

Media Time = Access to Phones, Tablets, Laptops. Otherwise, these items are kept safely behind the nurse's station.

Community Group = Introduction to the day to discuss staff working today, what the schedule is for the day, and to answer any questions or concerns.

Therapy Group = Run by one of our licensed therapists. Groups include topics such as family dynamics, trauma, attachment, relapse prevention, coping skills, post-acute withdrawal, family systems, and boundaries.

CD Education = Chemical Dependency Education groups are facilitated by our Chemical Dependency Counselors (masters level clinicians). Group topics include: coping skills, spirituality, community based supports, relapse prevention, and triggers and cravings.

Walk / Fresh Air = We try to go out at least once per day to go for a walk and get fresh air. Twice weekly during the walk patients are able to go to a coffee stand to get a drink if desired. Please bring cash or another form of payment if you want to participate. We also have a patio/garden area for fresh air during programming.

Spirituality / Nutrition = On a rotating basis we either have the hospital chaplain or dietician come to facilitate group. The chaplain typically covers topics related to non-denominational spirituality. The dietician speaks towards the importance of nutrition in early recovery.

Zoom AA or Guest Speaker Meetings = We are able to offer a community AA meeting via Zoom. Additionally, once weekly we have a Speaker Meeting from someone in recovery themselves, which may be virtually or in-person.

Family Education = We are excited to offer a virtual family group so that family, friends, and supports of our current patients can participate in their treatment. These groups consist of topics such as biology of addiction, family systems, medications, codependence, vulnerability, and more. If you are interested in your supports participating you will need to provide a valid email address for each person you desire to invite.

Nursing Education = Run by one of our staff nurses. Topics include nicotine cessation, sleep hygiene, stress and relaxation, and more.

Fun in Sobriety = Fun activities to do when you're sober. This group encourages recreational activities for early recovery.

Individual Assignments = One aspect of our treatment program is homework assignments. These time slots are designed to give you time to work on these assignments.

Rec Therapy = Weather dependent, our recreation therapists will take patients off site to get exercise and enjoy the outdoors. Exercise could include hiking, walking, beach volleyball, pickle ball, or Frisbee.

Peer Led AA Meeting = Patient run AA group with help of Chemical Dependency staff. We also are able to work with community-based support programs (Refuge Recovery, SMART Recovery, Celebrate Recovery).

*** Throughout the day you may also meet individually with a therapist and the psychiatric provider ***