



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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Arrive at TLLC <i>(Business Casual Dress)</i>		Arrive at TLLC	Arrive at TLLC <i>(Business Casual Dress)</i>	Household Tasks & Responsibilities	Arrive at TLLC	
9:30	Morning Routine	Time Management Group	Life Skills Group 9:30 – 10:15	Budgeting / Money Management		Review Goals / Current Events	Morning Routine
10:30			Action Plan Time & Study Hall 10:30 – 11:00				
11:00	Grocery Shopping & Personal Errands	YMCA Physical Wellness	5K Training	YMCA Physical Wellness	Self Concept Group	Cleaning	
12:15	Cooking Group: Lunch	Lunch		Lunch	Lunch	Lunch	Lunch
1:45		Recovery Focus Group	Skill Building	Asperger Group	Action Plan Time	Recovery Focus Group	Skill Building
3:00	Social Skills / Cultural Awareness	Men's Group	Community & Cultural Awareness Group / Art Studio <i>(rotates weekly)</i>	Life Skills Group <i>(Relationship Building)</i>	Life Skills Group <i>(Career Skills & Success)</i> 3:00 – 4:00	Leisure Planning / Social Activity	Community Recreational Resources 1:30 – 5:00
4:00		Personal Goal Time <i>(homework, errands, cleaning, etc.)</i> 4:00 – 5:00 @ TLLC	Personal Goal Time <i>(homework, errands, cleaning, etc.)</i> 4:00 – 5:00 @ TLLC	Attending to Personal Goals	Client Directed Relationship Building		
4:30				Cooking Group / Dinner			
5:30							
6 - 7							

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

Time Management Group

“Learn how to create attainable and realistic goals as well as managing the responsibilities that come along with gaining independence.”

Action Plan Time

“This is the time to work on reaching your personal goals with your case manager (i.e. exploring local colleges/universities, securing employment, improving social skills, etc.)”

Study Hall

“Take advantage of the studious setting to study, research information and prepare for school/work.”

Budgeting/Money Management

“Set up and maintain a budget! Learn decision making skills to process when spending and to resist impulse buying.”

Household Tasks & Responsibilities

“Enjoy self gratification that comes with cleaning up after yourself, respecting shared spaces and working together to sharpen basic life skills.”



Review Goals/Current Events

“Recap on your successes of the week and learn how to implement new strategies to increase continued growth. During this group, exploring current events and sharing knowledge about the world is a great time to improve on communication/social skills.”

Skill Building

“This is the time to improve your skills and talents. Work off your strengths in preparation for the work/school setting.”

Self-Concept Group

“Explore identity, self-esteem and relationships.”

Life Skills Group

“Enhance knowledge and ability in resume development, the interview process, registering in school, assertive training, building & maintaining relationships, etc.”

Client Directed Relationship Building

“Group led activity in which clients plan & implement a healthy social outing using community resources.”

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.