

# A Day's Schedule at...

## **Wernersville #30 CCC**

*As written by a current WCCC #30 reentrant*

The day at Wernersville #30 CCC begins with a 0600 hour (6 am) wake-up from staff to make sure everyone is doing well. When the count is clear, I go to the dining-room for breakfast which has everything from pancakes/waffles to cereal and fruit. Typically, after breakfast, it's close to morning medication time or almost 0630 hours (6:30 am). When I'm through with my morning meal, I head there. Medication line can vary in total time depending on the current medical needs of each resident. It's nice to have some assistance with taking my daily medication because my health at the moment, is suffering the effects of long-term abuse. At 35 years old you wouldn't think I would take high blood pressure, stomach ulcer, intestinal hernias, and prostate medications. I can't forget that I also continually struggle with long-term mental health issues for which I also must control with medication. All of this takes place before 0700 hours (7 am) every day. I'm thankful to have assistance remaining compliant and taking my daily medications.

Throughout the morning and into lunchtime, I will check online for discussions and feedback from classmates or my professors. I do the needed school work and answer any emails related to school. After this, I check my analytics tracker for my online business that I'm currently trying to get off the ground. It's a lot of work to try an online startup business and go to college simultaneously, but building #30 staff is helpful and supportive of my efforts. This little fact alone gives me a bit more confidence in my abilities to succeed, which were non-existent when I first became sober and left prison.

Lunch is served at 1100 hours (11 am) each day. The menu cycle through a preset weekly menu which changes week to week. After lunch, it is afternoon medication time, typically at 1130 hours (11:30 am).

If it's a Tuesday, I will leave for drug and alcohol counseling both individual and in a group format. Every day other than Tuesday, I along with anyone else at the CCC, has the option of AA or NA meetings. I leave each day at 1130 hours (11:30am) to attend one of these meetings to strengthen my recovery.

My DATS takes us to these meetings and when we return, is available for individual counseling. For me, this means a daily check-in and progress report of where I'm at in my recovery. This session will lead me right up to dinner time (1600 hours or 4 pm). Then I shower and shave.

Evening medication is just like the morning and afternoon. It is at (1830 hours or 6:30 pm). From that point on, the rest of my night consists of drug/alcohol self-awareness exercises, more business growth, and any other school-related activities.

Most nights I'm tired by about 2200 hours (10 pm). I go to sleep without an issue, only to do it all again the following day.

As of June 2018, I am sober almost 10 ½ months and currently have a 3.85 GPA, so something is working for me.