



### Casa Bella Integrative Residential Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM Wake Up	7:00AM Wake Up	7:00AM Wake Up	7:00AM Wake Up	7:00AM Wake Up	8:00AM Wake Up	9:00AM Wake Up
Breakfast, Meds, Chores	Breakfast, Meds, Chores	Breakfast, Meds, Chores	Breakfast, Meds, Chores	Breakfast, Meds, Chores	Breakfast, Meds, Chores	Breakfast, Meds, Chores
8:30AM Goals & Intentions	8:30AM Goals & Intentions	8:30AM Goals & Intentions	8:30AM Goals & Intentions	8:30AM Acupuncture	8:45AM Goals & Intentions	9:45AM Goals & Intentions
9:00AM Meditation/Contrast Therapy	9:00AM Yoga	9:00AM Rock to Recovery	9:00AM Somatic Experiencing	9:30AM Mindfulness	Recovery Support Meeting	10:00AM Double Scrub
11:00AM Family Dynamics	11:00AM Process Group	11:00AM Fitness	11:00AM Yoga	11:00AM Fitness	Outing: pottery, beach, museum, movies, etc	Grocery Store/Farmers Market
1:00PM Lunch	1:00PM Lunch	1:00PM Lunch	1:00PM Lunch	1:00PM Lunch	1:00PM Lunch	1:00PM Lunch
3:00PM DBT Group	2:00PM Creative Expressions	2:00PM Art Therapy	2:00PM Nutrition	2:00PM DBT Group	1:00PM - 4:00PM Pass, Visiting	1:00PM - 4:00PM Pass, Visiting
FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
5:30PM Dinner	5:30PM Dinner	5:30PM Dinner	5:30PM Dinner	5:30PM Dinner	5:30PM Dinner	5:30PM Dinner
Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting
9:00PM Evening Reflections	9:00PM Evening Reflections	9:00PM Evening Reflections	9:00PM Evening Reflections	9:00PM Evening Reflections	9:00PM Evening Reflections	9:00PM Evening Reflections
11:00PM Lights Out	11:00PM Lights Out	11:00PM Lights Out	11:00PM Lights Out	12:00AM Lights Out	12:00AM Lights Out	11:00PM Lights Out

Individual Sessions (per week): 2x Primary (including trauma), 1x Family, 1x Dietician, 1x Psychiatry, 2x DBT + Coaching, 1x Somatic Experiencing, 1-2x Case Management, 1x DBT Parent Coaching



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2x DBT + Coaching, 1x Somatic Experiencing, 1-2x Case Management, 1x DBT Parent Coaching