



THE ARK

Granite Hollow Schedule

Monday

9:00 to 1:00 PM Clinical Staff Meeting
 10:00 to 11:30 AM Community Service (ALLEN / TAD)
 12:00 to 12:45 PM Lunch / Medications
 1:00 to 2:00 PM Education Group (AMY)
 2:30 to 4:00 PM Mental Health Therapy (AARON)
 4:00 To 5:00 PM Assignments / Free Time
 5:00 to 5:30 PM Dinner
 5:30 to 7:30 PM Self Esteem & Thinking Errors (STEVE)
 8:00 to 9:00 PM Co-Dependency Group (JEFF S.)
 9:00 PM Medications
 10:30 PM Lights out **Psych Tech: Jeff S.**

Tuesday

10:00 to 11:30 AM Gender Specific Women's Group (AMY)
 10:00 to 11:30 AM Gender Specific Men's Group (AARON)
 12:00 to 12:45 PM Lunch / Medications
 1:00 to 2:30 PM Mental Health Therapy (GLORIA)
 3:00 to 4:30 PM Steps & Autobiographies (STEVE)
 5:00 to 6:00 PM Dinner
 6:00 to 7:00 PM Mental Health Therapy (AARON)
 7:30 to 9:00 PM LDS 12 Step Mtg. (In-house @ Draper Ark Facility)
 9:00 PM Medications
 10:30 PM Lights out **Psych Tech:**

Wednesday

10:00 to 11:30 AM Equine Assisted Psychotherapy (JEREMY/GLORIA)
 11:30 to 12:00 PM Assignments / Free Time
 12:00 to 12:45 PM Lunch / Medications
 1:00 to 2:30 PM Sexual Health (AARON)
 3:00 to 4:30 PM Education – Life Skills (LAURA)
 5:00 to 5:30 PM Dinner
 6:00 to 8:00 PM Education / Mental Health Group (AMY)
 7:00 to 8:30 PM **Family Support** (Meet at Outpatient Center in Draper)
 (Megan 1ST & 3rd and Cathy 2nd, 4th and 5th weeks)
 9:00 PM Medications
 10:30 PM Lights out **Psych Tech: Lara J.**

Thursday

9:30 to 10:30 AM Education - Relationships (LAURA)
 11:30 to 12:00 PM Clinical Staff - Update Meeting
 11:30 to 12:30 PM Lunch / Medications
 12:30 PM Leave Ark for Family Therapy @ Draper Ark Facility
 1:00 to 2:00 PM Family Update (Clients, Families & Counselors)
 2:00 to 3:30 PM Family Education (CLINICAL TEAM)
 3:30 to 4:30 PM Family Process (CLINICAL TEAM)
 4:30 to 5:30 PM Dinner (W/OUT FAMILIES)
 5:30 to 7:30 PM **Family Therapy Group** (GLORIA)
 9:00 PM Medications
 10:30 PM Lights out **Psych Tech:**

Friday

9:30 to 10:00 AM House Government Meeting (STEVE)
 10:00 to 11:00 AM Spirituality (STEVE)
 12:00 to 12:45 PM Lunch / Medications
 1:00 to 2:30 PM Mental Health Therapy (AARON)
 3:00 to 4:30 PM Creative Art & Crafts (CATHY)
 5:00 to 6:00 PM Dinner
 6:00 to 9:00 PM Recreation Group (STAFF)
 9:30 PM Medications
 10:30 PM Lights out **Psych Tech: Weekend Varies**

Saturday

10:00 to 2:30 PM Visiting Hours (1 ½ hour visits) (By Approval)
 12:00 to 1:00 PM Lunch / Medications
 3:00 to 4:30 PM
 5:00 to 6:00 PM Dinner
 7:00 to 8:00 PM AA Speaker Meeting (In-house)
 9:00 PM Medications
 10:30 PM Lights out **Psych Tech: Weekend Varies**

Sunday

9:00 to Noon Free Time
 12:00 to 1:00 PM Lunch / Medications
 1:00 to 4:00 PM Visiting Hours (1 ½ hour visits) (By Approval)
 3:00 to 4:30 PM Media Group
 5:00 to 6:00 PM Dinner
 7:30 to 8:30 PM AA Meeting (In-house @ Draper Ark Facility)
 9:30 PM Medications
 10:30 PM Lights out **Psych Tech: Weekend Varies**

Morning Schedule (each day is the same)

7:00 AM Wake up, make beds, Medications
 7:30 AM Exercise (Mon thru Fri) (AMY)
 8:00 AM Breakfast
 8:30 AM Showers & Chores
 10:00 PM Curfew – In Rooms
 10-30PM Lights Out

Revised – December 27, 2010

NOTE: The Ark reserves the right to modify this schedule at any time.