

# PHASE I

## DESCRIPTION AND SAMPLE SCHEDULE

The GRR provides recovering individuals with a multi-phase curriculum.

Phase I, the Intensive Program, was designed for the newly recovering individual who, having completed an inpatient treatment program, requires a full-time, supervised, structured intensive aftercare schedule while making the initial adjustments from a confined environment to a less restricted, real world setting.

The thrust of this structured program is to help the recovering addict take an interest in life after addiction. The day is full of monitored activities which are designed to supplement the newly recovering individual's knowledge of various recovery issues which include relapse prevention and spirituality. The focus of the curriculum includes helping the newly recovering individual implement healthy living patterns, to:

- Reduce and gradually cope with stress;
- Incorporate into and bond with his/her local 12 Step Community;
- Benefit from 3 regularly scheduled, nutritious, balanced meals;
- Establish healthy daily exercise and relaxation patterns;
- Take part in individual, group and family counseling; and
- Develop the initial spiritual aspects of recovery.

12 Step Meetings	Blue
Meditation	Orange
Exercise	Tan
Spiritual Growth Group	Green
Recreational Activity	Red
Housekeeping Activity	Purple
Optional Religious Service	Yellow

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 a.m.	12: Early Risers	12: Early Risers	12: Early Risers		12: Early Risers		
8 a.m.	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation
9:30 a.m.	Gym/ Bridge	Gym/ Bridge	Gym/ Bridge	Gym/ Bridge	Gym/ Bridge		Religious Service
10 a.m.						Activity: House Cleaning	
12 p.m.	12: ODAAT	Lunch	12: ODAAT	12: ODAAT	12: ODAAT	12: Newport Club	Activity: Beach
1 p.m.	Lunch	Activity: Study/Laundry		Lunch Mall		Lunch	Lunch
2 p.m.	Harry 2 - 4 p.m.		Michael 2 - 4 p.m.	Activity: Retail Therapy	Michael 2 - 4 p.m.	Activity: Bowling	Visit
3 p.m.							
4 p.m.							
5 p.m.				Dinner	Dinner	Dinner at Home	12: Club Sebastian
6 p.m.	Dinner	Dinner	Dinner	12: Hibiscus	Movie at Home		
7 p.m.		12: Holy Cross			12: Young People's		
8 p.m.			Activity: Movie			12: Hanley Hall	

Color code represents activities

Detailed Meal Menu and Grocery List; Outside Appointments and Weekly Plans (activity selection) due Monday Noon

Please refer to posted rotating chore schedule

Workshops: Big Book, Steps, Relapse Prevention, Under the Influence, Passages and other recovery topics.

"12" is abbreviation for 12 Step Meeting