



IDT Schedule

	Monday	RM	Tuesday	RM	Wednesday	RM	Thursday	RM	Friday	RM
10:00	Daily Self Discovery	7	Daily Self Discovery	7	Daily Self Discovery	7	Daily Self Discovery	7	Daily Self Discovery	7
10:30	Journaling/ Creative Expression	7	Health and Wellness	7	Journaling/ Creative Expression	7	Journaling/ Creative Expression	7	Journaling/ Creative Expression	7
11:00	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR
11:15	Creative Arts	7	Recognizing and Responding to Relapse	7	Basic Living Skills	7	Partnering with your treatment team	7	General Education	7
12:15	LUNCH	CR	LUNCH	CR	LUNCH	CR	LUNCH	CR	LUNCH	CR
12:45	WRAP	7	Team Solutions for Illness Management and Recovery	7	Process Group	7	Leisure Skills	7	Social and Communication Skills	2/CR
1:45	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR
2:00	Getting the Best Results from Your Medications	7	Using Community Resources	7	Health and Wellness	7	Conflict Resolution	7	Achieving Your Life Goals	7
2:30	Check Out	7	Check Out	7	Check Out	7	Check Out	7	Check Out	7