

## Sample Weekly Schedule

*Other than AM and PM Meetings days and times are To Be Determined.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AM Meeting 6:15, 6:45 or 7:15	AM Meeting 6:15, 6:45 or 7:15	AM Meeting 6:15, 6:45 or 7:15	AM Meeting 6:15, 6:45 or 7:15	AM Meeting 6:15, 6:45 or 7:15	
10:00 AM Meeting						9:00 AM Meeting
		Date/Time TBD Skill Coaching	Date/Time TBD Individual Therapy	Date/Time TBD Parent Coaching	Date/Time TBD Skill Coaching	
	Date/Time TBD Skills Group					
7:15 PM Meeting	7:15 PM Meeting	7:15 PM Meeting	7:15 PM Meeting	7:15 PM Meeting	7:15 PM Meeting	

### Weekday AM Meetings - 30 Minute Group Sessions

Morning mindfulness to start the day skillfully with a Cope Ahead and mindfulness. If youth are in school they can attend prior to the start of their academic day. Clients can choose any one of the three available times for week days: 6:15, 6:45 or 7:15.

### Skills Coaching Sessions - Two 20 Minute Sessions

Clients work on homework completion and using skills in their daily life. Obstacles to skill use are addressed.

### Parent Coaching Session - One 45 Minute Session

Parents work on homework completion and identifying how they can both reinforce and validate their child's effort this week. Guidance around parent self-regulation is offered as needed. Problem solving, how to respond to difficult situations and problematic behavior is addressed.

### Skills Group Session - 75 Minute Class

Teen and adult partner(s) participate in this class. DBT skills are taught and demonstrated.

### Individual Therapy - 50 Minute Session

Teens review their diary card and complete behavioral chain analysis as related to their target goals. Skills learned in group are reinforced. Dialectical thinking is taught and reinforced.

### Weekend AM and Weekday PM Meetings

#### - 45 Minute Group Sessions

Activity may include: yoga, mindfulness, music, or emotion workshop. Clients submit their diary card to the treatment team.