

# Daily Life at Cascade Home

- 8:30 – 9:30AM
  - Breakfast
  - Morning Movement
  - Hygiene
  - Check-in Group
- 9:30AM - 12:00PM
  - Hierarchy Assessment
  - ERP Group
  - Recreational Outing/Group
- 12:00 - 1:00PM
  - Lunch
- 1:00 – 2:00PM
  - Clinical Group
    - Process
    - Psychoeducational
    - Nursing
    - Dietician
- 2:00 – 3:30PM
  - Credit Recovery
  - School Exposures
- 4:00 – 5:00PM
  - Neuro-Feedback
  - Neuro-Wellness
- 5:00 – 6:00PM
  - Dinner
- 6:00 – 9:00PM
  - Student Group
  - Mentor Group
  - Evening Activity
  - Therapy Homework
- 9:00 – 10:30AM
  - Snack Time
  - Night Check ins
    - Journals
    - Mindfulness
    - meditations
    - mind prepping for bed
  - Hygiene
  - Light Out