

	Zumbro	Valley	Residential	Treatment	Program	SCHEDULE	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM	Medications (by 9:00am) & Breakfast	Medications (by 9:00am) & Breakfast	Medications (by 9:00am) & Breakfast	Medications (by 9:00am) & Breakfast	Medications (by 9:00am) & Breakfast	Medications (by 10:00am) & Breakfast	Medications (by 10:00am) & Breakfast
8:30AM							
9:00AM	Check-In/ Morning Skill	Check-In/ Morning Skill	Check-In/ Morning Skill	Check-In/ Morning Skill	Check-In/ Morning Skill		
9:30AM	Towel Exchange	Unit Clean Up *Weekly Chores *Bedding Exchange	Towel Exchange	Towel Exchange	Towel Exchange		
10:00AM	CEE	Medication Management	Co-Occurring SUD Treatment	Boundaries & Relationships	Co-Occurring SUD Treatment	Check-In Towel Exchange	Check-In Towel Exchange
10:30AM						Support Group	DRA
11:00AM		Resident Shopping *Sign up required *Make list of items					Skill Development (Homework assistance)
11:30AM	Lunch @11:30am	Lunch @11:30am	Lunch @11:30am	Lunch @11:30am	Lunch @11:30am	Lunch @11:30am	Lunch @11:30am
12:00PM							
12:30PM	CBT	DBT	IM&R	Cell Phone Time (12:30PM-2:30PM)	IM&R	Relaxation and Leisure	
1:00PM							
1:30PM	Resident Council	Program Progress				Cell Phone Time (1:30-4)	Cell Phone Time (1:30-4)
2:00PM	Cell Phone Time (2-4) (Visiting Hours)	Cell Phone Time (2-4) (Visiting Hours)	Cell Phone Time (2-4) (Visiting Hours)	Integrated Wellness	Cell Phone Time (2-4) (Visiting Hours)	Cell Phone Time (1:30-4) (Visiting Hours) (2-4)	Cell Phone Time (1:30-4) (Visiting Hours) (2-4)
2:30PM							
3:00PM							
3:30PM							
4:00PM	Family Group (Optional) 4-5PM						
4:30PM	Check-In & Dinner @ 4:30pm	Check-In & Dinner @ 4:30pm	Check-In & Dinner @ 4:30pm	Check-In & Dinner @ 4:30pm	Check-In & Dinner @ 4:30pm	Check-In & Dinner @ 4:30pm	Check-In & Dinner @ 4:30pm
5:00PM						Netflix Viewing 5 PM – 10 PM	Netflix Viewing 5 PM – 10 PM
5:30PM							
6:00PM	Resident Shopping *Sign up required *Make list of items	Social Skills	Living Skills	Reflections On Recovery	Managing Emotions	Saturday Fun Night	Creative Arts
6:30PM							
7:00PM							
7:30PM	Cell Phone Time (7:30-9:30)	Cell Phone Time (7:30-9:30)	Cell Phone Time (7:30-9:30)	Cell Phone Time (7:30-9:30)	Cell Phone Time (7:30-9:30)	Cell Phone Time (7:00-9:30)	Cell Phone Time (7:00-9:30)
8:00PM							
8:30PM							
9:00PM							
9:30PM	Kitchen Closed	Kitchen Closed	Kitchen Closed	Kitchen Closed	Kitchen Closed	Kitchen Closed	Kitchen Closed
10:00PM	Curfew and Medications (by 10:00pm)	Curfew and Medications (by 10:00pm)	Curfew and Medications (by 10:00pm)	Curfew and Medications (by 10:00pm)	Curfew and Medications (by 10:00pm)	Curfew and Medications (by 10:00pm)	Curfew and Medications (by 10:00pm)
10:30PM							
11:00PM	Room/Sleep Time	Room/Sleep Time	Room/Sleep Time	Room/Sleep Time	Room/Sleep Time	Room/Sleep Time	Room/Sleep Time

* If not attending the mandatory programming (group, activity, outing, meal, check-in, etc.), residents may not be on the computer, watching TV, or on the phone.

* In order to participate, residents must be present for the start of group. Residents may be admitted, at the facilitator's discretion, up to 5 minutes after the start time. However, residents are expected to be in the group location and prepared for class at the start of group.