

Bear River Health Sample Weekly Schedule

Sessions in Bold indicate mandatory recovery sessions. Sessions in italics indicate optional programs offered.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30							
7:00 AM	Breakfast: Breakfast Burrito, Fresh Fruit, Yogurt	English Muffin Sandwich, Fre	Biscuit Sandwich, Fresh Fruit	English Muffin Sandwich, Fre	Biscuit Sandwich, Fresh Fruit	Crossaint Sandwich, Yogur	Omlettes, Bacon, Fresh Fi
7:30	Medicine Distributed	Medicine Distributed	Medicine Distributed	Medicine Distributed	Medicine Distributed	Medicine Distributed	Medicine Distributed
8:00	Morning Recovery Review	Morning Recovery Review	Morning Recovery Review	Morning Recovery Review	Morning Recovery Review		
8:30						Self Care / Chores	
9:00	Self Care/Break	Self Care/Break	Self Care/Break	Self Care/Break	Self Care/Break		
9:30	Individualized Treatment Planning Workshop	Individual Therapy Session	Individualized Treatment Planning Workshop	Individualized Treatment Planning Workshop	Individualized Treatment Planning Workshop		9:00-10:30 pm Church
10:00							
10:30						Interactive Education	SELF/REC/CHORE
11	Self Care/Break	Self Care/Break	Self Care/Break	Self Care/Break	Self Care/Break		
11:30	Lunch: Mac&Cheese, Caesar Salad	Lunch: Sloppy Joe, Spinach Salad	Lunch: Chicken Quesdilla, Taco Salad	Lunch: Gyros, Greek Salad	Lunch: Chicken Sandwich, Quinoa Salad	11:45-12:30 pm Lunch: Bratwurst w/pepper&onions, SourKraut	11:45-12:30 pm Lunch: Hamburger, Garden Salad
12:00							
12:30 PM	Interactive Workshop	Interactive Workshop	Interactive Workshop	Interactive Workshop	Interactive Workshop		
1:00 PM						Self Care / Chores	Self Care / Chores
1:30 PM	Break/Medicine Distributed	Break/Medicine Distributed	Break/Medicine Distributed	Break/Medicine Distributed	Break/Medicine Distributed		
2:00 PM	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Medicine Distributed	Medicine Distributed
2:30 PM							
3:00	Break/Chores	Break/Chores	Break/Chores	Break/Chores	Break/Chores		
3:30							
4:00 PM	Life Skills (individual)	Life Skills (group)	Life Skills (group)	Life Skills (group)	Life Skills (Independent)		
4:30 PM						4:30-5:15 pm Dinner: Grilled Chicken Breast, Wild Rice, Veggie Medley	4:30-5:15 pm Dinner: Ravioli, Garlic Green Beans, Garlic bread
5:00	Dinner: Steak Stir Fry, Rice, Eggroll	Crusted Porkloin, Roasted Reds, t	Chicken Pasta Primavera, Garlic:	Tacos, Refried Beans, Spanish:	Teryaki Salmon, Rice, Stir fried Ve		
5:30	Chores	Chores	Chores	Chores	Chores		
6:00						5:15-7:00 pm Self Care / Chores	
6:30	Recovery Group (Staff Led)	Recovery Group (Staff Led)	Recovery Group (Staff Led)	Recovery Group (Staff Led)	Recovery Group (Staff Led)		
7:00 PM							
7:30 PM						7:00-9:00 pm Recreation/Recovery Meeting	
8:00 PM	Medicine Distributed	Medicine Distributed	Medicine Distributed	Medicine Distributed	Medicine Distributed		8:00-8:45 pm Self Care
8:30 PM							
9:00	Self-Care/Chores (sign up for 15 minute phone time)	Self-Care/Chores (sign up for 15 minute phone time)	Self-Care/Chores (sign up for 15 minute phone time)	Self-Care/Chores (sign up for 15 minute phone time)	Self-Care/Chores (sign up for 15 minute phone time)	7:45 pm Medicine Distributed	8:45-9:15 pm Medicine Distributed
9:30							
10:00 PM							
10:30	Lights Out	Lights Out	Lights Out	Lights Out			Lights Out
11:00							
11:30					Lights Out	Lights Out	

updated 2/13/20