



D.R.E.A.M.S. Treatment Services, Inc.

Brenda Smith-Williams, M.S., C.C.A.S., C.C.S., C.S.A.R.F.D.

Executive Director

DAILY ACTIVITIES SCHEDULE OF RESIDENTS

6:00 a.m. - 6:14 a.m.	Initial Wake-up call
6:15 a.m. - 6:16 a.m.	Must be Out of Bed
6:17 a.m. - 6:25 a.m.	Break
6:26 a.m. - 6:59 a.m.	Meditation, Shower, Dress, Make bed, Clean room
7:00 a.m. - 7:50 a.m.	Breakfast
7:50 a.m. - 7:59 a.m.	Preparation for lecture/group
8:00 a.m. - 9:00 a.m.	Lecture/Group
9:01 a.m. - 9:14 a.m.	Prep for Group/Lecture or Class
9:15 a.m. - 10:15 a.m.	Group Therapy
10:15 a.m. - 11:15 a.m.	Lecture
11:15 a.m. - 12:15 p.m.	Class
12:15 p.m. - 12:29 p.m.	Break, Prep for lunch
12:30 p.m. - 1:00 p.m.	Lunch
1:01 p.m. - 1:14 p.m.	Break, Prep for Group
1:15 p.m. - 2:29 p.m.	Class
2:30 p.m. - 3:30 p.m.	Gender Responsive Group Therapy
3:31 p.m. - 3:44 p.m.	Break, Prep for Lecture
3:45 p.m. - 4:45 p.m.	Lecture/ Homework Assignments Given
4:45 p.m. - 5:29 p.m.	Individual Therapy
5:29 p.m. - 5:30 p.m.	Prep for Dinner
5:30 p.m. - 6:00 p.m.	Dinner
6:01 p.m. - 6:29 p.m.	Break, Prep for Support Group Meeting, Homework
6:30 p.m. - 7:30 p.m.	NA/AA or others Support Group Meeting
7:30 p.m. - 8:00 p.m.	Homework
8:00 p.m. - 10:00 p.m.	Free Time (Meditation, Homework, Step Work, etc.)
10:00 p.m.	Lights Out

Exceptions:

Thursdays - 6:00 p.m. - 7:00 p.m.

Saturdays - 8:15 a.m. - 12:15 p.m.

1:30 p.m. - 7:30 p.m.

Sundays - 7:45 a.m. - 8:45 a.m.

1:30 p.m. - 7:30 p.m.

Family Visitation/Counseling (as deemed appropriate)

Cleaning, washing, ironing, etc.

Client services

Meditation (of choice)

Client services

BSW 8/29/07