

# WHAT TO EXPECT AT DRUG OR ALCOHOL REHAB



## Daily Inpatient Rehab Schedule

Daily life at a residential treatment center is extremely structured and almost every hour is filled with activities and therapeutic sessions designed for introspection, reflection and preparing to live a healthier life.

01



### Inpatient Rehab

Inpatient rehab, or residential treatment, provides care to patients 24 hours a day, seven days a week, taking place in an isolated community free of drugs and alcohol.

02



### Morning Meetings

patients can expect to wake up as early as 6:00 a.m. to clean up their community and eat breakfast. The goal is to replace the unhealthy habit of substance use with a routine that patients can take home after they graduate from rehab.

03



### Afternoon Counseling Sessions

Group counseling sessions make up a large portion of the daily schedule during inpatient rehab. Patients can expect to attend these sessions from 9 a.m. to 4 p.m. with a lunch break in the middle.

04



### Evening Activities

Patients eat dinner in the evening, then, they normally go through the 12-step program to help talk through strategies needed to overcome their addiction.

05



### Free Time

Patients can expect a few hours of personal time each day. During that time, they can play games, write letters or in a journal, read a book, watch movies, or use available amenities like walking trails, gyms and courtyards.



## LANDMARK RECOVERY