

ITEMS TO BRING TO ADMISSION DAY:

Please allow 1-2 hours for the admission process. There will be additional paperwork to fill out once you arrive at WINGS.

If you are going to be late (more than 20 minutes)– You must call WINGS immediately and let us know. We may need to reschedule your intake.

If we suspect that your child is under the influence upon arrival, WINGS will immediately do a UA, if the UA comes back positive, your intake may not happen. You will either need to take your child home or take them to a detox facility and reschedule your intake for another time.

**Please use the
following address for
GPS-
63113 260th St.
Litchfield, MN 55355**

PRIVACY NOTICE

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ITEMS TO BRING TO ADMISSION DAY:

What you will need to admission Day:

INSURANCE

Please bring ALL Insurance cards and prescription cards. NOTE: If your child is covered by more than ONE insurance policy, it is YOUR responsibility to provide WINGS with ALL insurance policy information that your child is covered under.

ACTIVITY FEE

\$50 for Activity fee – This is NON-REFUNDABLE – We cannot accept checks, money orders or credit/debit cards. You must bring cash.

RESIDENT DAMAGE DEPOSIT

All Wings residents will be required to provide a \$50 security deposit. Wings reserves the right to seize this deposit to cover the cost of property damage, beyond normal wear and tear, caused by the resident. Should the resident cause damage to property exceeding the value of the security deposit, Wings reserves the right to draw from the client's personal expense account up to the dollar value of the repair. Exiting residents will have any unused security deposit or personal expense money returned to them upon Wings' review confirming no additional damage requiring payment was caused by the resident.

MONEY

If you wish to leave money for your child, please do not leave more than \$100 for their account. There are no vending machines in our facility. Wing staff will do the shopping for clients at Walmart.

Please do not send a check or money order as we are unable to cash them.

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CLOTHING:

- Please bring 10-12 days of clothing for your child, along with a good pair of gym shoes, swim trunks/swimsuit.
- Please bring weather appropriate clothing. If your child is at WINGS during the winter month, please be sure your child has a winter jacket, boots, hat, and mittens. Your child will be going outdoors!
- Clients will be allowed 2 additional inventories of no more than 10 items. Once a client has exceeded two additional inventories, client will not be allowed any additional items to be brought in
- Any clothing that you child brings in and our staff feels are inappropriate, will be sent home or packed in their suitcase until discharge.
- Any jeans that have holes above the knee can only be worn if there are leggings underneath.
- Clients are not allowed to have any jewelry during their stay at WINGS. If your child has piercings, they will need either remove them or use rubber/plastic stoppers or retainers. Refusal to follow could result in your child being denied admission.
- Clients are not allowed to bring personal blankets, pillows, stuffed animals, etc.
- Clients are allowed to bring 10 make up items. Mirrors must be removed from Cosmetic compacts.
- Please bring personal hygiene items used daily. Ex. Shampoo, deodorant, toothbrush/paste.
- Clients are allowed hair dryers, curling iron/flat irons etc.

If your child is coming to WINGS from another facility or has no personal hygiene with them at the time of admission, WINGS will provide trial samples to the client until you can provide them with items needed.

WINGS will provide all bedding, laundry facility and detergent.

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SCHOOLING

Schooling is provided by MAWSECO (Meeker and Wright Special Education Coop). Request for school records must be made directly to the MASWECO teacher.

School records are not the property of WINGS nor do we have access to them. Please request them by calling 320-593-0440 ext. 23

BELONGINGS

Wings discourages sharing of clothing, shoes, hats, jackets, etc. unfortunately clients often choose to do it anyway.

If your child decides to “share” their belongings, we will make every effort to stop it. **WINGS IS NOT responsible** for items shared with other clients.

WINGS highly encourage you to remind your child not to share items while at WINGS and to leave expensive clothes, shoes, hats, etc. at home.

LEAVING THE FACILITY AGAINST STAFF ADVICE:

If your child would decide to leave the facility against staff advice, the Litchfield Police will be called, and you will be notified by the WINGS staff immediately. Re-entry to the Wings program will be made by their counselor and our clinical team.

If your child is discharged, their belongings will be gathered by the staff and packed for you to pick up. If your child has shared his/her clothing with other clients, **WINGS IS NOT RESPONSIBLE** if those items do not get returned with your child's belongings.

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If your child needs to leave the facility for court, we will need a copy from the court stating they must attend the hearing in person. Most court appearances are done via Zoom.

If the client needs to leave for other appointments, please contact their counselor as those appointments will need to be approved with their counselor prior to the day of the appointment.

Transportation is your responsibility. WINGS will not transport to court or other appointments.

When a client leaves the facility for court or other appointments, the client will go directly from WINGS to the appointment.

A parent, guardian, social worker, Probation officer or an individual approved by WINGS Administration must always accompany you.

Once your appointment is over, you will immediately return to the WINGS facility.

There is no stopping at home, restaurant, grandma/grandpas, shopping center, etc. If the client needs to eat, please use a drive thru.

Clients will be UA'd before they leave the facility and when they return.

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WINGS Adolescent Treatment Center

IMPORTANT!!!!!!

The following pages are Admission forms and should be filled out and return at least 3 days prior to admission.

All forms must be filled out COMPLETELY!

Absolutely no fields are to be left blank. If a field does not apply to your child/client, please put N/A in that field.

If you cannot answer a question, please put "do not have enough information"

Example:

Probation Officer:	N/A			County	N/A
Address	N/A		Email:	N/A	
Cell phone (If available) #	N/A	Work #	N/A	FAX #	N/A
Social Worker	Jane Doe			County	SW County
Address	12345 1st Street, Anytown, MN		Email:	worker@email.com	
Cell phone (If available) #	123-84-0000	Work #	123-45-678	FAX #	987-65-4321

Once these forms have been signed and returned to WINGS, we cannot modify them. If fields are left blank or unchecked, Wings will return the packet to you, and you will have to start over.

If you have any questions while filling these forms out, please call WINGS and ask for guidance. 320-593-0440 x10.

Parent Approved caller list/Visitor list – These are two separate forms, please do not combine them and use as a continuation of the other. If an individual is approved for calling and visiting, they must be listed on BOTH sheets.

Visitors and Phone calls are limited to IMMEDIATE family members only (ex. Parents, brothers, sisters, grandparents, aunts, and uncles).

We do not allow phone calls to significant others of client.

Senior Director	Wylie Boehmlehner	X 11	Wingspd@Wingsats.com
Financial Director	Mary Lou Rolfe	X10	info@Wingsats.com
Clinical Supervisor	Kailly Bonnet	X 20	K.Bonnett@wingsats.com
Intake Counselor/Insurance Utilization	ReAnna Litzau	320-295-9996	Wingsintake@wingsats.com
Administrative Assistant/Insurance Utilization	Wendy Sparks	320-699-1101	W.Sparks@Wingsats.com
Residential Director	Kortney Haaf	X 21	K.Haaf@Wingsats.com
Residential Manager	Zoey Marks	X13	Z.Marks@Wingsats.com
Female Counselor	Leah Beighley	X 15	L.Beighley@Wingsats.com
Male Counselor	Abigail Orsburne	X 24	A.Orsburne@Wingsats.com
Resource Coordinator	Kim Olsen	X 14	K.Olsen@wingsats.com
Nursing	Amie Vetsch RN	X 19	A.Vetsch@wingats.com
Nursing	Andrea Olmscheid	X19	A.Olmscheid@wingsats.com
School MAWSWCO	Karla Rick	X 23	krick@mawseco.k12.mn.us

WINGS TREATMENT RULES FOR RESIDENTS

1) Client Safety Rules

- a. Clients are to follow staff direction and redirection at all times.
- b. Clients are not allowed to threaten or engage in violent acts towards themselves or others.
- c. Clients are not allowed to possess weapons of any kind.
- d. Clients are not allowed to leave wings property unattended and/ or without wings staff approval.
- e. Wings reserves the right to restrict harmful objects including but not limited to sharp objects and objects with potential to be utilized for strangulation. If these objects are restricted, these restrictions will be reflected in the clients file and be reviewed no less than weekly.
- f. Clients are not allowed to possess any object that could be deconstructed to make a weapon/ object capable of inflicting harm to self or others.
- g. Clients are not allowed to sleep in any place other than their room.
- h. Rule violations with the potential to compromise client safety may result in the use of Time-Out procedure.

2) Respect Expectations

- a. Approach staff and peers with kindness, care, and compassion.
- b. Malicious, derogatory, slanderous, lewd, or sexual in nature statements about others are prohibited.
- c. Swearing is prohibited.
- d. All nicknames not approved by the clinical team are prohibited.

3) Treatment Engagement

- a. All residents are required to attend school unless otherwise identified on their treatment plan.
- b. All residents are required to attend therapeutic activities (assessment, group, lecture, individual sessions, and recreational activities)

4) Personal & Program Property Rules

- a. Residents are not allowed to use pens, or mechanical pencils. Residents can use #2 pencil. (Metal tip/ eraser must be removed)
- b. No leaning back on the chairs. All four legs must be on the floor at all times. Chairs are to be sat on, no lying on or draping yourself on the tables or chairs. Feet are to be on the floors not on the chairs or table. Floor cushions on floor only.
- c. No marking on, misuse, or abuse of Wings property.
- d. No sharing of clothes, shoes or any personal items allowed. Personal property should be stored in the individual's room or bin.
- e. Markers can only be checked in and out from the med room and cannot be in rooms overnight.
- f. Stress/coping skills balls are not to be thrown or bounced on the walls.
- g. Blankets are not allowed out of the bedrooms until after reflection or during family time on Sunday. Blankets are never allowed outside of the gender specific living quarters.
- h. Personal blankets, bedding, pillows and stuffed animals are not allowed. Personal towels are allowed
- i. All items brought in by parents/family/external care team staff must be inventoried and approved by staff. Residents are allowed only two additional inventories during their stay.
 - i. All additional inventory exceeding allowed amount must be approved by the clinical team.
- j. Clients are not allowed to tamper with window and building alarm system.

5) Boundaries

- a. No physical contact of ANY kind is allowed. Residents need to be 2 feet apart at all times.
- b. Residents sit gender separate at all times.
- c. Clients of opposite genders are to abide by gender boundary rules including prohibited entry into the opposing genders wing or living quarters, assess to areas with opposing genders that are not sufficiently supervised by Wings staff, note passing, and any communication that is sexual in nature.
- d. Wings reserves the right to place clients on a peer restriction plan which may include proximity restriction, communication restrictions, and other restrictions outlined in individual safety plans. These restrictions could be authorized by Wings clinical staff upon review of client's boundaries and safety needs. These restrictions would be reflected in the client file. This intervention is to be utilized as a temporary intervention and reviewed for possible maintenance or removal no less than weekly.
- e. Clients cannot share blankets at any time.

6) Recovery Support Rules

- a. Illicit drugs, alcohol, or any other non-prescribed mood-altering substances are prohibited.
 - i. Rx medications are to be taken only as directed by Wings medical staff.
- b. No glorifying use, misbehavior, illegal activities.
- c. No gang or drug related conversations, writings or drawings allowed.
- d. All clients must provide a drug screen (UA) no less often than every 2 weeks.
 - i. A refusal to provide drug screen within 2 hours of request will be seen as equivalent to a positive/failed screen
 - ii. Specific UA times within the 2-week window will be selected at random

7) Room Expectations

- a. Client's bed must be made daily.
- b. Clients must their clothes away in the closet or dresser drawers.
- c. Clients must put dirty laundry in basket.
- d. Clients may have pictures on the wall.
 - i. These pictures must be of family, pets, created in treatment programming, or be approved by clinical team.
- e. Client room walls must be free of makeup and/ or graffiti.
- f. Clients are not allowed to open their bedroom window with the exception of emergency situations.
- g. Clients are not allowed in any bedroom not assigned to them.
- h. Clients are not allowed to occupy the entry way space into another peers bedroom for more than 5 seconds.
- i. Clients are not allowed to full shut or lock their bedroom door during quiet or choice time.

8) Area Restrictions

- a. Only one person is allowed in the bathroom at one time, including during chores.
- b. Residents are NOT allowed to go into any other resident's room, even if you have their permission. Likewise, do not allow anyone into your room.
- c. Residents are not allowed to congregate or socialize in the wing hallways or near bedroom entrances.
- d. Residents have no reason to be in the dining room except for meals, snacks and groups
- e. Bedrooms will be locked from 8am-8pm. Please place items you will need for the day outside your door or in your bins.

9) Dress Code

- a. No jewelry, earrings, gages, face piercing, belly, tongues, rings, watches, necklaces, and bracelets. All piercings must be removed. Clients can use plastic/ rubber stoppers or retainers where piercings might close.
- b. Appropriate attire must be always worn. Display of breasts, bra straps, backs, belly, buttocks, or boxers is prohibited.
- c. Tank tops are not allowed outside of the gender specific living quarters without it being fully covered by another shirt.
- d. Clothing portraying gang representation, drugs, alcohol, sex, or violence are prohibited
- e. House coats/ robes, short shorts, and tank tops used for sleeping are not allowed out of the wings.
- f. Excessively form-fitting close in which outlines of body parts are displayed are prohibited.
- g. No bobby pins or barrettes
- h. Shoes must be worn at all times outside of the gender specific living area.

10) Food Rules

- a. NO sharing of snacks, or meals. Also, no snack, food, candy or beverages can be kept in your room
- b. No food or beverage of any kind is to be brought into the facility

11) Medication Rules

- a. All medications will be administered in pudding or apple sauce.
- b. Clients must submit to a mouth check upon ingestion of medications.

12) Hygiene Rules

- a. Using tweezers, and the shaving of only the legs, arms, arm pits and faces are only allowed on Wednesday evenings and always under staff supervision. Residents are never given their shaver bag.
- b. Clients are allowed shampoo, deodorant, toothbrush/paste, razors (stored in a secure area), cologne, perfume, makeup (10 item limit), hair dryers, curling iron/flat irons.
 - i. All hygiene products inventoried into the facility must be previously unused/ unopened.
 - ii. Use of razors will be at clinical team discretion and eyes on monitored any time in use.
 - iii. Mirrors must be removed from Cosmetic compacts.
- c. Any hygiene product containing alcohol must be stored in the med room.
- d. Any aerosol product must be stored in med room.
- e. Any hygiene tool with the potential to cause harm to self and others must be stored in the med room (curling irons, flat irons, anything else hot or sharp).

13) Misc./ General Conduct

- a. Clients must ask staff to leave the wing and dining room during meals/snack, quiet time, study hall, wing time, free time, and groups.
- b. Chalk art on outdoor sidewalks must not contain images or language contrary to Wings values of sobriety, integrity, inclusivity, acceptance, respect for others, encouragement, positivity, community, decency, wholesomeness, and kindness to others.
 - i. Chalk art is only allowed on the sidewalk east of the Wings building.
- c. Painting in gender specific living quarters is allowed upon staff approval. Guidelines for this activity include:
 - i. Clients must pick up and return supplies to designated areas.
 - ii. Clients must clean up and paint splatter or items with wet paint.
 - iii. Clients must have paper towel or other items underneath paint canvas to protect against unintended items becoming painted on.
 1. Clients may not paint on carpeted areas or yoga mats without protective items to safeguard carpet or yoga mats.
- d. Clients' radio volume should not exceed a level that could be heard from another client's bedroom.

14) Activities Guidelines

- a. **Client Breaks**
 - i. All client breaks are at staff discretion.
 - ii. Client break spaces and break duration must be approved by staff.
 - iii. All client breaks from group activities should take place in the gender specific wing area. Client breaks in gender neutral common areas are not permitted during group times.
- b. **Shift Wrap**
 - i. Clients may not protest or argue with tech staff during shift wrap discussion. All grievances regarding discrepancies in interpretation must be addressed with counseling staff during regular counseling hours
- c. **Van Rules**
 - i. All clients must wear seat belts at all times.
 - ii. Only level 4 clients are eligible to sit in the front passenger seat if a level 4 client exists within the group
 1. If there is no level 4 client, a level 3 client may ride in the front seat.
 - iii. Only the staff or front seat passenger can select the music.
 1. Volume level is always at staff discretion.
- d. **Board & Card Games**
 - i. Card games, board games, etc., are played in the wings only, except for groups or recreations.
 - ii. Clients cannot gamble on any game.
 - iii. Clients are responsible to putting away game upon completion.
- e. **Self-Care Time**
 - i. Self-care activities should be done individually and not with the assistance of the client's peers.
 - ii. Self-care activities should take place in the client's room, with exceptions for activities that require direct eyes on staff supervision.
 - iii. Clients self-care times will be one hour in duration, but specified activities can only be utilized for half hour increments.
 - iv. Meditation music and essential oil diffusers should be utilized in the wing area during this time.
 - v. Bedroom doors should remain open during this time to provide for adequate staff supervision.
 - vi. Clients are not permitted to nap, play games with peers, socialize with peers, or do homework during this time.
 - vii. Clients are allowed to read books during this time if paired with an approved self-care activity.
 - viii. Clients will have access to the tools and resources in the DBT Coping Skills Toolbox during this time.
 - ix. Approved self-care activities include:
 1. Bath/Shower (maximum ½ hour in duration)
 2. Foot Soaking (direct eyes and ears staff supervision required)
 3. Independent Exercise
 4. Yoga
 5. Face Masks
 6. Hair Masks
 7. Painting Nails (level 2 and above only, direct eyes and ears staff supervision required)

8. Meditation
9. Journaling
10. Crocheting
11. Bracelet Making
12. Sudoku/ Crossword Puzzles/ Seek n Finds
13. Coloring
14. Painting ((direct eyes and ears staff supervision required) Origami
15. Doing Hair/ Makeup (maximum ½ hour in duration)

f. Bonfires

- i. Bonfires will be on Fridays from 6:00pm to 6:50pm and 7:00pm- 7:50pm
- ii. Bonfires will be weather permitting, if weather does not permit clients will have in-house recreation (Disqualifying weather includes rain, temperatures below 50 degrees, temperatures above 95 degrees, sustained winds above 12 mph, snow, lightning)
- iii. Clients are to have gender separate fires
- iv. Music for the bonfire will be selected from a pre-approved selection
 1. The music from the preapproved selection will be chosen by the peer leaders or level 4 clients
 2. Music is played on the tablet for both genders
 3. This tablet should be connected to the Bluetooth speaker
 4. The Bluetooth speaker should remain on the table between the bonfires
- v. Clients are limited to one candy bar per bonfire event
- vi. No balls of any kind while fire is going
- vii. Coloring, drawing, and reading will all be permitted during bonfire
- viii. Approved client instruments will be allowed for level 2 and up clients

15) Recreation Rules

- a. Clients are to wear appropriate footwear during all athletic activities (No sandals, slides, or bare feet when playing basketball, kickball, or on playground equipment).
 - i. Clients are allowed to be bare footed during sand volleyball.
- b. Clients cannot adjust the height of the basketball hoop.
- c. No intentional touch is allowed during any sports activity.

16) Phone/ Zoom Call Rules

- a. Call times
 - i. Male calls
 1. Sunday: 11:00am to 1:15pm and 8:50pm to 9:20pm (Two 10-minute calls or one 20-minute call)
 2. Tuesday 6:00pm to 6:50pm and 8:25pm to 8:50pm (One 10-minute call) (Zoom visit optional in place of the 10-minute phone call)
 3. Thursday 6:00pm to 10:00pm (Two 10-minute calls or one 20-minute call)
 4. Saturday 1:35pm to 2:25pm and 9:20pm to 10:00pm (One 10-minute call)
 - ii. Female Calls
 1. Sunday: 1:45pm to 4:15pm and 8:50pm to 9:20pm (Two 10-minute calls or one 20-minute call)
 2. Tuesday 7:00pm to 8:25pm (One 10-minute call) (Zoom visit optional in place of the 10-minute phone call)
 3. Wednesday 6:00pm to 10:00pm (Two 10-minute calls or one 20-minute call)
 4. Saturday 3:00pm to 3:45pm and 9:20pm to 10:00pm (One 10-minute call)
- b. Calls cannot be banked and used on a later day
- c. Calls are only made to the numbers on the approved caller list.
- d. Clients can only speak to the people listed as approved callers.
- e. Client may add one guardian approved non-family member to their call list upon achieving level 4. This person can only be called once per week. The initial call must be supervised by a counselor/therapist. The counselor must then authorize continued calls. This authorization is a one-time authorization, withstanding throughout the clients stay unless revoked by the client's counselor or guardian. The client can only call this person on weeks where they have maintained their level 4.
- f. The level 4 non-family member call can only be placed on Wednesday or Thursday night. This call in a maximum of 10-minutes in duration.
- g. No voicemails are left.

- h. Staff must have visual on the clients with the phone or Zoom chat at all times. If calls are not going well, yelling, loud arguments, etc. the call can be stopped.
- i. Zoom calls are to take place in the dining room or in the wing under direct staff supervision.
- j. Zoom video chats must occur in a semi-private setting in which the only potential visible images captured by the Zoom camera would be of the client involved in the visit or the staff supervising the activity. This is to protect the privacy of the other clients.
- k. Once a phone or Zoom video chat has been initiated, clients are not allowed touch the computer or keypad on the phone.

17) Family Visitation Rules

- a. Visitation opportunities will be provided in 45-minute windows (outdoor) or 30-minute visits (indoor) and must be scheduled in advance
 - i. Please arrive 10 minutes prior to your scheduled visitation time in order to complete a brief health questionnaire and safety check
- b. Female client family visitation will be offered on Sundays within the 11:00am to 1:30pm window
 - i. Specific individual female visitation windows include the following:
 - 1. 11:00am to 11:45am
 - 2. 11:50am to 12:35pm
 - 3. 12:40pm to 1:25pm
- c. Male client family visitation will be offered on Sundays within the 2:00pm to 4:30pm window
 - i. Specific individual male visitation windows include the following:
 - 1. 2:00pm to 2:45pm
 - 2. 2:50pm to 3:35pm
 - 3. 3:40pm to 4:25pm
- d. Family members must maintain 6 feet of distance between them and their loved ones throughout the visit.
 - i. Any violation of this rule may result in suspension of in-person visitation, increased health and safety protocol for the resident, or temporary removal of the resident until health and safety can be assured.
- e. No handbags or purses.
- f. No cell phones or other electronic devices.
- g. No smoking on Wings property.
- h. Visitation will be limited to a 4 family members maximum for outdoor visits and 3 members maximum for indoor visits.
 - 1. Special requests for variances to the maximum will be considered on a case-by-case basis and must be approved by Wings Administrative team 5 days prior to the scheduled visit
 - ii. All indoor visitors would be required to mask or present evidence of covid-19 vaccination
 - iii. All indoor visitors must complete a brief health screen questionnaire

18) TV/Music/Amazon Prime Rules

- a. **Movies**
 - i. Movies will be selected by no more than 3 level 3 or level 4 client of each gender
 - ii. The above clients will select 3 movies per gender
 - iii. Movies will be selected between 6pm and 7pm on Friday evenings
 - iv. Unrated, Rated R, and NC-17 rated movies are prohibited
 - v. Pay per view movies are also prohibited
 - vi. All prohibited videos will be locked with a passcode, clients should never know this passcode
 - vii. Firestick remotes are to be operated by staff only. Clients are not allowed to touch the Firestick remotes
- b. **TV**
 - i. TV can be watched in the mornings and evening to watch the news ONLY. Special programs like the Vikings games or other special events need to be approved by the Program Director.
- c. **Music**
 - i. Clients will have access to approved music stations and/or approved music playlists only
 - ii. Each gender's peer leader or most senior level 4 will select from the approved music for bonfire and morning music times
 - iii. Approved music stations and/or approved music playlist is allowed during:
 - 1. Mondays & Tuesdays (7:10am-7:20am)
 - 2. Saturdays, and Sundays in the AM between completion of morning meeting and the next scheduled activity.

- a. Morning music will be at staff discretion and prohibited should full participation in morning meeting not occur.
 - 3. Saturdays from 12:40pm-1:30pm (Level 3 & 4 girls only)
 - 4. Saturdays from 3:00pm-3:45pm (Level 3 & 4 boys only)
 - 5. During bonfire time
- iv. Instrumental/ sounds of nature music is allowed during:
 - 1. Arts & crafts activities
 - 2. Meditation
 - 3. Study hall
 - 4. Wing time (9:30pm-10:00pm)
- v. Meditation/ sounds of nature/ instrumental music as well as background visual images are allowed and encouraged to be played during away hours in the gender specific living areas.

19) Study Hall Rules

- a. Study Hall is done gender separate.
 - i. Sun-Fri study hall takes place in GSLA
 - ii. Sat study hall occurs in the dining room and is designated specifically for level 1s and 2s.
- b. Study hall starts when all are sitting, they have their work, and they are quiet.
- c. Time can be added if residents are being disruptive or disrespectful and excessive talking.
- d. Tuesday & Thursday Study Hall are treatment plan homework packet specific only. Full client engagement and staff review of progress is required to receive participation point
- e. Residents can do session/treatment work, write letters, reading personal or therapeutically assigned book, AA/NA books in all other study halls.
- f. Unless it is part of their treatment there is no talking, crafts, magazine reading, making bracelets, playing games or cards. There are also no blankets, pillow, or sleeping

20) Quiet Time Rules

- a. Clients are to remain in their room during this time, which exceptions for bathroom use or planned individual sessions
- b. Doors are to be kept open.
- c. Residents are to be quiet. Clients are prohibited from talking with roommates, playing games, or hack.
- d. No doing laundry, no items from the med room examples, make-up, hair straightener, blow dryers, or candy. Exception for PRNs
- e. Med room requests are prohibited during this time except for needed mediations.
- f. This time is for personal time to read, write letters or just relax and reflect on yourself.

21) Choice Time Rules (Room Time/ Gender Specific Living Quarters Free Time Rules)

- a. Clients may choose either room time or in gender specific living area free time during the time on schedule labeled choice time.
 - i. Clients may be disqualified from choosing room time should the client incur a room related rules violation
- b. Clients choosing room time:
 - i. Clients must remain in their own room during this time.
 - 1. Exceptions include using the restroom, making a staff request, or in an emergency.
 - ii. Clients cannot deviate from their choice of room or gender specific free time once choice is made.
 - iii. Doors are not to be shut or locked during this time.
 - iv. Clients are allowed during this time to talk to roommates or play games.
 - v. Med room requests are prohibited during this time except for needed mediations.
 - vi. Clients must exit their room upon completion of choice time.
- c. Clients choosing gender specific living quarters free time:
 - i. Clients must remain in the gender specific living area and cannot enter or reside near the door of another clients' room.
 - ii. Clients may play games, read, interact with others in the living areas during this time.

22) Meditation Rules

- a. Clients are to be engaged in an intentional meditation practice (laying on the couch, attempting to sleep, reading a book, engaging in craft activities, and/or socializing with others in prohibited).
- b. Approved meditation practices include:
 - i. DBT taught meditations
 - 1. Inversion meditation

2. Seated stress reduction meditation
3. Mindfulness meditation
 - a. Gaining present moment awareness
 - b. Being aware of the thoughts that enter mind (paying close attention to thoughts of judgment or comparison)
 - c. Cultivating positive thought and emotions
- ii. Guided meditation from approved meditation book (staff should read and assist in guiding)
- iii. Guided meditation from Amazon Fire stick
- iv. Coloring meditation (approved pictures, only one color, colored pencils only)
- v. Writing meditations- staff can briefly review the clients' written content to assure compliance with expectations.
 1. Safe Place- Ct identifies a safe place where only they can go. Client should describe all that their 5 senses pick up when imagining themselves in this space- one page minimum.
 2. Gratitude- Ct will identify one thing they are grateful for that usually goes unnoticed- one page minimum.
- vi. Outdoor mindful walking meditation (walk in complete silence and with 6 ft of space between clients, notice what all 5 senses pick up- one at a time for 5 minutes each.)

23) Independent Reading Rules

- a. Only counselor approved personal growth and development books are to be read during this time.
 - i. A list of approved books will be located in the med room.
- b. Clients must spend 2/3rds of the time reading and 1/3 of the time in discussion with peers.
- c. All clients must share at least one relevant lesson taken from their book with their peers.

24) Swimming- Rules

- a. Clients are to be dressed appropriately
 - i. Males must wear swim trunks
 - ii. Females must wear swim shorts to cover their groin area and top that covers chest area sufficiently
 - iii. The over-shirt or tops cannot be white
 - iv. Clients should bring warm clothes to wear over their swimming attire upon completion of pool use and during the transition back to the Wings facility
- b. Clients should all enter the pool area as a group and with staff. Supervision when first arriving is very important. We will change into and out of bathing suits at the Wings facility and not in the pool changing area.
 - i. Clients may not access ashtray area, computer area, coffee/ tea, and pens/desk area
 - ii. Clients are to stay on rug behind staff when checking in at the front desk
- c. Clients are to abide by appropriate boundaries
 - i. No touching one another
 - ii. No sharing confidential information/ speaking about treatment matters while in public
 - iii. Clients may not interact with outside patrons
- d. Clients need to bring Wings' towels as SureStay will assess an extra fee for use of hotel towels
- e. Clients may have access to the hot tub
 - i. There is a 15-minute maximum time limit
 - ii. No more than 3 clients are allowed in the hot tub at any one time
 - iii. Clients are to remain an appropriate distance from one another (Arm's length)
- f. Clients can bring balls, pool appropriate toys, and floating devices to the pool
 - i. Frisbees are prohibited
- g. Clients are prohibited from diving, running, or forcefully splashing others
- h. All clients not swimming must sit at the designated Wings table assigned by the staff member
 - i. Only one table will be used for this purpose
- i. Staff members primary objective is supervision of clients
 - i. Staff should not participate in pool or hot tub activities
- j. Staff should be within sight and sound of all clients, with clients utilizing the restroom being the only exception
 - i. If clients need to use the restroom they can, but must go one at a time
 - ii. Staff should check restrooms for personal belongings, items that may cause harm, anything out of the ordinary, and aerosol cans. Staff should remove these items prior to client use.
- k. Clients should pick up after themselves upon their time at the pool

- l. One client will be randomly selected for a full search upon arrival back to the Wings facility.

25) Anytime Fitness Rules

- a. Clients should all enter the gym as a group and with staff. Supervision when first arriving is very important. We will use the cubbies and bench in very front area by the chalk wall and merchandise area.
- b. Clients should NEVER be on tile area by front door or cubbies except when entering building and changing shoes.
- c. Staff put all client belongings (sweatshirts, jackets, etc..) in cubbies. The cubbies in the front near the chalk board wall are for our use. Along with padded bench near merchandise wall. Clients are NEVER allowed to access cubbies.
- d. Please be sure to keep all belongings together and stack shoes neatly.
- e. Clients must wear appropriate clothing (shorts, sweatpants, t-shirts, etc. NO jeans, boots, or sandals). If clients have more than one pair of shoes. They should wear a pair to the gym and a separate pair should be brought along to change into at the gym.
- f. Clients should not interact with patrons.
- g. Check restrooms for personal belongings, anything out of the ordinary, and aerosol cans. Temporarily remove these items before allowing a client to access the restroom.
- h. Staff can demonstrate how to use a machine or lift, but staff do not work out with clients.
- i. Clients are NEVER allowed to lift more than their body weight in free weights.
- j. Client MUST be able to do 8 reps (or more) at any weight. If they cannot demonstrate this, it is too heavy.
- k. All machines MUST be used appropriately. Clients should not use a machine that they are unaware how to use.
- l. All equipment is wiped down after each use.
- m. Clients are NEVER allowed to weigh themselves.
- n. Clients can watch TV at the gym but try to keep it as appropriate as possible.
- o. Clients can NEVER change the channel or volume on wall TVs.
- p. Clients can only access the classroom at the gym if all clients are in the classroom together. Clients should not do workout videos that require the use of other gym equipment (barstrong channel or kettle power.)
- q. Punching bag is NEVER allowed.
- r. Tanning or access to tanning room is NEVER allowed.

26) Client Discharge Rules

- a. Clients leaving successfully will receive a goodbye group and a handmade quilt provided to them at admission
 - i. Clients are permitted to allow clients within their primary peer group to write recovery appropriate messages and sign quilt during the client's goodbye group. Clients within the secondary peer group are not permitted to sign quilt.
 - ii. Clients are prohibited from writing profane, derogatory, or gang language on quilts.
- b. Clients leaving conditionally or with a max benefit status will be considered on a case-by-case basis for quilt signing and goodbye group
- c. All clients discharging from Wings will receive a goodbye message book from tech staff
- d. All discharging clients must submit to a drug screen (UA) and return negative results within one week of discharge. Failure to do so will disqualify the client from receiving successful discharge status.

27) Time Out and Restraint Rules

- a. Wings may utilize time-out procedures in situations warranting the need to separate clients from general population. Time out should only be utilized if all other less restrictive alternatives have been exhausted. Time outs will take place in the up-front lobby area.
- b. Wings does not utilize holds or restrains

Weekly Client Review

Rules and Safety:

- Accepts redirection
- Engages in prosocial behavior
- Provides predictability by making an effort to follow rules
- Willing to be honest about behaviors

Peer / Support:

- Kind, caring, and compassionate to others
- Willing to work through differences
- Provides helpful feedback
- Consistent boundaries

Language:

- Make an effort to avoid profanity and threatening language
- Keep topics and comments treatment appropriate

Participation:

- Makes an effort to participate in groups, lectures, recreation, school and chores
- Willingness to cooperate with the requirements of programming
- Asks for help in times of need
- Utilizes skills learned in treatment

Bedroom:

- Meets the room check criteria

Clients enter the program as Level 1 and are eligible to level up at their first levels meeting if they have enough points to do so.

Clients can only move up one lever per week, however, clients can drop multiple levels at one time.

A Success Plan will result in a drop to level 1. Clients may work towards a level increase after the level drop. Clients will also be placed on a Ten-Minute Watch

The weekly points total will determine the client's level. Points can be "earned back" and added to the weekly total through Documented Positive Behaviors. There is no limit to the amount of points a client can earn back. Each qualifying behavior earns a client one point back and will be applied at the end of the week. Both positive behaviors and inappropriate behaviors will be documented to support the point's sheet. Behaviors will be reviewed at the end of each shift during shift wrap. Should clients wish to contest the validity of the shift wrap report, this must be done with their counselor and not during the shift wrap event.

A level 4 requires a client to maintain level 3 for 2 consecutive weeks, complete the Level 4 assignment/packet, and achieve 2 documented positives in addition to reaching the point total threshold, otherwise client remains on Level 3. Levels 1-3 do not require documented positives.

Levels

Level 1

- Clients can play pool during non-therapeutic recreation
- Can play the Wii or PS4 on Sundays (Girls 12:15pm-1:15pm, Boys 3:15pm-4:15pm)

Level 2

- Client is eligible for shopping, roommate and hair cut request
- Personal instrument use (3) times a week after reflections
- Client can use pool table during free time
- Can play the Wii on Sundays during family visits if they have no family visiting
- Eligible to have a radio in room
- Can paint nails during self-care time- under direct eyes and ears staff supervision
- Eligible for late evening choice time (9:30pm-10pm)

Level 3

- Client has all the privileges of Level 2
- Client is eligible to use the Wii during weekend free time/wing time
- Clients can use the Wii on Saturdays from 10:00pm to 11:00pm (Females- Fri, Males- Sat)
- Clients can use the PS4 on Saturdays from 10:00pm to 11:00pm (Males- Fri, Females- Sat)
- Clients can use the PS4 on Saturdays during day free time
- Client can sit in the front seat of the van if no level 4
- Client is eligible to select weekend movies if there is no level 4
- Eligible to select music in mornings if there is no level 4
- Clients can access the premium self-care items
- Clients can access their room upon request during non-therapeutic GSLA activities
- Able to participate in co-ed Thursday group
- Client can stay up until 11:00pm on Friday and Saturday

Level 4

- Client has all the privileges of Level 1, 2, and 3.
- Client can stay up until 12:00 on Friday and Saturday.
- Clients can play PS4 from 10:00pm to 12:00am (Males- Fri, Females- Sat)
- Clients can use the Wii on Saturdays from 10:00pm to 12:00am (Females- Fri, Males- Sat)
- Client can select the music during eligible times.
- Client is eligible for Saturday night outing, (fast food, night at the lake/park, walks, pizza, and pool, animal shelter, bon fire, movie, bowling, local events, etc.
- Client may add one guardian approved non-family member to their call list. This person can only be called once per week. The initial call must be supervised by a counselor/therapist. The counselor must then authorize continued calls. This authorization is a one-time authorization and withstanding throughout the clients stay. Subsequent calls to this non-family member are only allowed during a female's Wednesday evening calls or a male's Thursday evening calls. The client can only call this person on weeks where they have maintained their level 4.

Client Phase System

Phase 1: Engagement, Awareness, and Skill Building- To phase out of this level you must accomplish the requirements at each color. A point is earned by attending and participating in activities identified on the schedule as “phase activities”. A client must also achieve level 2 behavioral status at least once in the phase to move to phase 2. To complete this phase, a phase one assignment bundle must also be completed and shared with the client’s peer group.

- Red- Earn 15 phase points plus phase 1 red assignment
- Yellow- Earn 15 phase points plus phase 1 yellow assignment
- Green- Earn 10 phase points plus phase 1 green assignment

Phase 2: Healing Damage, Developing Identity, Utilizing Skills, and Initiating the Development of a Transition Plan- To phase out of this level you must earn 30 phase points. You must achieve level 3 behavioral status at least once in the phase to move to phase 3. Clients must write amends letters to those whom they have caused chaos, wreckage, pain, or suffering to. Clients must complete at least 1 family letters and process this to move into phase 3. Clients must demonstrate practical use of at least 2 DBT skills within this phase to phase up. To complete this phase, a phase two assignment bundle must also be completed and shared with the client’s peer group.

Phase 3: Preparing of Discharge, Giving Back, and Demonstrating the Principles of Recovery- To complete the 3rd and final stage a client must achieve 30 phase points, agree to a completed transition plan, complete, and share a relapse prevention plan, demonstrate mastery of 2 individually chosen DBT skills, and complete the phase 3 letter writing assignment.

- **Phase points in all levels can be earned for adequate participation in therapeutic group and lectures.** Activities that will count 2 phase points include DBT skills education and co-ed give-back group. All other phase point activities will count 1 point. For more clarity on activities qualifying for phase points, refer to the client schedule.
- **A client must achieve a total of 100 phase points to graduate the program successfully.** There is an average of 8 phase points available each week for clients with a behavioral level of 1-2. There is a total of 10 phase points available each week for behavioral levels 3 and 4 clients. All clients start at behavioral level 1 and can move to behavioral level 3 with 2 full weeks with qualifying behavior. If a client moves up the behavioral level system as quickly as possible and attends all phase point qualifying activities, a client would be eligible to successfully discharge in 11 weeks. If a client does not reach behavioral level 3, the earliest a client could successfully discharge would be 12.5 weeks.
- **Canceled phase point activities:** Should a phase point activity be cancelled due to facilitator absence, all clients scheduled to attend the activity will be given an assignment to be completed and submitted by the following week’s phase point activity. If this assignment is completed and submitted, the client will receive the phase point for the activity missed due to facilitator absence.
- **Phase points accumulation pause:** Clients will be subject to a phase points accumulation pause for qualifying misbehaviors. Should a client be subject to a points accumulation pause, that pause will last one week or until completion of the assignment provided by the client’s counselor in response to the behavior, whichever is longer. During this phase pause, the client is required to attend all phase point activities. Each phase point missed during the points accumulation pause will result in an extension of one day for each phase point missed. **Misbehaviors that would qualify for a mandatory phase point pause include:**
 - **Client absconding (running) from the program**
 - **Client violence**
 - **Client non-compliant with time-out protocol**

Phone & Zoom Calls

Phone calls are made during scheduled times during the day which include:

- **Male calls**
 - **Sunday: 11:00am to 1:15pm and 8:50pm to 9:20pm (Two 10-minute calls or one 20-minute call)**
 - **Tuesday 6:00pm to 6:50pm and 8:25pm to 8:50pm (One 10-minute call) (Zoom visit optional in place of the 10-minute phone call)**
 - **Thursday 6:00pm to 10:00pm (Two 10-minute calls or one 20-minute call)**
 - **Saturday 1:35pm to 2:25pm and 9:20pm to 10:00pm (One 10-minute call)**

- **Female calls**
 - **Sunday: 1:45pm to 4:15pm and 8:50pm to 9:20pm (Two 10-minute calls or one 20-minute call)**
 - **Tuesday 7:00pm to 8:25pm (One 10-minute call) (Zoom visit optional in place of the 10-minute phone call)**
 - **Wednesday 6:00pm to 10:00pm (Two 10-minute calls or one 20-minute call)**
 - **Saturday 3:00pm to 3:45pm and 9:20pm to 10:00pm (One 10-minute call)**

Zoom calls are to take place in the dining room or in the wing under direct staff supervision.

Zoom video chats must occur in a semi-private setting in which the only potential visible images captured by the Zoom camera would be of the client involved in the visit or the staff supervising the activity. This is to protect the privacy of the other clients.

If calls are not completed, calls cannot be banked for a different day.

No voicemails are left.

Staff must have visual on the clients with the phone or Zoom chat at all times. If calls are not going well, yelling, loud arguments, etc. the call can be stopped.

Once a phone or Zoom video chat has been initiated, clients are not allowed touch the computer or keypad on the phone.

Boys- Monday Evening 4:00pm-12:00am

2:10-4:55	DBT Skills Education (Break between 4:00pm-4:15pm)	
4:50-5:20	Boys Super Clean	
5:20-5:40	Boys Supper	
5:40-6:20	Boys Super Clean	
6:20-7:10	Ind Reading (Gender Separate in GSLA)/ Speaker- in Dining Room (2 nd Mon.)	
7:20-8:10	Boys Therapeutic Rec- Anytime Fitness (2 nd , 3 rd , & 5 th Mondays) Yoga w/ Kateri (1 st & 4 th Mondays) *	
8:15-8:45	Boys Study Hall/ Meds	
8:50-9:20	Boys Super Snack	
9:20-9:35	Evening Meeting/ Unlock Rooms	
9:35-10:00	Choice Time/ Shower Time (Level 2-4) *	Room Time/Shower Time (Level 1)
10:00	Bedtime	
10:30	Lights Out	

Boys- Tuesday Evening 4:00pm-12:00am

3:40-4:05	Boys (A) Outside Time/GSLA Time	Boys (B) Quiet Time
4:05-4:30	Boys (A) Quiet Time	Boys (B) Outside Time/GSLAFT
4:30-5:20	Boys RN Lecture */Quiet Time	
5:20-5:40	Boys Supper	
5:40-6:00	Boys Chores	
6:00-6:45	Boys Phone/Zoom Calls/ Rec Mentor Group	
6:55-7:55	Boys Therapeutic Rec- Swimming (Level 2-4) *	In-house exercise video (Level 1) *
8:00-8:30	Boys Study Hall */ Meds/ Phone/Zoom Calls	
8:30-9:00	Boys Snack	
9:05-9:30	Evening Meeting/Phone Calls/Unlock Rooms	
9:30-10:00	Choice Time/ Shower Time (Level 2-4) *	Room Time/Shower Time (Level 1)
10:00	Bedtime	
10:30	Lights Out	

Boys- Wednesday Evening 4:00pm-12:00am

3:40-4:05	Boys (A) Outside Time/GSLA Time	Boys (B) Quiet Time
4:05-4:30	Boys (A) Quiet Time	Boys (B) Outside Time/GSLA Time
4:30-5:20	Boys Fitness and Nutrition Education (Anna) *	
5:20-5:40	Boys Supper	
5:40-6:00	Boys Chores	
6:00-6:30	Boys (A) GSLAFT	Boys (B) Quiet Time/Shower Time
6:30-7:00	Boys (A) Quiet Time/ Shower Time	Boys (B) GSLAFT
7:00-7:50	Anytime Fitness *	
8:00-8:30	Boys Study Hall */ Meds	
8:30-9:00	Boys Snack	
9:05-9:30	Evening Meeting/Phone Calls/Unlock Rooms	
9:30-10:00	Choice Time/ Shower Time (Level 2-4) *	Room Time/ Shower Time (Level 1)
10:00	Bedtime	
10:30	Lights Out	

Boys- Thursday Evening 4:00pm-12:00am

3:00-5:00	Tech Staff Meeting	
3:40-4:25	Boys Quiet Time	
4:30-5:20	Boys Lecture (Leah/Kim) *	
5:20-5:40	Boys Supper	
5:40-6:00	Boys Chores	
6:00-10:00	Boys Phone Calls / Boys Shaving	
6:00-6:40	Boys (A) Self Care/Shaving	Boys (B) Game Night in Dining Room
6:40-7:20	Boys (A) Game Night in Dining Room	Boys (B) Self Care/ Shaving
7:20-8:10	Boys Rec Mentor Group (Kristie)	
8:10-8:40	Boys Study Hall * / Meds/ Phone Calls	
8:40-9:10	Boys Snack	
9:15-9:30	Evening Meeting/Phone Calls/Unlock Rooms	
9:30-10:00	Choice Time/ Shower Time (Level 2-4)	Room Time/Shower Time (Level 1)
10:00	Bedtime	
10:30	Lights Out	

Boys- Friday Evening 4:00pm-12:00am

4:00-4:35	Boys (A) Quiet Time and Shower	Boys (B) Outside Time
4:40-5:15	Boys (A) Outside Time	Boys (B) Quiet Time and Shower
5:20-5:40	Boys Supper	
5:40-6:00	Boys Chores	
6:40-7:30	Boys Anytime Fitness *	
7:30-8:15	Boys Game Night in Dining Room	

Late Spring, Summer, & Fall (5/1- 10/31)

8:15-9:15 Boys Bonfire & Snack

Winter & Early Spring (11/1- 4/30)

8:15-9:15	Boys Video Games in GSLA
9:15-9:45	Boys Study Hall * / Meds/ Phone/Zoom Calls
9:45-10:00	Evening Meeting/Phone Calls/Unlock Rooms
10:00	Bedtime
10:30	Lights Out

Boys- Saturday 8-4/ Saturday 4-12

8:20-8:50	Boys Morning Meeting & Meds- Music allowed after full participation in meeting
8:50-9:20	Boys Breakfast
9:20 am	Rooms Lock
9:20-10:10	Boys Crafts *
10:10-11:00	Boys Living Skills Education w/ RSS
11:00-11:30	Boys (A) TV Time/ Video Games Boys (B) Outside Time
11:25-5:00	Phone Calls (all clients get 10 min call)
11:30-12:00	Boys Lunch
12:00-12:30	Boys (A) Outside Time Boys (B) TV Time/ Video Games
12:35-1:25	Boys Anytime Fitness
1:30-2:00	Boys Therapy Dogs (2 nd Saturday of month only)
1:30-2:00	Boys Study Hall in dining room (1s &2s), Music in wing (3s & 4s)
2:00-2:55	Self Care Saturday!
2:00-2:15	Med Room Access
3:00-3:20	Boys Snack (No med room access)
3:20-4:10	Boys Rec (Outside if weather permits- Please see approved therapeutic rec activities) *
4:15-5:15	Boys Independent Reading & Ct Led Group Discussion
5:20-5:40	Boys Supper
5:40-6:00	Boys Chores
6:00-6:45	Boys (A) Pool & Med Room Access Boys (B) Quiet Time
6:50-7:35	Boys (A) Quiet Time Boys (B) Pool & Med Room Access
7:40-8:00	Boys Snack
8:00-8:45	Boys Outside Time
8:50-9:10	Boys Study Hall & Meds
9:10-9:25	Evening Meeting/ Unlock Rooms / Phone Calls (if not completed earlier)
9:25-10:00	Choice Time (Level 2-4)* Room Time (Level 1) Phone Calls (If not completed earlier) *
10:00	Bedtime
10:30	Lights Out

- All clients receive one 10-minute call on Saturdays
- Group fitness coaching available at Anytime Fitness the 3rd Saturday of the month (Sept-May only)

- Level 4's outing is done on Friday or Saturday night

- Level 3's can stay up until 11:00pm on Saturday night- Boys have access to Wii, Girls have access to PS4 *

- Level 4's can stay up until 12:00am on Saturday night *

Boys- Sunday 8-4/ Sunday 4-12

8:15-8:45	Boys Morning Meeting- Music allowed after full participation in meeting
8:40 am	Rooms Lock
8:45-9:30	Boys Meds
9:30-10:00	Boys (A) Yoga * Boys (B) Outside Time
10:00-10:30	Boys (A) Outside Time Boys (B) Yoga *
10:30-11:00	Boys Brunch
11:00-1:15	Boys Group Movie & Discussion- Phone Calls
1:15-1:45	Boys (A) Ind Reading & Ct Led Discussion Boys (B) Quiet Time
1:45-2:00	Boys Snack
2:00-4:25	Boys Family Visits (40 minutes each)
2:00-3:10	Boys (A) Self Care/ Virtual Church (Optional)/Video Game Boys (B) Games in Dining Room
3:10-4:20	Boys (A) Games in Dining Room Boys (B) Self Care/Virtual Church (Optional)/Video Games
4:30-5:00	Boys (A) Quiet Time Boys (B) Ind Reading & Ct Led Discussion
6:00-6:30	Gender 1 GSLAFT/ Phone Calls
6:30	Gender 1 Leave for Dassel (Alt weekly)
7:00-8:00	Gender 1 NA Meeting in Dassel
8:30-8:50	Gender 1 Snack
8:50-9:20	Gender 1 Study Hall & Meds
9:20-9:40	Gender 1 Evening Meeting/ Unlock Rooms / Phone Calls (if not completed earlier)
9:40-10:00	Gender 1 Choice Time (Level 2-4)* Room Time (Level 1) Phone Calls (If not completed earlier)
6:00-6:55	Gender 2 In house NA meeting in dining room (Alt weekly)
7:00-8:00	Gender 2 Outside Time or Free Time (Billiards allowed)
8:00-8:20	Gender 2 Snack
8:20-8:50	Gender 2 Study Hall & Meds
8:50-9:10	Gender 2 Evening Meeting/ Unlock Rooms / Phone Calls (if not completed earlier)
9:10-10:00	Gender 2 Choice Time (Level 2-4)* Room Time (Level 1) Phone Calls (If not completed earlier)
10:00	Bedtime (both genders)
10:30	Lights Out

- All therapeutic recreation will be highlighted in *
- Individual Recovery Mentoring available *
- Individual Physical Fitness & Nutrition Coaching available *
- Level 3s and 4s have access to personal instruments (acoustic only) *
- Level 3s & 4s have access to the PS4 *
- All clients have access to the PS4 *
- Treatment plan homework packet specific study hall *
- Clients allowed to watch non-group movies *
- Phase point eligible *

All clients receive one 20-minute call or two 10-minute calls Sunday.

Girls- Monday Evenings 4:00pm-12:00am

2:05-4:50	DBT Skills Education (Break between 3:45pm-4:00pm)
4:45-5:00	GSLAFT
5:00-5:20	Girls Supper
5:20-6:10	Girls Super Clean
6:20-7:10	Girls Therapeutic Rec- Anytime Fitness (2 nd , 3 rd , & 5 th Mon) Yoga w/ Kateri (1 st & 4 th Mon) *
7:15-8:10	Ind Reading (Gender Separate in GSLA)/ Speaker- in Dining Room (2 nd Mon.)
8:10-8:40	Girls Super Snack
8:45-9:15	Girls Study Hall / Meds
9:20-9:35	Evening Meeting/ Unlock Rooms
9:35-10:00	Choice Time/ Shower Time (Level 2-4) █ Room Time/Shower Time (Level 1)
10:00	Bedtime
10:30	Lights Out

Girls- Tuesday Evenings 4:00pm-12:00am

3:40-4:30	Girls RN Lecture *
4:35-5:00	Girls (A) Quiet Time Girls (B) Outside Time/ GSLAFT
5:00-5:20	Girls Supper
5:20-5:40	Girls Chores
5:40-6:40	Girls Therapeutic Rec- Swimming (Level 2-4)* In-house exercise video (Level 1)*
6:50-7:35	Girls Phone/Zoom Calls/ Rec Mentor Group
7:35-8:00	Girls (A) Outside Time/ GSLAFT Girls (B) Quiet Time
8:00-8:30	Girls Snack
8:30-9:00	Girls Study Hall * /Meds/ Phone/Zoom
9:05-9:30	Evening Meeting/Phone Calls/Unlock Rooms
9:30-10:00	Choice Time/ Shower Time (Level 2-4) █ Room Time/Shower Time (Level 1)
10:00	Bedtime
10:30	Lights Out

Girls- Wednesday Evenings 4:00pm-12:00am

3:40-4:30	Girls Fitness and Nutrition Education (Anna) *
4:30-5:00	Girls (A) Quiet Time Girls (B) GSLAFT
5:00-5:20	Girls Supper
5:20-5:40	Girls Chores
5:45-10:00	Girls Phone Calls / Girls Shaving
5:45-6:35	Girls (A) Self Care Girls (B) Outside Time
6:40-7:30	Girls (A) Outside Time Girls (B) Self Care
7:30-8:00	Girls (A) GSLAFT Girls (B) Quiet Time
8:00-8:30	Girls Snack
8:30-9:00	Girls Study Hall * /Meds/ Phone Calls
9:05-9:30	Evening Meeting/Phone Calls/Unlock Rooms
9:30-10:00	Choice Time/ Shower Time (Level 2-4) █ Room Time/Shower Time (Level 1)
10:00	Bedtime
10:30	Lights Out

Girls- Thursday Evenings 4:00pm-12:00am

3:00-5:00	Tech Staff Meeting	
3:40-4:30	Girls Lecture (Leah/Kim) *	
4:30-5:00	Girls Quiet Time	
5:00-5:20	Girls Supper	
5:20-5:40	Girls Chores	
5:40-6:10	Girls Outside Time/ GSLAFT	
6:10-7:00	Girls Rec Mentor Group (Kristie)	
7:00-7:50	Girls Anytime Fitness	
8:00-8:30	Girls Snack	
8:45-9:15	Girls Study Hall * /Meds/ Phone/Zoom	
9:15-9:30	Evening Meeting/Phone Calls/Unlock Rooms	
9:30-10:00	Choice Time/ Shower Time (Level 2-4)	Room Time/Shower Time (Level 1)
10:00	Bedtime	
10:30	Lights Out	

Girls- Friday Evenings 4:00pm-12:00am

4:00-4:40	Girls (A) Quiet Time and Shower	Girls (B) GSLAFT
4:40-5:00	Girls Chores	
5:00-5:20	Girls Supper	
5:20-5:40	Girls Outside Time	
5:40-6:30	Girls Anytime Fitness *	
6:30-7:10	Girls (A) GSLAFT	Girls (B) Quiet Time and Shower

Late Spring, Summer, & Fall (5/1- 10/31)

7:10-8:10	Girls Bonfire & Snack	
	<i>Winter & Early Spring (11/1- 4/30)</i>	
7:10-8:10	Girls Video Games in GSLA	
8:20-8:55	Girls Study Hall * /Meds/ Phone/Zoom	
9:00-9:20	Evening Meeting/Phone Calls/Unlock Rooms	
9:20-10:00	Choice Time/ Shower Time (Level 2-4)	Room Time/Shower Time (Level 1)
10:00	Bedtime	
10:30	Lights Out	

Girls- Saturday 8-4/ Saturday 4-12

8:20-8:50	Girls Breakfast
8:50-9:20	Girls Morning Meeting & Meds- Music allowed after full participation in meeting
9:20 am	Rooms Lock
9:20-10:10	Girls Living Skills Education w/ RSS
10:10-11:00	Girls Crafts *
11:00-11:30	Girls Lunch
11:25-5:00	Phone Calls (all clients get 10 min call)
11:30-12:00	Girls (A) TV Time/ Video Games Girls (B) Outside Time
12:00-12:55	Girls Self Care Saturday!
1:00-1:30	Girls Therapy Dogs (2 nd Saturday of month only)
1:00-1:30	Girls Study Hall in Dining Room (1s &2s), Music in GSLA (3s & 4s)
1:30-2:20	Girls Rec (Outside if Weather Permits- Please see approved therapeutic rec activities) *
2:25-2:45	Girls Snack (No med room access)
2:45-3:15	Girls (A) Outside Time Girls (B) TV Time/ Video Games
3:15-4:00	Girls (A) Quiet Time Girls (B) Pool & Med Room Access
4:10-4:55	Girls (A) Pool & Med Room Access Girls (B) Quiet Time
5:00-5:20	Girls Supper
5:20-5:40	Girls Chores
5:40-6:40	Girls Independent Reading & Client Led Group Discussion
6:45-7:35	Girls Anytime Fitness *
7:35-8:00	Girls Outside Time/ GSLAFT
8:05-8:25	Girl Snack
8:25-8:45	Girls Study Hall & Meds *
8:50-9:10	Evening Meeting/ Unlock Rooms / Phone Calls (if not completed earlier)
9:10-10:00	Choice Time (Level 2-4)* * Room Time (Level 1) Phone Calls (If not completed earlier) *
10:00	Bedtime (both genders)
10:30	Lights Out

- All clients receive one 10-minute call on Saturdays
- Group fitness coaching available at Anytime Fitness the 3rd Saturday of the month (Sept-May only)

- Level 4's outing is done on Friday or Saturday night

- Level 3's can stay up until 11:00pm on Saturday night- Boys have access to Wii, Girls have access to PS4 *

- Level 4's can stay up until 12:00am on Saturday night *

Girls- Sunday 8-4/ Sunday 4-12

8:15-8:45	Girls Meds
8:20 am	Rooms Lock
8:45-9:15	Girls (A) Yoga * Girls (B) Outside Time
9:15-10:00	Girls Morning Meeting- Music allowed after full participation in meeting
10:00-10:30	Girls Brunch
10:30-11:00	Girls (A) Outside Time Girls (B) Yoga *
11:00-1:25	Girls Family Visits (40 minutes each)
11:00-12:10	Girls (A) Self Care/ Virtual Church (Optional)/Video Games Girls (B) Games in Dining Room
12:15-1:25	Girls (A) Games in Dining Room Girls (B) Self Care/Virtual Church (Optional) Video Games
1:30-1:45	Girls Snack
1:45-4:00	Girls Group Movie & Discussion/ Phone Calls
4:00-4:30	Girls (A) Independent Reading & Client Led Group Discussion Girls (B) Quiet Time
4:30-5:00	Girls (A) Quiet Time Girls (B) Independent Reading & Client Led Group Discussion
5:00-5:20	Girls Supper /Boys GSLA
5:20-5:40	Girls Chores /Boys Supper
5:40-6:00	Girls GSLA/ Boys Chores
6:00-6:30	Gender 1 GSIAFT/ Phone Calls
6:30	Gender 1 Leave for Dassel (Alt weekly)
7:00-8:00	Gender 1 NA Meeting in Dassel
8:30-8:50	Gender 1 Snack
8:50-9:20	Gender 1 Study Hall & Meds
9:20-9:40	Gender 1 Evening Meeting/ Unlock Rooms / Phone Calls (if not completed earlier)
9:40-10:00	Gender 1 Choice Time (Level 2-4)* * Room Time (Level 1) Phone Calls (if not completed earlier)
6:00-6:55	Gender 2 In house NA meeting in dining room (Alt weekly)
7:00-8:00	Gender 2 Outside Time or Free Time (Billiards allowed)
8:00-8:20	Gender 2 Snack
8:20-8:50	Gender 2 Study Hall & Meds
8:50-9:10	Gender 2 Evening Meeting/ Unlock Rooms / Phone Calls (if not completed earlier)
9:10-10:00	Gender 2 Choice Time (Level 2-4)* * Room Time (Level 1) Phone Calls (if not completed earlier)
10:00	Bedtime (both genders)
10:30	Lights Out

- All therapeutic recreation will be highlighted in *
- Individual Recovery Mentoring available *
- Individual Physical Fitness & Nutrition Coaching available *
- Level 3s and 4s have access to personal instruments (acoustic only) *
- Level 3s & 4s have access to the PS4 *
- All clients have access to the PS4 *
- Treatment plan homework packet specific study hall *
- Clients allowed to watch non-group movies *
- Phase point eligible *

All clients receive one 20-minute call or two 10-minute calls Sunday.

Boys- Summer Programming Guide

6:55am	Boys Wake Up
7:00am-7:10am	Boys Morning Meeting (In Wing)
7:10am-7:30am	Boys Breakfast and Meds
7:30am-7:55am	Boys Wing (Music allowed Mon & Tue only after full participation in meeting from 7:00am-7:10am)
7:55am-8:00am	Wing time/Prep for outside
8:00am-8:10am (Summer School)	Outside/Gardening time/Yoga Based Movement/Morning Inspiration (Gender Separate) *
8:15am-9:35am (Summer School)	Education in Classroom
9:35am-9:45am (Summer School)	Break in Wing- Boys/Break Outside- Girls
9:45am-9:55am (Summer School)	Break Outside- Boys/Break in Wing- Girls
9:55am-11:15am (Summer School)	Education in Classroom

All therapeutic recreation will be highlighted in *

Boys- Monday (Non-School Day)

8:00am-8:30am Outside/Gardening time/Morning Walk (Gender Separate) *

- If weather does not permit this activity, have clients exercise in the GSLA

8:40am-9:00am Gratitude Group (Gender Separate)

1) What we appreciate about our peers

- Write down every client's first name & put it in a hat
- Have clients take turns drawing names out of the hat. Each client will draw one name.
- The client will then state what they appreciate about that peer and why
- This activity will continue until everyone's name has been drawn from the hat

2) What we appreciate about others

- Clients will take turns stating what they appreciate about one person or thing outside of treatment and why

3) What do you appreciate about yourself

- Clients must state something new every week

9:10am-9:50am Boys Quiet Time

9:55am-10:25am Dyad activity

- Have the group choose 3 discussion topics or questions of the day.
- Examples include; What's your family like, things you enjoy doing, things you are most grateful for and why, biggest life events, biggest life lessons, future aspirations and why, sober activities you want to try and why, things that interest you, funniest thing you have seen or heard, things you want to learn about and why, if you had one wish what would it be and why
- Have clients draw names out of a hat to assign daily partners
- Let clients break into these pairs and discuss topic for 15 minutes.
- After the pairs have discussed, get back into full group and discuss anything interesting you found out about your partner during the dyad conversation
- * Dyad activity staff leader has the option to allow clients to play games or solve problems/riddles/puzzles within the groups of two while clients discuss topic questions

10:30am-11:00am Counselor Check-in

11:05am-11:45am Boys Outdoor Reading

11:45am-12:10pm Boys: Lunch

12:10pm-1:40pm Recreation *

1:40pm-1:55pm Snack

1:55pm-2:10pm GSLAFT/ Shower Time

2:10pm-4:55pm DBT Skills Education Group (Ct.'s break between 4:00pm-4:15pm) **

Boys- Tuesday (Non-School Day)

8:00am-9:00am Extended Outside/Gardening time/Morning Walk (Gender Separate)*

- If weather does not permit this activity, have clients exercise in the GSLA

9:00am-9:30am Travel to Piepenburg Park

9:30am-11:10am Sunbathing/Meditation/Relaxation @ Piepenburg Park

11:10am-11:40am Travel back from Piepenburg Park

11:45am-12:10pm Boys: Lunch

12:10pm-1:40pm Recreation *

1:45pm-2:10pm GSLA/Shower Time

2:10pm-2:40pm Community Meeting/Points Review/Snack

2:45pm-3:40pm Smart Recovery Lecture *

3:40pm-4:30pm Boys (A) Outside Time/Quiet Time

4:30pm-5:20pm Boys Nursing Lecture *

Boys- Wednesday (Non-School Day)

8:00am-9:30am	Walking Trails *
	(Backup should weather not permit- Exercise in GSLA 8:00am-8:30am) *
9:40am- 10:30am	In-House client led NA/AA meeting
10:30am-11:05am	Boys (A) Quiet Time Boys (B) Ct Led Yoga *
11:05am-11:40am	Boys (A) Ct Led Yoga * Boys (B) Quiet Time
11:45am-12:10pm	Boys: Lunch
12:10pm-1:40pm	Recreation *
1:40pm-1:55pm	Snack
1:55pm-2:10pm	GSLA/ Shower Time
2:10pm-3:40pm	Group
3:40-4:05	Boys (A) Outside Time/GSLA Time Boys (B) Quiet Time
4:05-4:30	Boys (A) Quiet Time Boys (B) Outside Time/GSLA Time
4:30-5:20	Boys Fitness and Nutrition Education (Anna) *

Boys- Thursday (Non-School Days)

8:00am-8:30am Outside/Gardening time/Morning Walk *

- If weather does not permit this activity, have clients exercise in the wing

8:40am-9:10am Client led lecture (skill sharing, cultural education, education on topic or subject client is passionate about, sober fun activity/ game they want to teach others, teach others creative art activity, etc.)

- Have clients choose/volunteer for the next day's lecture. During this time also have the volunteering client(s) state how much time they need for their lecture. Schedule the amount of client lectures needed to appropriately fill the next day's half hour time slot.
- Give chosen client this half hour block to share what they know with their peers. Allow time at end to ask questions as needed

9:15am-10:00am Boys Outdoor Reading

10:00am-10:45am Boys Quiet Time

10:45am-11:40am Boys Volleyball *

11:45am-12:10pm Boys: Lunch

12:10pm-1:40pm Recreation *

1:40pm-1:55pm Snack

1:55pm-2:10pm GSLAFT/ Shower Time

2:10pm-3:40pm Group *

3:40-4:30 Boys Outside Time/Quiet Time

4:30-5:20 Boys Lecture (Leah/Kim) *

Boys- Friday (Non-School Days)

8:00am-8:40am Outside/Gardening time/Morning Walk *

- If weather does not permit this activity, have clients exercise in the wing

8:50am-9:40am Gratitude Group

1) What we appreciate about our peers

- Write down every client's first name & put it in a hat
- Have clients take turns drawing names out of the hat. Each client will draw one name.
- The client will then state what they appreciate about that peer and why
- This activity will continue until everyone's name has been drawn from the hat

2) What we appreciate about others

- Clients will take turns stating what they appreciate about one person or thing outside of treatment and why

3) What do you appreciate about yourself

- Clients must state something new every week

9:50am-10:30am Boys Meditation in GSLA (Level 1 & 2)*

- See meditation activities binder and let both wings choose the specific meditation of their choice
 - Meditations can include mindful walks, coloring meditations, inversion/body posture meditations, singing bowl meditations, and writing meditations

Boys (Level 3 & 4) Cooccurring Counselor Led Give Back Group **

10:40am-11:40am Fitness Class w/Anna *

11:45am-12:10pm Boys: Lunch

12:10pm-1:40pm Recreation *

1:45pm- 1:55pm Boys: Snack in Dining Room

2:00pm-2:50pm Boys: Guest Speaker

3:00pm-3:50pm Boys: Yoga at Studio *

4:00-4:35 Boys (A) Quiet Time and Shower

Boys (B) Outside Time

4:40-5:15 Boys (A) Outside Time

Boys (B) Quiet Time and Shower

Girls- Summer Programming Guide

6:30am Girls Wake Up
6:35am-6:45am Girls Morning Meeting (In Wing)
6:45am-7:05am Girls Breakfast and Meds
7:05am-7:55am Girls Wing (Music allowed Mon & Tue from 7:30am-7:55am only after full participation in meeting from 6:35am-6:45am)

7:55am-8:00am Wing time/Prep for outside

8:00am-8:10am (Summer School) Outside/Gardening time/Yoga Based Movement/Morning Inspiration (Gender Separate) *

8:15am-9:35am (Summer School) Education in Classroom

9:35am-9:45am (Summer School) Break in Wing- Boys/Break Outside- Girls

9:45am-9:55am (Summer School) Break Outside- Boys/Break in Wing- Girls

9:55am-11:15am (Summer School) Education in Classroom

All therapeutic recreation will be highlighted in *

Girls- Monday (Non-School Day)

8:00am-8:15am

GSLA

8:15am-8:45am

Counselor Check-in

8:45am-9:15am

Outside/Gardening time/Morning Walk *

- If weather does not permit this activity, have clients exercise in the GSLA

9:20am-9:50am

Dyad activity

- Have the group choose 3 discussion topics or questions of the day.
- Examples include; What's your family like, things you enjoy doing, things you are most grateful for and why, biggest life events, biggest life lessons, future aspirations and why, sober activities you want to try and why, things that interest you, funniest thing you have seen or heard, things you want to learn about and why, if you had one wish what would it be and why
- Have clients draw names out of a hat to assign daily partners
- Let clients break into these pairs and discuss topic for 15 minutes.
- After the pairs have discussed, get back into full group and discuss anything interesting you found out about your partner during the dyad conversation
- * Dyad activity staff leader has the option to allow clients to play games or solve problems/riddles/puzzles within the groups of two while clients discuss topic questions

9:50am-10:30am

Girls Outdoor Reading

10:40am-11:20am

Girls Quiet Time

11:20am- 11:45am

Girls: Lunch

11:50pm-1:20pm

Recreation *

1:25pm-1:40pm

Girls Snack

1:40pm-2:00pm

GSLAFT/ Shower Time

2:05pm-4:50pm

DBT Skills Education Group (Ct.'s break between 3:45-4:00pm) **

Girls- Tuesday (Non-School Day)

8:00am-9:30am Walking Trails *

(Backup should weather not permit- Exercise in GSLA 8:00am-8:30am) *

9:30am-9:55am Client led lecture (skill sharing, cultural education, education on topic or subject client is passionate about, sober fun activity/game they want to teach others, teach others creative art activity, etc.)

- Have clients choose/volunteer for the next day's lecture. During this time also have the volunteering client(s) state how much time they need for their lecture. Schedule the amount of client lectures needed to appropriately fill the next day's half hour time slot.

- Give chosen client this half hour block to share what they know with their peers. Allow time at end to ask questions as needed

10:00am-10:40am Girls Quiet Time

10:40am-11:20am Girls Outside Time

11:20am-11:45am Girls: Lunch

11:55pm-1:25pm Recreation *

1:25pm-1:50pm GSLA/ Shower Time

1:50pm-2:45pm Smart Recovery Lecture *

2:50pm-3:20pm Community Meeting/ Points Review/Snack

3:20-3:40pm Outside Time/ GSLAFT

3:40pm-4:30pm Nursing Lecture

4:35pm-4:55pm Girls (A) Quiet Time Girls (B) Outside Time/ GSLA Time

Girls- Wednesday (Non-School Day)

8:00am- 8:30am Outside/Gardening time/Morning Walk (Gender Separate) *

- If weather does not permit this activity, have clients exercise in the wing

8:40am- 9:30am In-House client led NA/AA meeting

9:30am- 9:55am Girls Meditation *

- See meditation activities binder and let both wings choose the specific meditation of their choice
 - Meditations can include mindful walks, coloring meditations, inversion/body posture meditations, singing bowl meditations, and writing meditations

9:55am-10:20am Girls Outdoor Reading

10:20am-10:50am Girls (A) Ct Led Yoga * Girls (B) Quiet Time

10:50am-11:20am Girls (A) Quiet Time Girls (B) Ct Led Yoga *

11:20am- 11:45am Girls: Lunch

11:50pm-1:20pm Recreation *

1:25pm-1:40pm Girls Snack

1:40pm-2:00pm GSLAFT/ Shower Time

2:05pm-3:35pm Group *

3:40pm-4:30pm Fitness and Nutrition Education *

4:35pm-4:55pm Girls (A) Quiet Time Girls (B) GSLA Time

Girls- Thursday (Non-School Days)

8:00am-8:30am	GSLA/Room Time
8:30am-9:00am	Travel to Piepenburg Park
9:00am-10:40am	Sunbathing/Meditation/Relaxation @ Piepenburg Park
10:40am-11:10am	Travel back from Piepenburg Park
11:20am- 11:45am	Girls: Lunch
11:50pm-1:20pm	Recreation *
1:25pm-1:40pm	Girls Snack
1:40pm-2:00pm	GSLAFT/Shower Time
2:05pm-3:35pm	Group *
3:40pm-4:30pm	Lecture (Kim/Leah) *
4:30pm-5:00pm	Outside Time/Quiet Time

Girls- Friday (Non-School Days)

8:00am-9:00am Fitness Class w/Anna *

9:00am-9:40am Outside/Gardening time/Morning Walk *

- If weather does not permit this activity, have clients exercise in the wing

9:50am-10:30am Girls Meditation in GSLA (Level 1 & 2)*

- See meditation activities binder and let both wings choose the specific meditation of their choice
 - Meditations can include mindful walks, coloring meditations, inversion/body posture meditations, singing bowl meditations, and writing meditations

Girls (Level 3 & 4) Cooccurring Counselor Led Give Back Group **

10:40am-11:20am Gratitude Group

1) What we appreciate about our peers

- Write down every client's first name & put it in a hat
- Have clients take turns drawing names out of the hat. Each client will draw one name.
- The client will then state what they appreciate about that peer and why
- This activity will continue until everyone's name has been drawn from the hat

2) What we appreciate about others

- Clients will take turns stating what they appreciate about one person or thing outside of treatment and why

3) What do you appreciate about yourself

- Clients must state something new every week

11:20am- 11:45am Girls: Lunch

11:50pm-1:20pm Recreation *

1:25pm-1:40pm Girls Snack

1:45pm- 1:55pm Girls Prep and Drive to Yoga Studio

2:00pm-2:50pm Girls: Yoga at Studio *

3:00pm-3:50pm Girls: Guest Speaker

4:00-4:40 Girls (A) Quiet Time and Shower Girls (B) Outside Time/ GSLAFT

4:40-5:00 Girls Chores

5:00-5:20 Girls Supper

- All therapeutic recreation will be highlighted in *
- Individual Recovery Mentoring available *
- Individual Physical Fitness & Nutrition Coaching available *
- Level 3s and 4s have access to personal instruments (acoustic only) *
- Level 3s & 4s have access to the PS4 *
- All clients have access to the PS4 *
- Treatment plan homework packet specific study hall *
- Clients allowed to watch non-group movies *
- Phase point eligible *

Summer Recreation Schedule

Monday) Boys- Swimming @ Lake Collinwood

Girls- Tennis Courts

Tuesday) Boys- Tennis Courts

Girls- Swimming @ Collinwood

Wednesday) Boys- Volleyball

Girls- Anytime Fitness

Thursday) Boys- Anytime Fitness

Girls- Outdoor Games at Darwin Park

Friday) Boys- Outdoor Games at Darwin Park

Girls- Volleyball

*If weather does not permit outdoor activities we will go to

1) Rec bingo

2) Client led yoga/exercise video

3) Stations w/music

* Alternative Recreation Available:

1) Woodland Park Walking Trails

*** Revised 6/21/23**