

## 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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	Breakfast	12: Yeas & Neas	Breakfast	Breakfast	Breakfast		
9	Group	Breakfast	Group		Group		
10	Therapy/ Workshop		Therapy/ Workshop	Individual Therapy	Therapy/ Workshop		
11							12: Men's Home
12	Sit Down Lunch	Sit Down Lunch	12: Christ Church	Lunch Out	Sit Down Lunch	12: Women's	Lunch
1				Walk in OT			
2	Errands	Cultural Activity	Outdoor Activity	Errands	Recovery Book	Outdoor Activity	Visitation/ Activity
3	Errands	Cultural Activity	Outdoor Activity	Errands	Club	Outdoor Activity	
4	Exercise			Exercise	Exercise		
5		Exercise	Exercise				Dinner
6	12: Attorney			Dinner		Dinner	
7	Dinner Out	Dinner	Dinner		Dinner		Entertainment
8:30	12: Caduceus			12: In House Big Book	12: Immanuel	12: Ffx Hospital	

#### Color code represents monitor on duty

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

## PHASE II DESCRIPTION AND SAMPLE SCHEDULE

Phase II was designed for the chemically dependent person who, after successful completion of the Intensive Program, is ready to continue to do whatever it takes to make his or her recovery the “Number One Priority.” An individual appropriate for this Phase has reached a stage in recovery that permits him/her to return to work on a part-time, and ultimately full-time basis during the day.

The resident’s day begins un-monitored with meditation, breakfast and light exercise before leaving for work. After a full day at work, the resident joins in a variety of monitored activities with emphasis on: attendance at and participation in AA/NA, exercise, regularly scheduled balanced dining, relaxation, stress reduction, sobriety enrichment reading, and meditation. A staff member remains on duty throughout the night.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>7</b>		Wake up,	Prayer and	Meditation,	Make Bed		
			Shower, Vitamins,	Personal	Hygiene		
<b>8</b>		Prepare own	Breakfast, Self-	Improvement	Tasks		
<b>9</b>							
		Group and	Individual Therapy	Coordinated with	Out-Patient	Facilities	
		Meaningful	work, study or	other	constructive	activity	
<b>5</b>							
<b>6</b>	Exercise	Exercise	Exercise	Exercise	Exercise		
<b>7</b>	Dinner	Dinner	Dinner	Dinner	Dinner		
<b>8</b>	Step	Big Book	Speaker	Discussion	Discussion	Discussion	Speaker
<b>9</b>	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
<b>10</b>			Shower,	Relax,	Phone Sponsor		
<b>11</b>			Inventory, Journal	Prayer and	Meditation		
<b>12</b>							

## PHASE III DESCRIPTION AND SAMPLE SCHEDULE

Phase III provides residents firmly grounded in their recovery with a clean, comfortable and safe unstructured environment. Residents may select double or single room occupancy. The facilities are fully furnished and all utilities are provided.

Phase III is designed to help residents remain accountable and connected to the recovery community while implementing their balanced sober living aftercare contract. Residents are functional; they are able to:

1. keep their private areas presentable at all times and work with their house mates to maintain common areas in the same condition;
2. have daily contact with a staff member at previously determined daily 12-Step meetings (denoted by red in the chart below;)
3. participate in work or other meaningful activity approximately 30 hours per week (denoted by the yellow blocks in the chart below;)
4. honor any other stipulations to which they agreed in their aftercare contract at the time of admission.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8							
9							
10							
11							
12			12: Christ Meth				
1							
2							
3							
4							
5							
6				12: Hibiscus			
7		12: Holy Cross			12: 58 <sup>th</sup> Ave.	12: Alcohope	12: St H
8	12: Hibiscus						
9							
10							
11							
12							