

Daily Schedule: Mental Health Program

We believe in creating an intentional balance of structured hours within treatment, ensuring our program seamlessly blends clinical therapies with extracurricular activities. Our comprehensive daily schedule is designed to provide patients with ample opportunities to engage in therapeutic processes while also allowing time for relaxation and personal growth. This holistic approach fosters a supportive and nurturing environment where individuals can focus on their mental wellness.

- 06:00** **Sunrise Beach Meditation**
 Start the day with a serene meditation session on the beach. This calming practice helps to center the mind, reduce stress, and connect with the natural surroundings, setting a positive tone for the day.
- 07:30** **Breakfast**
 A nutritious, in-house-chef prepared breakfast served in a communal dining area. This meal provides the necessary energy for the day ahead and fosters a sense of community among patients.
- 08:45** **Mindfulness Meeting**
 Teaching skills from Dialectical Behavior Therapy to improve awareness, emotional regulation, distress tolerance, and interpersonal effectiveness. Sessions include guided practices, discussions, and practical exercises to help participants manage emotions, cope with stress, and build healthier relationships for overall well-being.
- 10:00** **Process Group**
 A key therapeutic component at Beach House, designed to significantly enhance the success of therapy. We maintain a patient-to-therapist ratio of 7:1, ensuring personalized attention and consistent progress during treatment.

Our approach emphasizes the quality of the collaborative relationship and emotional bond, known as the "therapeutic alliance." The effectiveness is greatly influenced by the strength of the therapeutic alliance between the patient and the therapist. This alliance, marked by generosity, empathy, honesty, and warmth, is one of the most critical predictors of positive treatment outcomes.



- 12:00** **Lunch & Open Recreational Time**
 Enjoy a healthy lunch followed by open recreational time. Patients can choose to visit the gym, utilize the business center, or engage in other leisure activities to unwind and recharge.
- 01:00** **Rotating Education Groups**
 Engage in educational sessions covering topics to provide essential knowledge and skills to support long-term recovery.

Cognitive Restructuring	Emotional Awareness And Self-Regulation	
Behavior Change	Stress Management	Expressive Arts
Personal Boundaries and Safety		Understanding Trauma

- 02:30** **Rotating Education Groups**
 Delve into topics designed to address various aspects of recovery and personal growth.

Family Dynamics	Healing and Sustained Wellness	
Anger Management	Coping with Shame	Life Skills
Interpersonal and Communication Skills		Self-Care

- 04:00** **Open Recreational Time**
 Another opportunity for open recreational time. Our amenities include massage and chiropractic services, ensuring that patients receive physical relief and relaxation. Yoga sessions and access to a fitness center promote physical health and mental clarity, while our pool offers a refreshing space for exercise and leisure.

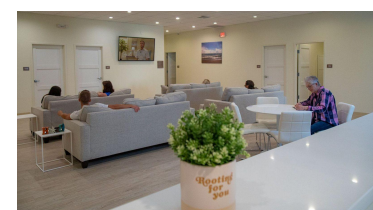


Amenities are essential for establishing a strong foundation for lifelong recovery. At Beach House, we demonstrate to our patients from the very beginning of their journey towards freedom just how fulfilling and comfortable a sober life can be.

- 05:30** **Dinner**
 A nutritious dinner served in a communal setting, allowing patients to relax and socialize with their peers.
- 06:30** **Rotating Beach House Meeting**
 Participate in rotating support meetings, including CODA (Co-Dependents Anonymous), DHARMA, AA (Alcoholics Anonymous), SMART Recovery and NAMI (National Alliance on Mental Illness). These meetings offer diverse approaches to support, catering to different needs and preferences.
- 09:00** **Evening Wrap-Up**
 End the day with an evening wrap-up session. This time is dedicated to reflection, journaling, and setting intentions for the next day, promoting a sense of closure and readiness for restful sleep.



Our comprehensive daily schedule at Beach House is designed to provide a balanced and structured approach to wellness, blending therapeutic activities with opportunities for relaxation and personal growth.



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