

ALS Simi Valley Weekly Schedule

Partial Hospitalization Program (PHP)



Monday	Tuesday	Wednesday
<div>9:00 - 10:30AM</div> Dual Recovery Group	<div>9:00 - 10:30AM</div> Problem Solving Group	<div>9:00 - 10:30AM</div> Recreation Therapy Group
<div>10:30AM - 12:00PM</div> Gender-Specific Process Group*	<div>10:30AM - 12:00PM</div> Process Group*	<div>10:30AM - 12:00PM</div> Process Group*
<div>12:00 - 1:00PM</div> Lunch	<div>12:00 - 1:00PM</div> Lunch	<div>12:00 - 1:00PM</div> Lunch
<div>1:00 - 2:30PM</div> De-escalation Technique & 12-Step Group	<div>1:00 - 2:30PM</div> Relapse Prevention Group	<div>1:00 - 2:30PM</div> Psycho-Education Group
<div>2:30 - 4:00PM</div> De-escalation Technique & 12-Step Group	<div>2:30 - 4:00PM</div> Health & Wellness Group	<div>2:30 - 4:00PM</div> Anger Management Group
Thursday	Friday	Saturday
<div>9:00 - 10:30AM</div> Descion-Making Education Group	<div>9:00 - 10:30AM</div> Gorski Prevention Group	<div>9:00 - 10:30AM</div> Gorski Prevention Group
<div>10:30AM - 12:00PM</div> Gender Specific Process Group*	<div>10:30AM - 12:00PM</div> Process Group*	<div>10:30AM - 12:00PM</div> Process Group*
<div>12:00 - 1:00PM</div> Lunch	<div>12:00 - 1:00PM</div> Lunch	<div>12:00 - 1:00PM</div> Lunch
<div>1:00 - 2:30PM</div> Recreation Therapy Group	<div>1:00 - 2:30PM</div> Psycho-Education Group	<div>1:00 - 2:30PM</div> Psycho-Education Group
<div>2:30 - 4:00PM</div> Stress Management Group	<div>2:30 - 4:00PM</div> Recovery Principles Group	<div>2:30 - 4:00PM</div> Recovery Principles Group

Additional Notes

- Clients meet with their primary therapist weekly for individual sessions. Every therapist has an open-door policy for all clients.
- Narcotics Anonymous (NA) meetings held Wednesday evenings.
- Alcoholics Anonymous (AA) meetings held Friday evenings and Sunday mornings.
- Cocaine Anonymous (CA) meetings held Sunday evenings.

Ancillary Services

- Paid for recreational outings offered every Sunday, such as a trip to the movies, bowling, the zoo, and more!
- Staff transports clients to optional outside recovery meetings daily and to the grocery store weekly.
- Case management for FMLA, short-term disability, legal coordination, etc.

*Process Group Topics:

- Self Care
- Coping Mechanisms
- Short & Long Term Goals
- Communication Skills
- Support Systems

ALS Simi Valley Weekly Schedule

Intensive Outpatient Program (IOP)



ALL IN
SOLUTIONS

Monday

9:00 - 10:30AM Dual Recovery Group

10:30AM - 12:00PM Gender Specific Process Group*

12:00 - 1:00PM Lunch

Tuesday

9:00 - 10:30AM Problem Solving Group

10:30AM - 12:10PM Process Group*

12:00 - 1:00PM Lunch

Wednesday

9:00 - 10:30AM Recreation Therapy Group

10:30AM - 12:00PM Process Group*

12:00 - 1:00PM Lunch

Thursday

9:00 - 10:30AM Decision Making Education Group

10:30AM - 12:00PM Gender Specific Process Group

12:00 - 1:00PM Lunch

Friday

9:00 - 10:30AM Gorski Relapse Prevention Group

10:30AM - 12:00PM Process Group*

12:00 - 1:00PM Lunch

Saturday

9:00 - 10:30AM Mindful Group

10:30AM - 12:00PM Process Group*

12:00 - 1:00PM Lunch

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