

SUMMIT ESTATE DAY TREATMENT PROGRAM SAMPLE SCHEDULE

Group Title	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:50 am	Meditation Morning Reflection	Meditation Morning Reflection	Meditation Morning Reflection	Meditation Morning Reflection	Meditation Morning Reflection
10:00 - 10:50 am	Weekend Review/ Process	DBT/Self- Regulation	Recovery Skills	Seeking Safety	Spirituality
11:00 - 11:50 am	Emotional Sobriety	Healthy Relationships / Codependency	Communication Skills	Triggers / High Risk Situations / Relapse Prevention	Psychotherapy / Process
12:00 - 12:50 pm	Check-In Group	Check-In Group	Check-In Group	Check-In Group	Check-In Group
1:00 - 1:50 pm	Stress Reduction	Acupuncture	Art Therapy	Life Skills	Recovery 2.0
2:00 - 2:50 pm	Addiction Education	Mindfulness Based Relapse Prevention	Yoga	ACOA / Codependency	Relapse Prevention
2:50 - 3:00PM	Check Out Group	Check Out Group	Check Out Group	Check Out Group	Check Out Group