



## Residential Rehabilitation Daily Schedule

*Practically speaking, what does it mean to be enrolled in Rose Hill's Residential Rehabilitation Program? What activities are available to the residents? What responsibilities do they have? Individual weekday schedules differ, but below is a general outline of a day at Rose Hill:*



**Getting ready for the day.** Newcomers may need help with this, but within a short time, everyone must be responsible for establishing a timely morning routine including hygiene, room clean up, and a self-serve breakfast — just like home!

**Morning Meeting.** Residents and staff gather to discuss the day's events and activities, as well as any issues that may have arisen during the night.

**Morning Therapeutic Work Program.** Residents are able to pursue a full and productive life by working as a member of a therapeutic work team: farm animal care, housekeeping, kitchen, or horticulture/grounds keeping. The program is carefully designed to promote a consistent routine and develop universal work skills such as getting to work on time, getting along with a supervisor and co-workers, taking directions and completing tasks.



**Lunch.** All meals are served at the Rose Hill Cafe in the Kelly Community Center. The kitchen team prepares, serves and cleans up after the meal. All menus are carefully selected and reviewed by Rose Hill's dietitian and can be modified for specific individual dietary requirements.



**Guided Activities.** Each weekday afternoon, residents gather in the Gundle Education and Therapy Center to participate in a variety of activities. These activities may include: exercise, art, drama, music, relaxation training, yoga, weight management, games, computers, or even a knitting group. Activities may vary throughout the year.

**Free time.** After the guided activities there is time to relax, watch TV, get cleaned up for dinner, go for a walk, do laundry and so on. Room checks also take place during this time and each person is responsible for keeping his or her room tidy and clean.



**Dinner.** Served buffet-style by the kitchen team with all of the residents rotating clean-up chores. Dinner announcements provide information about the happenings of the day as well as the scheduled evening activities.

Within this daily framework, each person also participates in group and individual counseling with their case manager, meets periodically with Rose Hill's on-site psychiatrists, attends various educational programs and therapy groups, including Dialectical Behavioral Therapy (DBT) for some. When the scheduled activities are concluded, there's time to relax and reflect on the busy day...because, *make no mistake about it, recovery is hard work!*