



## EXAMPLE/IOP SCHEDULE W/SOBER LIVING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	Wake-up/Medications	Wake-up/Medications	Wake-up/Medications	Wake-up/Medications	Wake-up/Medications	Wake-up/Medications	Wake-up/Medications
10:00 AM	Job Search Assistance	Job Search Assistance	IOP STARTS 10AM-1PM	IOP STARTS 10AM-1PM	Community Orientation & Meeting	IOP STARTS 10AM-1PM	Meet Van
11:00 AM			*Focus is on 12-step Immersion	*Focus is on Men's Issues in Early Recovery		*Focus is on DBT Skills	Mandatory Sunday Adventure Day**
12:00 PM	Work/School/Volunteer	Work/School/Volunteer	*Focus is on 12-step Immersion	*Focus is on Men's Issues in Early Recovery			
1:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
3:00 PM	Gym/Free Time	Staff Meeting - (Transportation Black Out)	Gym/Free Time	Gym/Free Time	Free Time	Grocery Shopping	Gym/Free Time
4:00 PM	Individual Counseling Appointments		Individual Counseling Appointments		Individual Counseling Appointments	Gym/Free Time	
5:00 PM			Grocery Shopping				
6:00 PM	Life Skills ** (mandatory)	Community Meeting** (mandatory)	DBT Skills** (mandatory)	Relapse Prevention** (mandatory)	Free Time	Free Time	Free Time
7:00 PM	Free Time	AA/NA Meeting	AA/NA meeting	Free Time			
8:00 PM	AA/NA meeting	Deep Cleaning /In house meeting	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
10:30 PM	Curfew Level 2	Curfew Level 2	Curfew Level 2	Curfew Level 2	11:00PM Curfew Level 2 - Friday & Saturday		Curfew Level 2
11:00 PM	Curfew Level 3	Curfew Level 3	Curfew Level 3	Curfew Level 3	11:30PM Curfew Level 3 - Friday & Saturday		Curfew Level 3