

A Typical Day at Recovering Hands

Residents experience a full day of therapy, education and fellowship. The typical day begins at 7 a.m. and ends around 8:30 p.m. The Daily Schedule may include the following activities:

- Morning meditation followed by mealtime and fellowship
- Educational lectures followed by a group meeting for processing the lecture
- Usage history
- Twelve Step groups
- Special group meetings tailored to the needs of the individual.

Groups could include:

- Life skills group
- Work therapy group
- Recreational therapy group
- Leisure skills group
- Relaxation, exercise and recreational activities
- Individual appointments as needed with physician, psychiatrist, psychologist or other professional
- Wellness activities
- Personal time for reflection including reading and individual treatment assignments