



Smoky Mountain Lodge - Weekly Program Schedule

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
8 - 8:30	Free Time – Good Morning and Enjoy Your Day!												
8:30 - 9		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast							
9 - 9:30		Daily Goal Group	Daily Goal Group	Daily Goal Group	Daily Goal Group	Daily Goal Group	Breakfast						
9:30 - 10	Breakfast	Rooms Clean, ADL Skills	Rooms Clean, ADL Skills	Rooms Clean, ADL Skills	Rooms Clean, ADL Skills	Rooms Clean, ADL Skills	Daily Goal Group						
10 - 10:30	Daily Goal Group	Equine Assisted Therapy – Group 10am – 1pm	Equine Assisted Therapy - Group 10am – 1pm	Equine Assisted Therapy 10am – 1pm	Equine Assisted Therapy – Group 10am – 1pm	Equine Assisted Therapy – Individual 10am – 12pm	Room Clean, ADL Skills						
10:30 - 11	Rooms Clean, ADL Skills						Experiential Therapy Group: Dollywood 10am – 1pm	Wellness: Community Center 10am – 1pm	Experiential Therapy Group: Canoeing 11am – 5pm	Wellness: Community Center 10am – 1pm	Experiential Therapy Group: Disc Golf 10am – 1pm		
11 - 11:30											Art Therapy Group 10am – 1pm		
11:30 - 12	Experiential Therapy in the National Park: Metcalf Bottoms Recreation Area	Individual Psychotherapy 10am – 1pm	Individual Psychotherapy 10am – 1pm	Experiential Therapy Group: Canoeing 11am – 5pm	Individual Psychotherapy 10am – 1pm	Experiential Therapy Group: Hike in the National Park 10am – 12pm	Individual Psychotherapy 10am – 1pm						
12 - 12:30							Wellness: Community Center 10am – 1pm	Wellness: Community Center 10am – 1pm	Individual Psychotherapy 10am – 1pm				
12:30 - 1							Lunch	Lunch Out	Lunch	Packed Lunch	Lunch	Cookout – Metcalf Bottoms 1230pm - 130pm	
1 - 1:30	In-House AA Meeting 2pm – 3pm	Psychotherapy Group: Art Therapy	Lodge Meeting	Experiential Therapy Group: Canoeing 11am – 5pm	Psychotherapy Group: DBT	Experiential Therapy Group	Psychotherapy Group: DBT						
1:30 - 2								Activities Committee 2pm – 3pm	Individual Psychotherapy 230pm – 5pm	Psychotherapy Group: Art Therapy	Psychotherapy Group: Emotional Intelligence	Delish 330pm – 5pm	
2 - 2:30	Wellness: Community Center	Psychotherapy Group: Substance Abuse	Individual Psychotherapy 230pm – 5pm	Experiential Therapy Group: Canoeing 11am – 5pm	Psychotherapy Group: Art Therapy	Psychotherapy Group: Emotional Intelligence	Delish 330pm – 5pm						
2:30 - 3								Closure Group	Closure Group	Closure Group	Closure Group	Closure Group	Closure Group
3 - 3:30								Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner
3:30 - 4	Dinner	Dinner	Dinner	Dinner	Dinner	Captain's Dinner	Dinner						
4 - 4:30								Free Time	Psychotherapy Group Process	Experiential Therapy	Free Time	Free Time	Free Time
4:30 - 5	Movie Night w/Staff, Snack 9pm	Fireside Chat w/Staff	Game Night, Snack 9pm	Fireside Chat w/Staff 8pm – 9pm	Game Night, Snack 9pm	Game Night, Snack 9pm	Movie Night w/Staff, Snack 9pm						
5 - 5:30				Setting up for Dinner				Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner		
5:30 - 6				Dinner				Dinner	Dinner	Dinner	Dinner	Dinner	
6 - 6:30	Movie Night w/Staff, Snack 9pm	Fireside Chat w/Staff	Game Night, Snack 9pm	Fireside Chat w/Staff 8pm – 9pm	Game Night, Snack 9pm	Game Night, Snack 9pm	Movie Night w/Staff, Snack 9pm						
6:30 - 7				Free Time				Psychotherapy Group Process	Experiential Therapy	Free Time	Free Time	Free Time	
7 - 7:30				Setting up for Dinner				Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	
7:30 - 8	Dinner	Dinner	Dinner	Dinner	Dinner	Captain's Dinner	Dinner						
8 - 8:30								Free Time	Psychotherapy Group Process	Experiential Therapy	Free Time	Free Time	Free Time
8:30 - 9	Movie Night w/Staff, Snack 9pm	Fireside Chat w/Staff	Game Night, Snack 9pm	Fireside Chat w/Staff 8pm – 9pm	Game Night, Snack 9pm	Game Night, Snack 9pm	Movie Night w/Staff, Snack 9pm						
9 - 9:30				Setting up for Dinner				Setting up for Dinner	Setting up for Dinner	Setting up for Dinner	Setting up for Dinner		

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.

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