Time		Grocery Shopping	
8:00 PM	AA/NA meeting	Deep Cleaning	AA/NA meeting	AA/NA meeting	AA/NA meeting	AA/NA meeting	AA/NA meeting
9:00 PM	Free Time		Free Time	Free Time	Free Time	Free Time	Free Time
10:00 PM	Medications	Medications	Medications	Medications	Medications	Medications	Medications
	Curfew Level 1	Curfew Level 1	Curfew Level 1	Curfew Level 1	Curfew Level 1		Curfew Level 1
11:00 PM	Curfew Level 2	Curfew Level 2	Curfew Level 2	Curfew Level 2	11PM - Curfew Level 2		Curfew Level 2
12:00 AM	Curfew Level 3	Curfew Level 3	Curfew Level 3	Curfew Level 3	11:30PM Curfew Level 3		Curfew Level 3