

Florida Springs Wellness and Recovery Center Detox Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am – 7:00am	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call
7:00am-8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00am-8:30am	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
08:30am-10:00am Res Nurse	Psychoeducation: Intro to Addiction	Psychoeducation Treatment and Management of Acute Withdrawal	Psychoeducation: Consequences of Addiction	Psychoeducation: Managing Triggers and Cravings	Psychoeducation: Treatment Options (MAT)	Psychoeducation: Preventing Overdose	Psychoeducation: Co-occurring Disorders/Suicide
10:00am-10:15am	Break	Break	Break	Break	Break	Break	Break
10:15am-11:15am Detox Nurse	Psychoeducation: Sleep Hygiene	Psychoeducation Diet and Nutrition	Psychoeducation: Vitamins, Herbs and Supplements	Psychoeducation: STD's	Psychoeducation: Pregnancy	Psychoeducation: General Medical Health	Psychoeducation: Tobacco and Nicotine
11:15am-12:00p.m	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:00pm-12:30pm	Med call	Med call	Med call	Med call	Med call	Med call	Med call
12:30pm-12:45pm	Break	Break	Break	Break	Break	Break	Break
12:45pm-3:00pm	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
3:00pm-4:00pm BHT	Stress	Anger	Relationships	Effective Communication Techniques	Mindfulness	Deep Breathing Exercises/Distracton	Gratitude
4:00pm-5:00pm	Reading/Journal Time	Reading/Journal Time	Reading/Journal Time	Reading/Journal Time	Reading/Journal Time	Reading/Journal Time	Reading/Journal Time
5:00pm-6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00pm-6:30pm	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call
7:00pm-8:00pm	NA/AA meeting (held in detox)	In House Speaker Meeting	NA/AA meeting (held in detox)	In House Step Study	NA/AA meeting (held in detox)	NA/AA meeting (held in detox)	In House Big Book Study
8:15pm-8:45pm	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation
9:00pm-10:00pm	Free time	Free time	Free time	Free time	Free time	Free time	Free time
10:00pm-10:30pm	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights out
11:30pm-12:00am	Med call (if indicated)	Med call (if indicated)	Med call (if indicated)	Med call (if indicated)	Med call (if indicated)	Med call (if indicated)	Med call (if indicated)