



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	Lindsay Duplechain, LCSW Tamara Tutor, APCC	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Lindsay Duplechain, LCSW Tamara Tutor, APCC	Tamara Tutor, APCC Lindsay Duplechain, LCSW	All Staff
10:20-10:30	Break	Break	Break	Break	Break
10:30-11:20	Process Group	Process Group	Process Group	Process Group	Process Group
Staff Responsible	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Lindsay Duplechain, LCSW Tamara Tutor, APCC	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Lindsay Duplechain, LCSW Tamara Tutor, APCC	Tamara Tutor, APCC Lindsay Duplechain, LCSW
11:20-11:30	Break	Break	Break	Break	Break
11:30-12:20	Substance Use Recovery (Seeking Safety)	Substance Use Recovery	Substance Use Recovery (WRAP)	Substance Use Recovery	Substance Use Recovery
Staff Responsible	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW
12:20-12:50	Lunch	Lunch	Lunch	Lunch	Lunch
12:50-1:30	Creative Expressions / Fitness	Creative Expressions / Fitness	Creative Expressions / Fitness	Creative Expressions / Fitness	Creative Expressions / Fitness
Staff Responsible	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Lindsay Duplechain, LCSW Tamara Tutor, APCC
1:30- 1:40	Break	Break	Break	Break	Break
1:40 - 2:30	Skills Building (Symptom Management)	Skills Building (CBT Skills)	Skills Building (Non-Violent Communication)	Skills Building (DBT Skills)	Skills Building (Psychoeducation)
Staff Responsible	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Stephanie Lewis, ASW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW
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, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW	Tamara Tutor, APCC Lindsay Duplechain, LCSW