

LAUREL RIDGE

T R E A T M E N T C E N T E R

ADULT

PROGRAMS | SERVICES | TREATMENT OPTIONS



Saving Lives.

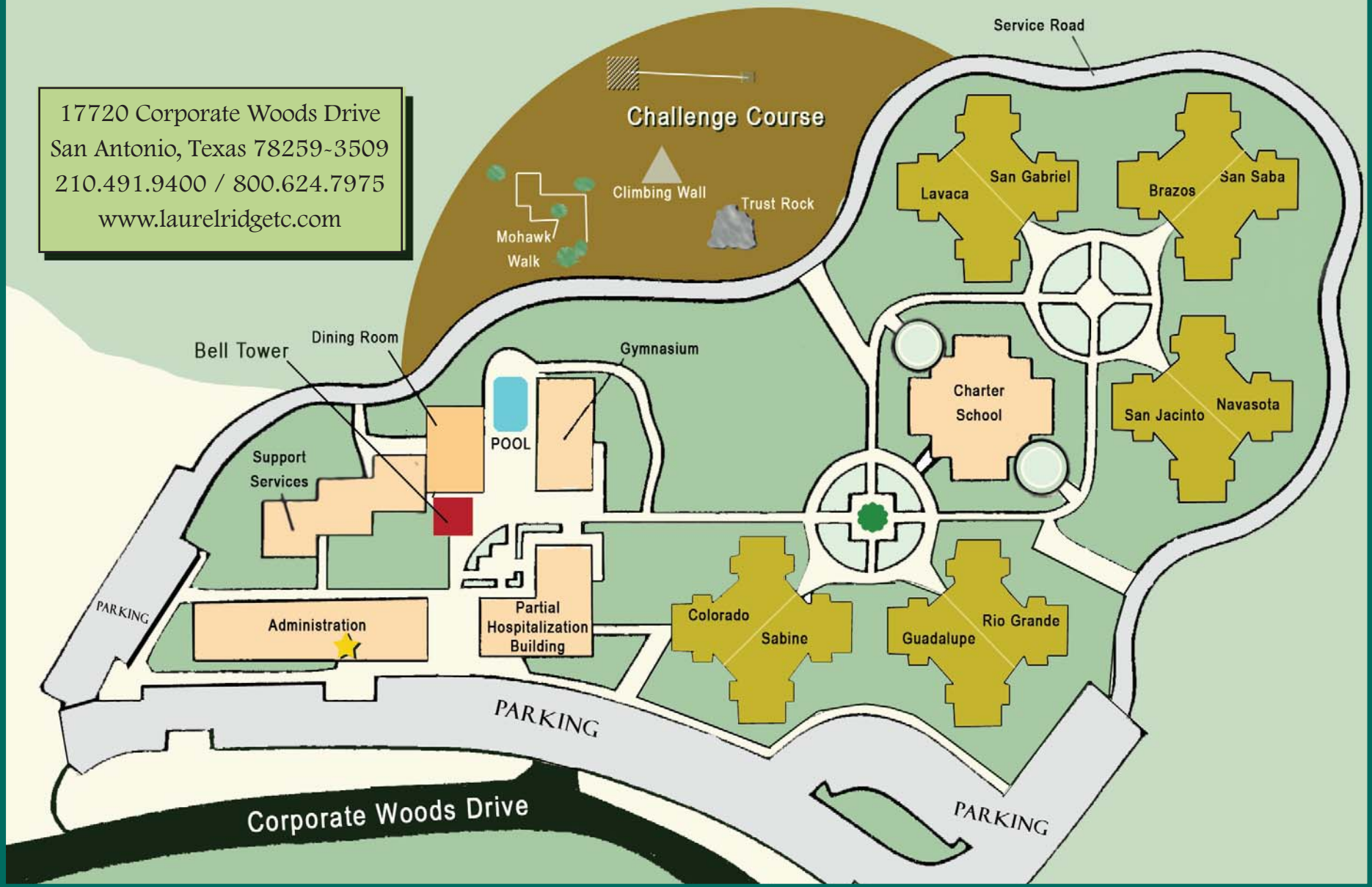
Healing Families.

Creating Hope.

LAUREL RIDGE

TREATMENT CENTER

17720 Corporate Woods Drive
San Antonio, Texas 78259-3509
210.491.9400 / 800.624.7975
www.laurelridgetc.com



Referral and Admissions Guidelines for Residential Treatment Programs

In most instances, Laurel Ridge can provide you with an answer as to whether our residential treatment programs can meet the needs of your patient within one day of receiving the appropriate clinical information and referrals. At times, it may be necessary to have a member of our clinical team contact the referring professional to obtain additional information. If complete clinical information is not available, a clinical decision may be made based upon a physician's review of the case.

What is a Referral Source?

Referral sources are family members, physicians, counselors, schools, judiciary, and related care-giving agencies.

Funding and Pre-Certification

In order to facilitate a smooth transition for the patient, it is best to initiate funding arrangements with Laurel Ridge and the payer *early* in the referral process.

If you have any questions regarding the pre-certification process or need assistance approaching the payer regarding funding for treatment, please notify our Admissions Office professionals, and they will assist with this process. It is best for the patient if the referring hospital / professionals continue to assist with coordinating this process.

What Documents Should You Provide?

Provide the Admissions Office with the following up-to-date and complete documentation, as soon as it comes available:

- Psychiatric evaluation, including diagnosis
- Psychological evaluation, including IQ scores
- Psychosocial history
- Medical history, including any neurological testing information
- Educational testing (if available)

Tests and evaluations should reflect the last six months.

Admissions Offices Contact Information:

Our Admissions Office professionals will respond to your calls seven days a week, 24 hours a day. Contact our Admissions Office by phone as early in the patient's stay as possible: (210) 491-9400 or 1-800-624-7975.

You may contact the Admissions Office via Fax or mail by using the information below:

Attention: Admissions Office
Laurel Ridge Treatment Center
17720 Corporate Woods Drive
San Antonio, Texas 78259-3509
Fax (210) 491-3550

DRIVING DIRECTIONS

—Key Highways to Laurel Ridge Treatment Center—

17720 Corporate Woods Drive
San Antonio, Texas 78259-3509
210.491.9400 / 800.624.7975

TRAVELING ON I-35 NORTH (FROM LAREDO AREA): EXT 2171

As you are entering San Antonio, take I-35 North through downtown until you see Hwy 281/North. Travel on 281N until you see the exit for Loop 1604 (Anderson Loop). Take 1604 East and travel approximately 2 miles where you will take the Bulverde exit. Turn left at the stop sign (this will take you back under Loop 1604).

You will then turn left again and take the frontage road back toward Hwy 281. Stay on the frontage road and you will see Laurel Ridge on your right. Turn right onto Corporate Woods Drive and turn into the first driveway. The Administration building will be to the left.

TRAVELING ON I-35 SOUTH (FROM AUSTIN AREA): EXT 2172

Take I-35 South until you reach Loop 1604 West (Anderson Loop). Take Loop 1604 West approximately 7 miles. You will exit Red Land Road. Move immediately to the right. Turn right onto Corporate Woods Drive.

Turn right into the first driveway. The Administration building will be to the left.

TRAVELING ON I-37 NORTH (FROM CORPUS CHRISTI AREA): EXT 2173

Take I-37 North into Downtown San Antonio. This will become Highway 281 North. Travel through San Antonio until you see the Loop 1604 (Anderson Loop) exit. Take Loop 1604 East and travel approximately 2 miles where you will take the Bulverde exit. Turn left at the stop sign (this will take you back under Loop 1604). You will then turn left again and take the frontage road back toward Hwy 281. Stay on the frontage road and you will see Laurel Ridge on your right. Turn right onto Corporate Woods Drive and turn into the first driveway.

The Administration building will be to the left.

TRAVELING ON 281 NORTH (FROM DOWNTOWN AREA): EXT 2174

Take 281 North until you see Loop 1604 (Anderson Loop) exit. Take Loop 1604 East and travel approximately 2 miles where you will take the Bulverde exit. Turn left at the stop sign (this will take you back under Loop 1604). You will then turn left again and take the frontage road back toward Hwy 281. Stay on the frontage road and you will see Laurel Ridge on your right. Turn right onto Corporate Woods Drive and turn into the first driveway.

The Administration building will be to the left.

TRAVELING ON 1604 WEST (ANDERSON LOOP) (FROM BANDERA AREA): EXT 2175

Take 1604 East past Hwy 281. Take the Bulverde exit. Turn left at the stop sign (this will take you back under Loop 1604). You will then turn left again and take the frontage road back toward Hwy 281. Stay on the frontage road and you will see Laurel Ridge on your right. Turn right onto Corporate Woods Drive and turn into the first driveway. The Administration building will be to the left.

TRAVELING FROM WEST SAN ANTONIO (DEL RIO AREA) EXT 2176:

Take IH-10 to Loop 1604 (Anderson Loop). Travel on Loop 1604 East past Hwy 281 and take the Bulverde exit. Upon exiting Bulverde Rd, turn left at the stop sign (this will take you back under Loop 1604). You will then turn left again and take the frontage road back toward Hwy 281. Stay on the frontage road and you will see Laurel Ridge on your right. Turn right onto Corporate Woods Drive and turn right onto the first driveway.

The Administration building will be to the left.

TRAVELING FROM EAST SAN ANTONIO (HWY 90/IH10) (HOUSTON AREA) EXT 2178:

Take IH-10 West to Loop 1604 (Anderson Loop). Travel on 1604 North which will become Loop 1604 West. Remain on Loop 1604 West until you reach Red Land Road. Take the Red Land exit and turn right onto Corporate Woods Drive. Turn right into the first driveway. The Administration building will be to the left.

PARTIAL HOSPITAL PROGRAMS: 9am - 3pm Monday through Friday.

ADULT PROGRAMS | (Ages 18+) | Lunch is served | If necessary, transportation provided.*

- Psychiatric Track
- Chemical Dependency Track
- Dual Diagnosis Track
- Relapse Prevention Track based on advances "Gorski" techniques

ADOLESCENT PROGRAMS | (Ages 13-17) | Lunch is served | If necessary, transportation provided.*

- Psychiatric Track
- Chemical Dependency Track
- Dual Diagnosis Track

CHILD PROGRAMS | (Ages 5-12) | Lunch is served | No transportation*

- Psychiatric Track

*TRANSPORTATION: ADULTS – to and from various pick up points within the 1604 perimeter.
ADOLESCENTS – to and from their homes within the 1604 perimeter.
CHILDREN UNDER 12 – must be transported by family members.

INTENSIVE OUTPATIENT PROGRAMS:

ADULT PROGRAMS | (Ages 18+) | 9am-12pm Monday - Friday. | Lunch & Transportation not provided.

- Psychiatric Track
- Chemical Dependency Track
- Dual Diagnosis Track

ADOLESCENT PROGRAMS | (Ages 13-17) | 12pm-3pm Monday - Friday | Lunch & Transportation not provided.

- Chemical Dependency Track

FREE FAMILY EDUCATION GROUPS:

CHEMICAL DEPENDENCY EDUCATION GROUP

- Meets Thursday evenings from 6:30pm until 8pm.
- All adult family members and friends over 18 are encouraged to attend.

PSYCHIATRIC EDUCATION GROUP

- Meets Thursday evenings from 6:30pm until 8pm.
- All adult family members and friends over 18 are encouraged to attend.

FREE CHEMICAL DEPENDENCY AFTERCARE GROUP

- Meets Wednesday evening from 6:30pm until 8pm.
- All adult patients and previous patients are encouraged to attend weekly.

OUTPATIENT SERVICES



Adult Partial Hospitalization Program Overview

The Adult Partial Hospitalization Program at Laurel Ridge Treatment Center offers a therapeutic alternative to 24-hour inpatient hospitalization for patients in need of intensive psychiatric treatment. This structured daytime program offers a schedule of therapeutic and educational interventions and activities: the patient is able to return home each afternoon. The overall treatment goal is to assist the individual to achieve optimal mental health, allowing the patient to return to life's normal activities.

The hours of the program are from 9:00 a.m. to 3:00 p.m., Monday through Friday. The adult program is designed for individuals 18 years and older. The individual may be in acute crisis and require partial hospitalization or the patient may require continued treatment to facilitate recovery after inpatient hospitalization.

To qualify for this program, individuals should have a living situation that adequately supports them outside the treatment facility, as daily attendance is required.

Adult candidates for this treatment program may exhibit one or more of the following:

- Depression
- Anxiety disorders and phobias
- Post-traumatic stress
- Bipolar illness
- Thought and disruptive disorders
- Drug or alcohol abuse / dependency

Individuals inappropriate for partial hospitalizations include those with acute violent and suicidal tendencies or those without the ability to participate in an active partial hospital program.

Treatment Program

An initial assessment evaluates the adult's social skills, learning skills, and intellectual and emotional levels. The end result of the evaluation is a report to professionally detail the needs of the patient. Under the supervision of a psychiatrist, licensed therapists, licensed nurses, and other unit staff, patients are assisted in identifying the sources of anxiety, depression, or conflict that are impairing their ability to function at an optimal level. Individuals are able to participate within group and individual therapy sessions. A participant in this adult-focused therapeutic day program at Laurel Ridge Treatment Center will experience the following advantages:

- Weekly visits with psychiatrist
- Psycho-educational treatment focus
- Experiential / recreational activities
- 1:1 reviews with licensed therapist
- Family group meetings twice monthly
- Relapse prevention and coping skills
- Discharge and aftercare planning
- Full complement of staff
- Adult and family education
- Chemical dependency groups
- Communication and social skills
- Medication / health monitoring
- Goal setting and time management
- Patients return home each day

Treatment Goals / Outcomes

1. To assist the individual to achieve optimal mental health, allowing the patient to return to life's normal activities at home, at school, at work, and in the community.
2. To support recovery goals and to educate the individual and the family regarding the day-to-day dynamics and behavioral issues that inhibit the recovery process.
3. To alleviate familial stress and conflict, while assisting the recovering individual with lifestyle changes and with developing the ability to function at his or her optimal level.
4. To assist the individual with self-regulating behaviors and with developing adaptive responses.
5. To empower the adult and the family by identifying the available social, community, health, and vocational resources needed to maintain stability during life's daily routines and challenges.
6. To educate and support individuals and their families as they address chemical dependency issues.

For more information regarding the Adult Partial Hospitalization Program or other programs offered at Laurel Ridge Treatment Center, please call our admissions office at 210- 491-9400 or 1-800-624-7975, open seven days a week, 24 hours a day. Visit us online at www.laurelridgetc.com.

Partial Hospitalization Programs / Serving Children, Adolescents, and Adults

Partial hospitalization offers a therapeutic, daytime alternative to 24-hour inpatient hospitalization. Program interventions are highly structured, therapeutic, and educational. Additional programs are available to those in need of individual therapy or substance abuse treatment. To promote recovery for both the patient and the family, daily attendance is essential.

Children's Program Times	Children's Partial Hospitalization Sample Activities	Licensed Professionals
8:30 a.m.	Arrival to Laurel Ridge Campus	Supervised
9:00 – 10:00 a.m.	Therapeutic Recreational Activities	CTRS
10:00 – 11:00 a.m.	Play / Behavioral Management Groups	Therapist
11:00 a.m. – Noon	Lunch	Supervised
12 Noon – 1:00 p.m.	Expressive Arts Group	MHW / Therapist
1:00 – 1:50 p.m.	Relaxation / or Health Group	MHW / RN
1:50 – 2:00 p.m.	Snacks	Supervised
2:00 – 3:00 p.m.	Social Skills Group	Therapist
3:00 p.m.	Departure	Departure

Adolescent Program Times	Adolescent Partial Hospitalization Sample Activities	Licensed Professionals
8:30 a.m.	Arrival to Laurel Ridge Campus	Arrival
9:00 - 10:00 a.m.	Process Group Therapy	Therapist
10:00 - 11:00 a.m.	Recreational Therapy	CTRS
11:00 a.m. - Noon	Lunch	Supervised
12:00 - 1:00 p.m.	Academic Tutoring	Tutor / Teacher
1:00 - 1:50 p.m.	Psychoeducational Group Therapy	MHW
1:50 - 2:05 p.m.	Snacks	Supervised
2:05 - 3:00 p.m.	Socialization	MSW
3:00 - 4:00 p.m.	Drug Prevention and Education	LCDC
4:00 p.m.	Departure	Departure

Adult Program Times	Adult Partial Hospitalization Sample Activities	Licensed Professionals
8:30 a.m.	Arrival to Laurel Ridge Campus	Arrival
9:00 - 10:00 a.m.	Goals	MHW
10:00 - 11:00 a.m.	Process Group Therapy	Therapist
11:00 a.m. - Noon	Health Education	MHW
12:00 - 1:00 p.m.	Lunch	Lunch
1:00 - 2:00 p.m.	Therapeutic Activities	CTRS
2:00 - 3:00 p.m.	Psychoeducational / or CD Group	Therapist
3:00 p.m.	Departure	Departure

Treatment Areas Addressed during Partial Hospitalization Programs

Symptom management • Stress reduction techniques • Coping skills • Self-esteem
 Medication and health • Effective communication • Goal setting • Social skills
 Anger management • Challenge course • Time management • School tutoring / youth
 Chemical abuse / dependence • Oppositional behaviors • Depression

- For more information regarding the Partial Hospitalization Programs for children, adolescents, or adults at Laurel Ridge Treatment Center, please call the Admissions Office at 210-491-9400 or 1-800-624-7975. Our Admissions Office is open seven days a week, 24 hours a day.

Overview of Adult Chemical Dependency Programs

Alcoholism and other chemical addictions are chronic, progressive, and possibly terminal illnesses. Chemical dependency reduces the overall quality of life and can create major health problems. Abstinence from addicting substances will put the disease in remission, and dedication to a strong program will provide protection from relapse. Laurel Ridge has developed various levels of care to meet the needs of all adults with a range of diagnostic disorders:

Inpatient Detoxification Program Treatment

While the philosophy of the chemical dependency program is to provide treatment on an outpatient basis whenever possible, some patients may require a short stabilization period due to their physical dependence on alcohol or other drugs. A physician and a highly trained staff focus this level of care on stabilizing a patient in crisis with 24-hour supervision. Treatment is based on the 12-step recovery model.

Partial Hospitalization Program

The focus of this program is to keep the patient in the home and the community while offering intensive treatment that provides the foundation to begin the recovery process. The program is designed for individuals who require a highly structured program to disrupt the use of chemically addicting substances, providing an intensity of treatment similar to inpatient hospitalization, while allowing the patient to return home at night. Program hours are from 8:30 a.m. to 3:00 p.m., Monday through Friday.

Treatment Program Components

- Multi-disciplinary treatment team
- Individual, group, and family therapy
- Community AA meetings
- Chemical dependency education
- Individualized treatment services
- 12-step recovery program
- Multi-family education
- ROPES / Experiential challenge
- Discharge planning and goal setting
- Aftercare services

Aftercare Services

Aftercare services are provided at no additional charge to all patients and all families of patients who complete treatment. Aftercare services are offered weekly for 12 months following discharge. Family members are highly encouraged to participate in the aftercare program. Multi-family education group sessions are provided weekly to address family roles, chemical dependency problems, as well as a range of issues related to sobriety and recovery.

Treatment Program Goals / Outcomes

1. To assist the adult patient with resuming life's normal activities at home, at work, and within the community – chemical free.
2. To support recovery goals by continued weekly aftercare group sessions following discharge.
3. To educate the individual and the family regarding the identification of the triggers and issues that perpetuate chemical dependence and may inhibit the recovery process.
4. To assist the individual with self-regulating behaviors and with developing adaptive responses.
5. To empower the adult and the family by identifying the available social, community, and vocational resources needed to maintain stability during life's daily routines and challenges.
6. To alleviate familial stress and conflict, while assisting the recovering individual with lifestyle changes and with developing the ability to function at his or her optimal level.

For more information regarding the Adult Chemical Dependency Program at Laurel Ridge, please call our admissions office at 210- 491-9400 or 1-800-624-7975, 24 hours a day, seven days a week. Visit us online at www.laurelridgetc.com.

Overview of Adult Chemical Dependency Rehabilitation Program

The Laurel Ridge Chemical Dependency Rehabilitation Program is for adults ages 18 and over. The program is designed to promote recovery for both the chemically dependent individual and the family. Laurel Ridge Treatment Center offers several treatment options depending upon the individual's physical and psychological needs. Patients are equipped with needed tools that facilitate positive life changes while maintaining sobriety. Families are an integral component to the treatment process and are encouraged to participate in the program so that both the individual and the family members develop healthy, appropriate coping strategies while creating new and positive lifestyle and behavior patterns.

Treatment Program Components

The treatment program is typically a 21 or 28-day inpatient program and is divided into three phases. Each phase is designed to assist the patient to recover physically, emotionally, and spiritually. Descriptions of the treatment phases for chemical dependency rehabilitation and for dual diagnosis treatment are as follows:

Treatment Phase One / Medical Detoxification

Chemically dependent individuals are systemically withdrawn from addicting substances in an inpatient setting under the care of a physician. Medications may be utilized for detoxification to prevent physical complications. Intense 24-hour nursing care is a key element of this process. Full therapeutic process is initiated as soon as the physician determines that the individual is physically capable to participate.

Treatment Phase Two / Primary Rehabilitation

The treatment team at Laurel Ridge provides a program that is tailored to meet each individual's specific needs and circumstances, as the disease of chemical addiction is quite complex. Clients treated at Laurel Ridge may receive individual, group, or family therapy. During this second phase of treatment, **the following areas are addressed to assist the individual with eliminating addiction and dependency:**

- Initiate the 12- step program for recovery
- Assess physical health and psychological needs
- Address the fear and isolation issues often associated with addiction
- Assist with re-entering society

Treatment Phase Three / Relapse Prevention

The objective of this phase is to support long-term sobriety. Lectures, videos, and self-study assignments address dependency and relapse issues. Through sharing personal experiences and participating in a range of structured exercises, participants learn the skills needed to maintain sobriety, while creating a personalized Therapeutic Relapse Prevention Plan prior to discharge.

Dual Diagnosis / Treatment Program Components

It is not uncommon for a client to enter our program seeking treatment for an addiction and in the process discover that another disorder is also present. As a result, Laurel Ridge provides another tier of treatment, which may include medication management and individual counseling for a wide range of associated mental, personality, and behavioral disorders.

Treatment Program Goals / Outcomes

1. To assist the adult patient with resuming life's normal activities at home, at work, at school and within the community – systemically chemical free and with a clearly developed Therapeutic Relapse Prevention Plan.
2. To support recovery goals of the individual and the family through aftercare following discharge.
3. To educate the individual and the family regarding the identification of the behaviors and issues that may inhibit the recovery process.
4. To assist the individual with self- regulating behaviors and with developing adaptive responses.
5. To empower the adult and the family by identifying the available social, community, health, and vocational resources needed to maintain stability during life's daily routines and challenges.
6. To alleviate familial stress and conflict, while assisting the recovering individual with lifestyle changes and with developing the ability to function at his or her optimal level.

For more information regarding the Adult Chemical Dependency Rehabilitation Program at Laurel Ridge, call our admissions office at 210- 491-9400 or 1-800-624-7975, open seven days a week, 24 hours a day.

Adult Psychiatric Program Sample Schedule

Weekdays: Monday - Friday			Weekends: Saturday - Sunday		
Times	Activities	Staff	Times	Activities	Staff
7:00 a.m.	Wake-up	MHW	7:00 a.m.	Wake-up	MHW
8:00 a.m.	Breakfast	MHW	8:00 a.m.	Breakfast	MHW
9:00 a.m.	Goals Group Nursing Group Education	RN MHW	9:00 a.m.	Goals Group Nursing Group Education	RN MHW
10:00a.m.	Social Skills Activity	MHW	10:00a.m.	Process Group Therapy	LCSW LPC
11:00a.m.	Process Group Therapy	LMSW	11:00a.m.	Specialized Therapeutic Services	RT
12:15 p.m.	Lunch	MHW	12:15 p.m.	Lunch	MHW
1:00 p.m.	Therapeutic Relaxation	MHW	1:00 p.m.	Psych Education Group	LCSW
2:00 p.m.	Psych Education	LMSW	2:00 p.m.	Therapeutic Relaxation	MHW
3:00 p.m.	Specialized Therapeutic Services	RT	3:00 p.m.	Unit Activity	MHW
4:00 p.m.	Journaling	MHW	4:00 p.m.	Journaling	MHW
5:00 p.m.	Dinner	MHW	5:00 p.m.	Dinner	MHW
5:00 p.m. to 7:00 p.m.	Visitation Unit Activity Time Free Time	MHW	5:00 p.m. to 7:00 p.m.	Visitation Unit Activity Time Free Time	MHW
7:00 p.m.	AA Meeting (Tues. / Thurs.)	AA	7:00 p.m.	AA Meeting (Saturday)	AA
8:00 p.m.	Wrap-up Group Nursing Education	MHW RN	8:00 p.m.	Wrap-up Group Nursing Education	MHW RN
9:00 p.m.	Relaxation Journaling	MHW RN	9:00 p.m.	Relaxation Journaling	MHW RN
10:30 p.m.	Lights Out	MHW	10:30 p.m.	Lights Out	MHW

- **For more information regarding the Adult Psychiatric Treatment Program or other treatment programs offered at Laurel Ridge, please call 210-491-9400 or 1-800-624-7975.**
- **Visit us online at www.laurelridgetc.com.**
- **The Admissions Office is open seven days a week, 24 hours a day.**

Adult Psychiatric / Dual Diagnosis Program Sample Schedule

Weekdays: Monday - Friday			Weekends: Saturday - Sunday		
Times	Activities	Staff	Times	Activities	Staff
7:00 a.m.	Wake-up	MHW	7:00 a.m.	Wake-up	MHW
8:00 a.m.	Breakfast	MHW	8:00 a.m.	Breakfast	MHW
9:00 a.m.	Goals Group Nursing Group Education	MHW RN	9:00 a.m.	Goals Group Nursing Group Education	RN MHW
10:00a.m.	CD-Education Group	LCDC	10:00a.m.	CD-Education Group	LCDC
11:00a.m.	Psych Process Group	LPC	11:00a.m.	Specialized Therapeutic Services	LCSW LPC
12:15 p.m.	Lunch	MHW	12:15 p.m.	Lunch	MHW
1:00 p.m.	Relaxation / Group Stress Management	LMSW	1:00 p.m.	CD Process Group	MHW
2:00 p.m.	CD Process Group Psych Education (Sabine)	LCDC LMSW	2:00 p.m.	Psych Education Group	MHW
3:00 p.m.	Specialized Therapeutic Services	RT	3:00 p.m.	Unit Activity	RT
4:00 p.m.	Journaling	MHW	4:00 p.m.	Journaling	MHW
5:00 p.m.	Dinner	MHW	5:00 p.m.	Dinner	MHW
5:00 p.m. to 7:00 p.m.	Visitation Activity Time Free Time	MHW	5:00 p.m. to 7:00 p.m.	Visitation Unit Activity Time Free Time	MHW
7:00 p.m.	AA Meeting (Tues. / Thurs.)	AA	7:00 p.m.	AA Meeting (Saturday)	AA
8:00 p.m.	Wrap-up Group Nursing Education	MHW RN	8:00 p.m.	Wrap-up Group Nursing Education	MHW RN
9:00 p.m.	Relaxation Journaling	MHW RN	9:00 p.m.	Relaxation Journaling	MHW RN
10:30 p.m.	Lights Out	MHW	10:30 p.m.	Lights Out	MHW

- **For more information regarding the Adult Psychiatric Treatment Program or other treatment programs offered at Laurel Ridge, please call 210-491-9400 or 1-800-624-7975.**
- **Visit us online at www.laurelridgetc.com.**
- **The Admissions Office is open seven days a week, 24 hours a day.**

Adult Psychiatric Chemically Dependant Program Sample Schedule

Weekdays: Monday - Friday			Weekends: Saturday - Sunday		
Times	Activities	Staff	Times	Activities	Staff
7:00 a.m.	Wake-up	MHW	7:00 a.m.	Wake-up	MHW
8:00 a.m.	Breakfast	MHW	8:00 a.m.	Breakfast	MHW
9:00 a.m.	Goals Group Nursing Group Education	RN MHW	9:00 a.m.	Goals Group Nursing Group Education	RN MHW
10:00a.m.	CD-Education Group	LCDC	10:00a.m.	CD-Education Group	LCDC
11:00a.m.	Psych Process Group	LPC	11:00a.m.	Psych Process Group	LCSW LPC
12:15 p.m.	Lunch	MHW	12:15 p.m.	Lunch	MHW
1:00 p.m.	Relaxation / Group Stress Management	LMSW	1:00 p.m.	CD Process Group	MHW
2:00 p.m.	CD Process Group	LCDC	2:00 p.m.	CD Process Group	LPC LCSW
3:00 p.m.	Specialized Therapeutic Services	RT	3:00 p.m.	Relaxation / Group Stress Management	LPC
4:00 p.m.	Journaling / Social Skills Activity	MHW	4:00 p.m.	Journaling	MHW
5:00 p.m.	Dinner	MHW	5:00 p.m.	Dinner	MHW
5:00 p.m. to 7:00 p.m.	Visitation Activity Time	MHW	5:00 p.m. to 7:00 p.m.	Visitation Activity Time	MHW
7:00 p.m.	AA Meeting (Tues. / Thurs.)	AA	7:00 p.m.	AA Meeting (Saturday)	AA
8:00 p.m.	Wrap-up Group Nursing Education	MHW RN	8:00 p.m.	Wrap-up Group Nursing Education	MHW RN
9:00 p.m.	Relaxation / Journaling	MHW RN	9:00 p.m.	Relaxation Journaling	MHW RN
10:30 p.m.	Lights Out	MHW	10:30 p.m.	Lights Out	MHW

• **For more information regarding the Adult Psychiatric Chemically Dependent Inpatient Treatment Program or other treatment programs offered at Laurel Ridge, please call 210-491-9400 or 1-800-624-7975. Visit us online at www.laurelridgetc.com.**

• **The Admissions Office is open seven days a week, 24 hours a day.**