

## Pasadena Villa - Weekly Program Schedule

  Purple = Life Skills    
   Blue = Therapeutic    
   Green = Social Integration    
   Yellow = Health/Wellness    
   Orange = Meals

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Breakfast, Medications	Breakfast, Medications	Breakfast, Medications	Breakfast, Medications	Breakfast, Medications	Breakfast, Medications	Breakfast, Medications
9:30		Goal Setting Group	Goal Setting Group	Goal Setting Group	Goal Setting Group	Goal Setting Group	
10:00	Rooms Clean, ADL Skills	Rooms Clean ADL Skills	Rooms Clean ADL Skills	Rooms Clean ADL Skills	Rooms Clean ADL Skills	Rooms Clean ADL Skills	Rooms Clean ADL Skills
10:30	Spirituality Awareness	Change Linens	Health & Wellness: Rock Climbing	Change linens	Social Integration Activity: Ponce de Leon Springs	Recovery Focus	Goals and Purpose Group
11:00	Goal Setting Group			Social Skills Group Weight Watchers			
11:30	Wellness Activity: YMCA	Health & Wellness: YMCA	Medical Group	Chemical Dependency Group			
12:00		Men and Women's Group / Individual CD Sessions		Whole Foods		Social Integration Activity: Golfing Range	
12:30							Health & Wellness: YMCA
1:00	Lunch	Lunch	Lunch	Lunch	Out for Lunch	Lunch	Lunch
1:30	Social Integration Activity	Life Skills Group: Target	Asperger's Group	Bowling	Social Integration Activity: Ponce de Leon Springs	Music Therapy	Social Integration Activity
2:00			Health & Wellness: Many Faces of Stress				
2:30	Garden Club: Green Thumbs	DBT Skills A and B	YMCA	Job Skills			
3:00	Health & Wellness: Yoga	Art Therapy Group	Expressive Therapy: Art Studio	Anger Management	Codependency Group	Bipolar Group / Bullying Group	
3:30			Leadership Group	Health & Wellness: YMCA	Health & Wellness: YMCA		
4:00	Reflection Time, Board Games	Reflection Time, Board Games	Reflection Time Board Games	Reflection Time Board Games	Reflection Time Board Games	Reflection Time Board Games	Reflection Time Journaling
4:30							
5:00	Dinner	Dinner	Dinner, AA	Dinner, AA	Dinner, AA	Dinner, AA	Dinner
5:30							
6:00	AA Community Meeting	Reflection Time	AA Community Meeting	AA Community Meeting	AA Community Meeting	AA Community Meeting	
6:30		Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication
7:00	Closure Group, Medication						
7:30	AA Community Meeting	Reflection Time	AA Community Meeting	AA Community Meeting	AA Community Meeting	AA Community Meeting	
8:00							Closure Group, Medication
8:30	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	Closure Group, Medication	
9:00							Closure Group, Medication

Pasadena Villa is committed to providing the highest quality clinical services; within a physical environment that promotes health/well-being, recovery, and personal motivation. Through the Social Integration Model, clients participate in social, cultural, and recreational activities within the community, which provide real life experiences and coaching in real time. This unique, internally developed program prepares clients for life outside of treatment and for reaching the highest level of individual functioning possible.

## **Descriptions**

### **DBT Group:**

A Therapeutic group that addresses skills regarding emotional regulation. Core mindfulness skills help clients experience emotions in the moment and help clients gain a nonjudgmental perspective on the world. Interpersonal effectiveness skills are helpful to assist clients in problem-solving. Emotional regulation skills give clients the tools to identify and label their emotions and increase positive emotional events. Distress tolerance skills focus on radical acceptance, turning the mind toward acceptance, distracting oneself, self-soothing, improving the moment, and thinking of pros and cons.

### **Nutrition/Culinary Group:**

Support group that promotes healthy eating, cooking and living. Group will address nutrition, a balanced diet and exercise. Group will make visits to Whole Foods Market, enjoy local vegan cuisine, and participate in nature walks. There will be group discussions about how to modify meals to fit everyone's unique nutritional needs.

### **Family Dynamics Group:**

A Therapeutic group that addresses family relationships and promotes positive healthy communication. Group discussions include family conflict and problem solving, codependency, family roles, and healthy boundaries. Group members are able to identify and process feelings about family dysfunction and issues of grief and loss.

### **Coping Skills:**

This group provides an opportunity for clients to share their individual struggles and get feedback from the group leader and peers. Specific topics have included assertiveness, communication, conflict management, relaxation techniques, and distorted thinking.

### **Life Skills:**

Teaches powerful concepts designed to help individuals and families dramatically improve the quality of their lives as the pathway to independence.

**OCD Group:** A clinical group that educates clients on the diagnosis of OCD. Members are encouraged to explore the roots of their disorder, as well as sharing their specific obsessive and compulsive behaviors. They are given tools on how to manage and eventually reduce these behaviors.

**Asperger's Group:** Group members learn to recognize, cope with and overcome behaviors associated with the Asperger's Syndrome diagnosis. The group focuses on Appropriate Social Skills, social interactions, and daily struggles that are related to Asperger's. The group learns specific skills and then puts them in to practice.

**Mental Health Group:** This group is designed to alleviate some of the fear and stigma around having a diagnosis. Group members discuss various topics related to mental health. This group is somewhat of an open forum where residents ask questions that they have been afraid to ask in regards to mental health. It helps educate them on their particular diagnosis as well as the diagnosis of others.

### **Chemical Dependency Group:**

An open guided discussion group that focuses on supportive process for issues related to chemical dependency and substance abuse. Participants process their own personal histories, explore motivations for change, and identify healthy behaviors and new coping skills and strategies that support long-term recovery in a challenging and supportive environment.

### **Recovery Focus:**

An open process group that focuses on psycho education related 12 Step recovery methodologies and relapse prevention planning. Participants explore various ways to apply traditional and nontraditional recovery methods to their own lives. Group topics include process and interpretation of recovery literature, education on the 12 Steps and traditions found in common support groups and the development of relapse prevention planning through sober support systems.

**Smoke Free Times:** 10:00 – 11:00 a.m., 2:30 – 3:30 p.m., 5:00 – 6:00 p.m.

**Smoking is restricted while groups are in progress. Please refrain from playing games and watching TV during groups.**

**AA Community Meetings are available at Off Site Location Sunday – Friday at 12:00, 6:00 & 8:00 p.m.**

**Individual Relapse Prevention Sessions on Monday's at 2:30 p.m. – 4:00 p.m.**