



A TYPICAL DAY AT SUSUMAI HOUSE

Your Susumai House team will work with you to devise a treatment program. The program will include a set of personal goals. Your goals and program will determine the details of your schedule. A day at Susumai House will look something like the following:

7-8 am	Morning Reflections/ Quiet Time/Medication
8-9 am	Community Meeting/ Gentle Exercise
9-10 am	Breakfast
10 - 11 am	Selection of Group Therapies
11- 12 pm	Selection of Group Therapies/ Therapeutic Homework
12-1 pm	Mindful Lunch
1-2 pm	Brain Science (psychoeducation about mental health and the recovery process)
2-5 pm	Individual Session/Selection of Group Therapies
5-6 pm	Dinner Prep
6-7 pm	Mindful Dinner
7-8 pm	Group Therapies (reflexology, reiki, fitness, walks, 12 Step Meetings)
8-9 pm	Relax, socialize, call family
9-10 pm	Daily review/meditation/reflection
10-11 pm	Medications, lights out

THE SUSUMAI HOUSE THERAPIES

The types of therapies include traditional and non-traditional therapies. Depending on your plan (and the type of therapy), you may experience the therapy with a group or through individual sessions.

- Motivational interviewing
- Reiki
- Art therapy
- Cognitive Behaviour Therapy
- Emotion modification
- Mindfulness
- Aromatherapy
- Recreational and leisure therapy
- Behaviour modification
- Spirituality
- Yoga
- Dialectical Behaviour Therapy
- Family dynamics
- EMDR
- Journaling
- Acceptance & Commitment Therapy

THE VALUE OF STRUCTURE

The structure of the programming is designed to be safe not limiting. Having structure and building that into your life reduces anxiety and thus helps with the healing process, encouraging you to develop new habits to replace ones that may not have been as healthy. Nutritious meals and snacks will be available and you would be invited to learn how to manage/give structure to your eating patterns. Many people self-medicate through food and Susumai House will work with you to understand and break those patterns where they are unhealthy. Voluntary participation in food preparation will be encouraged as a helpful way to manage your relationship with food.