



A Day's Schedule at...

Gaudenzia FIR-ST

7 am: Everyone gets up to start their day. Some reentrants are leaving out for work; others are showering, cleaning, making coffee, getting medication, etc.

8 am: Breakfast and medication are called.

8:45 am: The daily mandatory house meeting begins. This is a meeting of the reentrants and lasts about 45 minutes. They pull and push each other up, discuss the day's current events, weather and sports. They recite the philosophy and disburse.

10 am to noon Monday through Thursday: Most reentrants receive treatment for mental health or drug and alcohol issues.

Noon: Reentrants eat a good nutritious lunch.

After lunch: Reentrants participate in group with a counselor who will cover mental health training, medication training, anger management, static, encounter, trauma, co-occurring groups. Two, one-hour groups per day are held Monday through Friday.

1 to 3 pm: Another drug and alcohol treatment and mental health treatment group is held for those who were unable to participate in the 10 am to noon treatment group. For others, this is time to talk to the counselor or program director, or just free time prior to the start of the next group at 3 pm.

4 pm: Mandatory closed meeting and lasts about 45 minutes. The reentrants discuss accomplishments, plans, what they could've done better and what they are proud of most from that day.

5 pm: Medication and night meal are called. After the evening meal and medications, reentrants watch television, play cards, play music or other free time activities.

6 to 8 pm: Another drug and alcohol and mental health treatment group is held for those who were unable to make the previous two sessions.

7 pm: Night walk. Most reentrants go out together between 7 and 8:30 pm for a walk. They stay together and are responsible for one another.

7 to 8 pm: N/A and A/A meetings are also available at the facility.

9 pm: Snacks are distributed. Reentrants watch television, iron, listen to music or clean.

11 pm: Bed time.