

MOCDI-H Adolescent IOP Programming

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|-------------------|--|--|-------------------|
| 4:00 - 4:45 PM | Group CBT for OCD and Anxiety | <i>No meeting</i> | Group Emotion Regulation | Group Family Dynamics | <i>No Meeting</i> |
| 4:45 - 5:00 PM | Homework Review and ERP Check In | | Homework Review and ERP Check In | Homework Review and ERP Check In | |
| 5:00 - 6:15 PM | ERP | | ERP | ERP | |
| 6:15 - 6:30 PM | ERP Check Out and Goal Setting | | ERP Check Out and Goal Setting | ERP Check Out and Goal Setting | |