

## SELAH HOUSE ADULT PARTIAL HOSPITALIZATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	Weights/Meds/Vitals						
7:30 am							
8:00 am	Breakfast						
8:30 am							
9:00 am	Process	Acceptance & Commitment Therapy	DBT Skills	Bead It! Group	Body Image Group	Mindfulness	Goals
9:30 am						Self-Compassion	
10:00 am						Guided Journal	
10:30 am	Snack	Snack	Snack	Snack	Snack	Snack	Snack
11:00 am	Meal Planning	Chapel	Selah Group	Cooking Group	Community Meeting	Client Led Skills/Topic	In House Church
11:30 am							
12:00 pm	Lunch						
12:30 pm							
1:00 pm	Family Group	Connections Relationships & Needs	Recovery & Relapse Prevention	Nutrition	Outing	Free Time Or Visiting	Free Time Or Visiting
1:30 pm							
2:00 pm							
2:30 pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:00 pm	Break	Break	Break	Break	Break	Free Time Or Visiting	Free Time Or Visiting
3:30 pm							
4:00 pm	Resistance	Experiential	Body Awareness	Resistance	Worship	Free Time Or Visiting	Free Time Or Visiting
4:30 pm							
5:00 pm	Dinner						
5:30 pm							
6:00pm	Evening Check-In						