

SUNRISE RECOVERY RANCH

30 Day Treatment schedule

Updated 2008

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00	Wake-up	6:00	Wake-up	6:00	Wake-up	6:00
		Group morning		Group morning		Group morning	
7:00	Wake up	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
	Group morning	7:00	Breakfast/Chores	7:00	Breakfast/Chores	7:00	Breakfast/Chores
	Meditation						
8:00	Breakfast						
	8:30	Exercise	8:30	Exercise	8:30	Exercise	8:30
					9:00		
9:00	Chores					9:45	Process Group A
	9:45	Process Group A	9:45	*Process Group A	9:45	Process Group	9:45
		Process Group B		Process Group B		All Clients in Grp Room	
10:00	Personal time					Process Group B	
							11:00
							Free Time
	11:00	Lecture	11:00	*Lecture	11:00	Lecture	11:00
12:00	Barbecue	12:00	Lunch	12:00	Lunch	12:00	Lunch
							12:00
							Lunch
							1:00
1:00	Free time						TV/Bed Etc Okay
							1:00
							Free Time
	1:15	Step Process Group	1:15	Step Process Group	1:15	Big Book Study	1:15
							Step Process Group
							1:15
							Free Time/Outing
							SCL-90R
	2:30	TASK Group	2:30	TASK Group	2:30	TASK Group	2:30
4:00		4:00	Personal Study Time	4:00	Aftercare Planning	4:00	Personal Study Time
							4:00
							Free Time
5:00	Dinner (BBQ)	5:00	Dinner	5:00	Dinner	5:00	Dinner
		6:00	Free Time	6:00	Free Time	6:00	Free Time
							6:00
							Free Time
6:30	Outside A.A. Mtg						
	7:00	Outside A.A. Meeting	7:00	A.A. Meeting	7:00	Outside A.A.	7:00
				In House W/Guest		Meeting	
				Speaker			
				8:15		8:45	
9:30	Return From Mtg	9:30	Free time/Meds	9:30	Free Time/Meds	9:30	Free Time/Meds
	& Meds						9:30
							Return from Mtg
							& Meds
							10:00
							Return -Meds
10:30	Lights Out	10:30	Lights Out	10:30	Lights Out	10:30	Lights Out
							11:00
							Lights Out
							11:00
							Lights Out

*Free Time To Be Used for: COUNSELING, STEPWORK, AND JOURNALING.

Week 1 Lecture: Denial/Defense/Impact

Week 2 Lecture: Anger Management

Week 3 Lecture: Relapse Prevention

Week 4 Lecture: Spirituality