

What is a typical day of treatment at Our Hope like?

Specific programming varies each week, but a sample schedule is below, followed by more detailed descriptions of some groups and activities.

Clients in the **Residential Treatment program** attend all groups and activities in the schedule. Unscheduled time may be used for completing assignments, working on chores, going on outside passes with family, friends, or sober support, or just relaxing.

Intensive Outpatient Treatment(IOP) consists of three to four-hours of programming three days per week. Most women in the IOP program attend treatment on Tuesday, Wednesday, and Friday from 8:30am until 3:00pm. However, women who are unable to attend at those times or who would like to incorporate specific groups outside of those times into their schedule may create a more individualized schedule with their primary therapist.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------------------------|--------------------------|--------------------------|------------------------------------|--------------------------|--------------------------------------|-------------------------|
| | Make your own Breakfast | Make your own Breakfast | Make your own Breakfast | Make your own Breakfast | Make your own Breakfast | Make your own Breakfast | Make your own Breakfast |
| 8:30 AM | Morning Meditation Group | Morning Meditation Group | Morning Meditation Group | Morning Meditation Group | Morning Meditation Group | Morning Meditation Group | |
| 9:00 AM | Schedule Review | Psycho-educational Group | Group Therapy | Outside 12-Step Meeting or Lecture | Group Therapy | Psycho-educational Group | Spiritual Opportunities |
| 9:30 AM | Group Therapy | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | Psycho-educational Group | |
| 11:00 AM | | | | | | | |
| 11:30 AM | Buffet Style Lunch | Buffet Style Lunch | Buffet Style Lunch | Buffet Style Lunch | Buffet Style Lunch | Acudetox or Psycho-educational Group | Make your own lunch |
| 12:00 PM | Outside 12-Step Meeting | In-House AA Meeting | Outside 12-Step Meeting | | Outside 12-Step Meeting | | |
| 12:30 PM | | | | | | | |

| | | | | | | | |
|-----------------|--------------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------------------------------|-----------------------------|---------------------------------|
| 1:00 PM | | | | Sewing/ Quilting | | | |
| 1:30 PM | Menu Planning and Grocery List | Psycho- educational Group | Psycho- educational Group | Sewing/ Quilting | Yoga | | |
| 2:00 PM | | | | | | | Psycho- educational Group |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | Psycho- educational Group | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | Family Style Dinner | Family Style Dinner | Family Style Dinner | Family Style Dinner | Family Style Dinner | Family Style Dinner | Family Style Dinner |
| 5:30 PM | | | | | | | |
| 6:00 PM | | | | | | | Psycho- educational Video |
| 6:30 PM | Community Meeting | | | | | | |
| 7:00 PM | | | | | Outside or In- House 12 Step Meeting | Outside 12- Step Meeting | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | Quiet Time | | Quiet Time | | | |
| 9:30 PM | | | | | | | |
| 10:00 PM | Check Chores | Check Chores | Check Chores | Check Chores | Check Chores | Check Chores | Check Chores |
| 10:30 PM | | | | | | | |
| 11:00 PM | Bedtime | Bedtime | Bedtime | Bedtime | | | Bedtime |

Descriptions of Groups:

Morning Meditation Group: Programming begins each day with this group in which women from the Residential and Intensive Outpatient Programs join together to center themselves and prepare for the day. Each woman takes a turn sharing how she is feeling and her goals for the day. Women then take turns reading and reflecting on meditations on a variety of topics relevant to recovery.

Group Therapy: Women process therapeutic issues and assignments related to their individual recovery and treatment goals in a group setting.

Psychoeducational groups: Women learn about and discuss a variety of topics related to recovery and healing. Topics include issues such as relapse prevention, self-esteem, healthy relationships, emotions, spirituality, and communication. These groups utilize a variety of techniques including lecture, writing, art therapy, music therapy, guided meditation, and discussion.

Yoga: A beginner's yoga class which incorporates recovery principles. More information is available at <http://www.ourhopeassociation.org/services/yoga>

Acudetox: Acupuncture Detoxification Therapy group in which women may choose to receive auricular acupuncture detoxification treatment, acupressure seeds, or sit quietly in meditation or another quiet activity. More information is available at <http://www.ourhopeassociation.org/services/acupuncture>

Spiritual Opportunities: Women are encouraged to take part in an activity or gathering that enhances their spirituality. These activities are chosen by each woman based on her own spiritual beliefs, but often include attending religious services or spiritual gatherings, reading, journaling, meditating, or attending a 12-step meeting. While women typically engage in spiritual opportunities on Sunday morning, accommodations are made when a woman's chosen spiritual activity occurs at another time.