

# Roseville Options Day Treatment Schedule

Tuesday, September 4, 2018 through Thursday, June 5, 2019

## School and Treatment Schedule

Otter	
8:00-8:30	Check in
8:30-9:50	School
9:50-10:00	Break (10 min)
10:00-11:00	School
11:00-11:35	Lunch
11:35-12:25	CD/MHT
12:25-12:30	Break (5 min)
12:30-1:25	Psychotherapy
1:25-1:35	Break (10 min)
1:35-2:25	CBT/DBT
2:25-2:40	Break (15 min)
2:40-3:30	Recovery Skills
3:30	Check out

Orca	
8:00-8:30	Check in
8:30-9:25	Psychotherapy
9:25-9:30	Break (5 Min)
9:30-10:20	CBT/DBT
10:20-10:30	Break (10 Min)
10:30-11:20	Recovery Skills
11:20-11:35	Break (15 min)
11:35-12:25	CD/MHT
12:25-1:00	Lunch
1:00-2:20	School
2:20-2:30	Break (10 min)

2:30-3:30	School
3:30	Check out

**Treatment Only Schedule Dates (Hours will be 8:30 am - 12:30 pm)**

10/12/18, 10/18/18, 10/19/18, 11/2/18, 11/19/18, 11/20/18, 11/21/18; **Winter Break** (12/24/18, 12/25/18, 12/26/18, 12/27/18, 12/28/18, 12/31/18, 1/1/19); 1/17/19, 1/18/19, 1/21/19; **Spring Break** (3/14/19 - 3/22/19), 4/5/19, 4/18/19, 5/24/19

All Pods	
8:00-8:30	Check-in
8:30-9:25	Psychotherapy
9:25-9:30	Break (5 min)
9:30-10:20	CBT/DBT
10:20-10:30	Break (10 min)
10:30-11:20	Recovery Skills
11:20-11:35	Break (15 min)
11:35-12:25	CD/MHT
12:25	Check out

**Closed Dates:** 9/3/18, 11/22/18, 11/23/18, 12/24/18, 12/25/18, 1/1/19, 1/15/19, 2/19/19, 5/27/19