DAILY SCHEDULE

Skyland Trail

All Skyland Trail clients come to the Health and Education Center on our main campus for psychiatric services and therapy sessions. We offer more than 100 group therapy sessions each week, including therapeutic, educational and adjunctive group sessions. Clients receive a weekly schedule of individual and group sessions designed to help them achieve their recovery goals. Each client has a one-on-one session with a psychiatrist and an individual session with his or her primary counselor at least once each week, or more if needed.

Residential clients participate in treatment activities from 9:00 a.m. to 3:00 p.m.; Day Treatment clients participate from 10:00 a.m. to 4:00 p.m.; and Intensive Outpatient clients participate from 11:00 a.m. to 3:00 p.m.

Sample Residential Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9 am • Meditation • Exercise	**9 am** • Meditation • Exercise	**9 am** • Verbal Check-In • Exercise	**9 am** • Meditation • Exercise	**9 am** • Verbal Check-In • Exercise
10 am • Nature therapy • Return to School (vocational) • DBT Skills • Yoga	**10 am** • Product Art • Support Group • Acts of Service	**10 am** • Music therapy • Reality Testing • Life Skills • Leisure Skills	**10 am** • Woodshop • Humanitarians • Stages of Change • Weight Training	**10 am** • Ceramic Studio • Accepting Professionalism • Finding Balance
11 am • Volleyball • Anxiety Mgmt • Anger & Acceptance • Work Adjustment • NABA Meeting	**11 am** • Product Art • New Client Orientation • Co-Dependence • CBT for Addiction • CRT (referral only)	**11 am** • Community Meeting	**11 am** • Woodshop • Healthy Cooking • Spirituality • Self-Esteem • CBT for 12-Steps • CRT (referral only)	**11 am** • Ceramic Studio • Healthy Relationships • Nature therapy • Work Adjustment • 12-Step Study
12-1 Lunch	**12-1** Lunch	**12-1** Lunch	**12-1** Lunch	**12-1** Lunch
1 pm • Depression, Insight & Recovery • ACT on Recovery • Creative Expression	**1 pm** • CBT Workshop • Spirituality • Relapse Prevention	**1 pm** • Dual Recovery • Social Assertiveness • Mindfulness	**1 pm** • Process Art • Family Empowerment • Exploring 12 Steps	**1 pm** • DBT Skills • Team Sports
2 pm **Core Group** (Based on Recovery Community: DBT, CBT, Dual Diagnosis, Young Adult, Social Integration)	**2 pm** **Core Group** (Based on Recovery Community: DBT, CBT, Dual Diagnosis, Young Adult, Social Integration)	**2 pm** **Core Group** (Based on Recovery Community: DBT, CBT, Dual Diagnosis, Young Adult, Social Integration)	**2 pm** **Core Group** (Based on Recovery Community: DBT, CBT, Dual Diagnosis, Young Adult, Social Integration)	**2 pm** **Core Group** (Based on Recovery Community: DBT, CBT, Dual Diagnosis, Young Adult, Social Integration)