

# A Day in the Life at Hope Rising

*The women at Hope Rising have a full and varied schedule to ensure they have a structured path toward recovery, stability and growth.*

- 7am **Rise**, get ready for the day and share breakfast
- 8am **Individual therapy** for each woman with a licensed therapist using cognitive behavioral therapies and working with them on dialectical behavior therapy (DBT) skills for emotional regulation, this includes helping the women: identify and label emotions; identify obstacles to changing emotions; enhance positive coping skills; increase positive emotional events and increase mindfulness to current emotions. The schedule is on a rotation, with our clinician seeing a different resident each morning.
- 9am A **Recovery Group** led by a licensed therapist or alcohol and drug counselor, each day of the week is designated to a specific topic, such as: maintaining sobriety, recognizing triggers, seeking safety and emotional regulation, among others. In addition, once a week a survivor led session takes place to help the women hone their leadership skills.
- 10:30am The weekly **house meeting** tackles everything from making the grocery list and assigning chores for the week to addressing any triggers that a woman might be dealing with.
- 12pm The women attend **Alcoholics Anonymous** or other recovery meetings in the community at least four times a week.
- 1:30pm **Group activities** are as varied as the women in the house, these can include yoga and fitness sessions; creative outlets such as painting and crafting; and working on their social enterprise: "Freedom Formulah" salt scrub to sell at local fairs and markets.
- 3:30pm The women receive **case management support** based on the goals they have set for themselves. Case managers guide them to meet designated benchmarks and ensure they are accessing the services and resources available to them in the community.
- 5pm The women share **dinner** together that one of them has prepared, and the others help clean-up following the meal.
- 6pm Women have **free time** in the evenings to relax, read, play board games, enjoy group outings such as bowling and going to the movies, in addition to time spent completing homework assignments as many are working on furthering their education.
- 10:30pm Quiet