



## A Day's Schedule at...

### **CTC Erie – In-Patient Resident**

The daily routine varies slightly based on unit and day of the week.

During the weekdays, reentrants awake around 6:30 am to have breakfast and morning medication.

Formal group programming begins around 9 am with a break for lunch and afternoon medication. Formal programming resumes after lunch. Typically there is a therapeutic break around 3 pm until dinner. Peer facilitated groups are expected during evening hours.

All reentrants are assigned house duties that are to be completed each day.

Reentrants are expected to be in their rooms with lights out by 11 pm each night.

Weekends are more relaxed due to visitation. During the non-programmed hours, reentrants are strongly encouraged to do independent recovery work based on their treatment needs. There is an opportunity to attend an in-house religious service if desired on Sundays.

CTC Erie offers television, workout equipment, yoga, pet therapy, board games and reading for recreational opportunities. 12-Step meetings are also offered.

Reentrants meet with an assigned staff member once each week for clinical needs.

Scheduled smoke breaks occur at each meal and during evening snack.

Medication times are on the same schedule.