



SIERRA TUCSON®

## Assessment & Diagnostic Program *Sample Schedule*

<b>Saturday</b>	9:00 a.m.	Approximate time of arrival, Nursing in-processing
	TBA a.m.	Psychiatric Evaluation
	TBA a.m.	History & Physical
	2:15 p.m.	Addictive Process Group
	4:00 p.m.	Begin Psychological Testing
	5:15 p.m.	Dinner
	6:30 p.m.	Third Step
	8:00 p.m.	Work on Psychological Testing
<b>Sunday</b>	7:00 a.m.	Continental Breakfast
	9:15 a.m.	Spirituality Group
	10:45 a.m.	Psychological Testing
	11:15 a.m.	Brunch
	12:00 p.m.	Cognitive Testing
	1:15 p.m.	Specialty Group
	3:30 p.m.	Psychosocial History
	5:15 p.m.	Dinner
	6:30 p.m.	12-Step Speaker's Meeting/Clap Out
<b>Monday</b>	6:45 a.m.	Breakfast
	7:30 a.m.	Educational Lecture (Varied Topics)
	10:15 a.m.	Psychiatric Consultation
	11:15 a.m.	Disease Concept Lecture
	11:45 a.m.	Lunch
	1:00 p.m.	Specialty Consultation
	2:00 p.m.	Specialty Group
	5:15 p.m.	Dinner
	6:30 p.m.	Step 1 Orientation
	8:00 p.m.	AA – 12-Step Meeting
<b>Tuesday</b>	6:45 a.m.	Breakfast
	7:30 a.m.	Activities Session
	8:30 a.m.	Review Psychological Testing
	9:45 a.m.	Nutrition Consultation
	11:45 a.m.	Lunch
	1:00 p.m.	Fitness Consultation
	2:30 p.m.	Grief & Spiritual Consultation
	5:15 p.m.	Dinner
	6:30 p.m.	Relapse Prevention
	8:00 p.m.	Substance Abuse Overview
<b>Wednesday</b>	6:45 a.m.	Breakfast
	7:30 a.m.	Mental Health Lecture
	9:30 a.m.	Boundaries Lecture
	10:30 a.m.	Feedback Findings/Recommendations
	11:45 a.m.	Lunch

**This sample schedule is based on a Saturday admission;  
specific appointments, format, and times will vary.**