



Arrow House

Daily Schedule Example

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30-7	Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine		
7-7:30	Daily Intentions	Daily Intentions	Daily Intentions	Daily Intentions	Daily Intentions	Rise & Shine 8:30-9	Rise & Shine 8:30-9
7:30-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Daily Intentions 9-9:15	Daily Intentions 9-9:15
8:30-9:30	Breathworks	Personal Trainer	Group Recreation	Group Recreation	Yoga	Free Time 9:15-10:00	Free Time 9:15-10:00
9:30-10	Free Time	Free Time	Free Time	Free Time	Free Time	Personal Trainer	Group Recreation 10-11
10-12:30	School	School	School	School	School	Free Time 11-12	Free Time 11-12
12:30-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 12-1	Lunch
1:30-2:30	Clinical Group Experiential	Clinical Group	Clinical Group	Clinical Group	Experiential 1:30-3	Multi-Family Group 1-3	Life Skills 1:30-3
2:30-3:30	Free Time	Free Time	Free Time	Free Time		Visitation 3-4	Free Time 3-5:30

	MON	TUE	WED	THU	FRI	SAT	SUN
3:30-4:30	Clinical Group	Clinical Group	Clinical Group	Clinical Group	Clinical Group	Free Time 4-5:30	Free Time 3-5:30
4:30-5:30	Clinical Group	Clinical Group	Clinical Group Experiential	Clinical Group	Clinical Group		
5:30-6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-9:30	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Group Outing!
9:30-10	Evening Reflection	Evening Reflection	Evening Reflection	Evening Reflection	Evening Reflection	Evening Reflection	Evening Reflection
10-10:30	Wind Down	Wind Down	Wind Down	Wind Down	Wind Down	Wind Down	Wind Down
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Experiential Groups:

Equine - Music - Art -
Surf - Breathworks

*surf is dependent on weather

Outing Examples:

Movies - Restaurants - Sporting
Events - Roller Skating
Trampoline Park - Ice Skating



Group Topics, Descriptions & Goals

→ DBT - Dialectical Behavioral Therapy

The goal of DBT is to provide patients with coping skills to manage negative situations and emotions on their own. DBT Group doesn't spend time processing feelings between group members. Most processing in DBT happens one-on-one with a therapist. The purpose of group DBT is to learn new skills and work on utilizing tools you've been taught.

→ CBT - Cognitive Behavioral Therapy

In group CBT, the therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower the client to reshape their experience by getting the root of the thought. It helps individuals recognize the irrational thoughts and beliefs contributing to their emotional distress and develop strategies to challenge and change these patterns.

→ Relapse Prevention

Relapse prevention (RP) is a strategy for reducing the likelihood and severity of relapse following the cessation or reduction of problematic behaviors.

→ Symptom Management

The goal is to help clients better manage symptoms, improve functioning, and develop social skills.

→ Family Systems

This form of psychotherapy approaches problem-solving through the lens of relationships, dynamics, and patterns that exist within family units.

→ Boundaries/ Communication

This group teaches techniques and strategies for setting and expressing healthy boundaries, navigating conflicts and resolving disagreements constructively. The aim is to promote increased self-awareness and insight into communication patterns and emotional responses.



→ Psychoeducation

Psychoeducational groups are designed to educate clients about mental health disorders, and related behaviors and consequences.

→ Psychodrama

The purpose is to help clients develop a deeper understanding of themselves, others, and the world around them. It is an interactive type of therapy focused on the group process. Psychodrama encourages the individual to express themselves creatively and explore new perspectives.

→ Community Group

Each week we gather all staff and clients and encourage everyone to give feedback, praise, and keep each other accountable. This is also when clients can offer suggestions on their outings, meetings and meal requests.

→ Binder Work

During this group the clients have the opportunity to work on their Client Workbook with staff support. Completing certain assignments in the workbook allows the clients to move through the phases during their stay at Arrow House.

→ Process Group

Clients share their struggles and concerns with their peers and a therapist. The power of process groups lies in the unique opportunity to receive multiple perspectives, support, encouragement and feedback from other individuals in safe and confidential environment.