



**Interim, Inc.**  
Housing • Healing • Hope



# Academy

## DAY REHABILITATION PROGRAM

Academy Day Rehabilitation Program provides group and individual rehabilitation and support, helping participants to recover from mental health and substance use challenges while gaining progress towards their goals and wellness.

## WEEKLY SCHEDULE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:20	Morning Meeting/ Mindfulness Skills	Morning Meeting/ Mindfulness Skills	Morning Meeting/ Mindfulness Skills	Morning Meeting/ Mindfulness Skills	Morning Meeting/ Academy Council
Staff Responsible	Tamara Tutor, MHRS	Amber Kitt, MHRS	Casey Powers, LCSW	Amber Kitt, MHRS	Tamara Tutor, MHRS
10:20-10:30	Break	Break	Break	Break	Break
10:30-11:20	Seeking Safety	Psychoeducation: Skills Building	Non-Violent Communication	Psychoeducation: Skills Building	Seeking Safety
Staff Responsible	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS
11:20-11:30	Break	Break	Break	Break	Break
11:30-12:20	Substance Use Recovery	Substance Use Recovery	Substance Use Recovery	Substance Use Recovery	Substance Use Recovery
Staff Responsible	Tamara Tutor, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS
12:20-12:50	Lunch	Lunch	Lunch	Lunch	Lunch
12:50-1:30	DBT Diary Cards	CBT Skills Building	WRAP	DBT Skills Building	Symptom Management
Staff Responsible	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS
1:30- 1:40	Break	Break	Break	Break	Break
1:40 - 2:30	Creative Expressions and Fitness	Creative Expressions and Fitness	Creative Expressions and Fitness	Creative Expressions and Fitness	Creative Expressions and Fitness
Staff Responsible	Tamara Tutor, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS
2:30-2:40	Break	Break	Break	Break	Break
2:40-3:10	Community meeting: Check out	Community meeting: Check out	Community meeting: Check out	Community meeting: Check out	Community meeting: Check out
Staff Responsible	Tamara Tutor, MHRS	Amber Kitt, MHRS	Amber Kitt, MHRS	Tamara Tutor, MHRS	Amber Kitt, MHRS

## ACADEMY DAY REHABILITATION PROGRAM GROUP DESCRIPTIONS

<p><b>Morning Meeting/ Mindfulness Skills</b></p>	<p><i><b>Morning Meeting</b></i> is an opportunity to start the day in a welcoming environment with a healthy breakfast. Staff review the day’s schedule, special events, and announcements. They also facilitate mindfulness activities to help maintain a moment-by-moment awareness of thoughts, feelings, bodily sensations, and the surrounding environment.</p>	
<p><b>DBT and CBT Skill Building</b></p>	<p><i><b>DBT and CBT Skill Building</b></i> groups are designed to teach clients new skills to better themselves and their mental health and substance use recovery. During these groups, clients will learn how to better manage symptoms, learn new skills to tolerate stressful life circumstances, and relate better to the other people in their lives.</p>	
<p><b>Psychoeducation: Skills Building</b></p>	<p>Everyone is unique. This group focuses on psychoeducation to help clients develop skills to use with their personal treatment plan. Discussions are facilitated surrounding skills that clients can practice to manage symptoms and emotions, develop personal relationships, and identify triggers or warning signs that may lead to crisis.</p>	
<p><b>Creative Expressions Group</b></p>	<p><i><b>Creative Expressions</b></i> provides opportunities for clients’ self-expression and creativity in the arts, i.e. drawing, painting, sculpting, dance, and music. Skills building exercises encourage creative thinking, writing and other artistic talents.</p>	<p><b>Behavioral Activation Group</b></p> <p><i><b>Behavioral Activation Group</b></i> fosters the discovery of fun in wellness and recovery, helping clients learn recreational and leisure time skills to promote mental health and symptom management.</p>
<p><b>Seeking Safety</b></p>	<p><i><b>Seeking Safety</b></i> is a present focused skills building group that increases coping skills, attains mood and other symptom stabilization as well as focuses on substance use recovery. Stress reduction coping tools are taught during this group.</p>	
<p><b>Symptom Management</b></p>	<p><i><b>Symptom Management</b></i> is a skills building group where staff members help clients identify symptoms of serious mental illness. Learn how to recognize early warning signs, how to reach out for support and how to ask for help if needed. Everyone is encouraged to talk about their personal symptoms and build peer support and understanding.</p>	
<p><b>WRAP</b></p>	<p><i><b>Wellness Recovery Action Planning (WRAP)</b></i> is a wellness tool that supports clients in getting well, staying well, and planning for their future and mental health and substance use recovery.</p>	
<p><b>Substance Use Recovery</b></p>	<p><i><b>Substance Use Recovery</b></i> is a skills-building group designed to assist in developing tools specific to preventing a relapse and creating relapse prevention plans.</p>	
<p><b>Community Meeting &amp; Check Out</b></p>	<p><i><b>Community Meeting and Check out</b></i> is an uplifting wrap-up to the day. Clients will have an opportunity to sum up their day and reconnect with the community as a whole.</p>	