

RULES AND EXPECTATIONS

Room to Heal may amend these Rules and Expectations at any time and for any reason. Residents are expected to adhere to the rules unless an exception has been provided by the Recovery Coach.

All rule violations will be documented into One Step by the House Manager or Recovery Coach and will be signed by the resident. An accumulation of five rule violations may result in discharge. Residents may earn a reduction in violations by working with the House Manager or Recovery Coach to determine and complete an appropriate good deed for their housemates and provide an apology if deemed appropriate. Violent or egregious violations can result in immediate discharge.

Commitment to Program:

1. Report slips in sobriety and honesty at house check-ins and to Recovery Coach within 36 hours. The following behaviors are considered a slip for all residents. House Manager and Recovery Coach will not report on Covenant Eyes until the 36 hours has passed because the residents are expected to come forward and be honest.
 - a. Internet sex, browsing of internet sex sites, pornography or any such other behavior or material.
 - b. Use of dating sites/apps or chatrooms.
 - c. Contacting an acting out partner.
 - d. Gambling of any kind.
 - e. Drinking alcohol
 - f. Using recreational drugs or abusing prescription medications. (See page 5 for more details on medication)
 - g. Any additional behaviors identified as a “slip” by the Recovery Coach.
2. Residents are responsible for owning and protecting their sobriety. If a resident’s software isn’t working or if they have access to a device or TV program that leaves them vulnerable to a slip, it is their responsibility to hand over the device to the House Manager or fellow resident (if password protected), ask that a TV show be hidden or get help with their software monitoring.
3. Maintain an active program of recovery and meet with a therapist approved by the Recovery Coach.



4. Attend at least three 12-step meetings a week (SAA and/or SA preferred). Meeting attendance must be logged in the OneStep app.
5. Participate in all home meetings as set by Room to Heal as well as two process groups each week. Residents are expected to adjust work and other schedules to be present at house meetings and weekend social/volunteer activity.
 - a. 7:30 pm – 9:00 pm on Mondays (process group)
 - b. 8:00 am – 9:30 am on Thursdays (process group)
 - c. 2:30 pm – 9 pm on Saturday (weekend social/volunteer activity)
6. Be an active part of the home. Participate in home activities. Form relationships with other residents, eat meals together, go on outings/activities, etc. Treat fellow housemates with respect and kindness. Utilize reflective listening skills. Directly communicate frustrations with individuals and refrain from talking behind their back.
7. Location monitoring via Life360 will be installed on the resident's personal cell phone. Turning off location sharing on Life360 is prohibited. Residents will be accountable to each other and to Room to Heal as to their whereabouts at any given time.
8. Covenant Eyes will be installed on all devices and the resident will not have the passcode. Un-installing or changing the settings is not allowed.
9. Room to Heal is considered a laptop-free facility. Exceptions may be made for those with existing employment; however, laptops will be locked-down and are subject to search (as are all devices) at any time.
10. Curfew is 9:45 p.m.
11. All electronic devices must be checked in at 10 p.m. every evening.
12. No lying around or sleeping all day. Residents must be up by 8:30 a.m. on weekdays and 10:00 a.m. on weekends.
13. Attend work and/or school, as applicable.

14. Any resident not working, in school, volunteering or in aftercare treatment programming shall be actively seeking employment and/or doing service work.
15. Any change in work, school, service-work, and/or treatment schedule or status must be discussed with and approved by Recovery Coach.
16. No romantic or sexual relationships between residents are permitted at any time.

Commitment to Home Environment and Safety:

17. Any resident entertaining thoughts of or intent to harm themselves or others *OR* who is notified of another resident's thought of or intent to harm themselves or others should alert the Recovery Coach or House Manager immediately. No secrets!
18. Any possession of alcohol, recreational drugs, drug paraphernalia, unauthorized prescription medications, whether such items are held on resident's person or within the home, is strictly prohibited.
19. Possession of deadly weapons or explosives of any kind within the home is strictly prohibited.
20. Smoking within the home, including use of e-cigarettes or vapor devices, dipping or other nicotine related products is strictly prohibited.
21. All personal properties in the home are subject to search by Room to Heal staff.
22. Lack of respect for others' personal space and/or personal boundaries will not be tolerated.
 - a. Do not go into others' rooms without their permission.
 - b. Do not borrow or take money or possessions from other residents.
23. Do not loan or borrow cars from other residents.
24. Threats, violence, or physical or other abuse toward any other resident, visitor, or Room to Heal representative are strictly prohibited.
25. Help maintain a respectful and peaceful environment within the home. Do not interfere with others' quiet enjoyment of the home and be mindful of others' work and sleep schedules.

26. Quiet time will be 10:30 p.m. to 8:00 a.m. weekdays (Sunday evenings through Friday mornings) and 10:30 p.m. to 9:00 a.m. on weekends (Friday evenings through Sunday mornings).
27. Television upstairs must be off by 10:30 p.m.
28. All residents shall keep the home and their individual spaces clean and neat.
29. Weekly cleaning chores will be assigned by Room to Heal and are required to be completed by Sunday; daily tasks are to be completed by quiet time. (See weekly cleaning sheet/board)
30. Shared spaces/common areas are the responsibility of all house members. Clean up after yourself. If something needs to be cleaned that is not assigned, just do it and discuss with Room to Heal if necessary to add to chores list.
31. Dishes are not to be left in the sink. Do your dishes after you use them!
32. Keep personal items out of common areas.
33. Keep personal space clean, neat, and presentable at all times. A clean room consists of the bed being made, clothes and other items off the floor, trash discarded, and no food, dishes, or empty food packaging in the room.
34. Residents are not allowed to have pets.

Privileges:

35. Gym Membership: Residents may not go to Mountain Island Fitness alone without permission.
36. Lake Access
 - a. Lake area is the community access for all houses around Room to Heal. Residents should keep the noise volume low and treat neighbors with the utmost respect and courtesy.
 - b. The community area should be kept tidy and clean.
 - c. Residents may not go out on the lake without a life jacket and may not go alone without permission from the house manager.
37. Television and Other Home Devices

- a. Be courteous and considerate when using any TV, radio, personal gaming, stereo, and other similar devices.
 - b. Residents may not sign into personal streaming service accounts while in the home (ex: Netflix, Hulu, etc). Access is provided to several approved streaming services with content filters applied under the Room to Heal account. Residents may not alter content filtering controls.
 - c. Viewing of suggestive or explicit content is prohibited in the home.
38. No guests are allowed in the home or on the premises unless pre-approved.
- a. If visitation has been approved, guests must remain in the common living areas and visits should be limited to reasonable times and durations.
 - b. No overnight guests are allowed at any time.
39. Overnight passes/travel permission
- a. Residents shall request overnight stays IN ADVANCE with Room to Heal through the One Step app. If there is an unforeseen emergency, please notify Recovery Coach and House Manager via text message or phone call prior to leaving the house.
 - b. Residents must inform Room to Heal of their whereabouts and when they will return.
 - c. For residents in their first 30 days - trips, vacations, or staying out past authorized times is not allowed. This 30-day wait period is required of all residents in order to allow individuals to adjust to communal living and the home's rules and expectations. This wait period may be extended depending on the resident's ability to acclimate to the Home and its rules and expectations.
 - d. After 30 days, residents may request permission from their Recovery Coach to travel. Resident's adherence to their recovery program and violation history will be considered when assessing permission to travel.
 - e. Not coming home will result in discharge.

Food and Medications

40. Food and Meals

- a. Grocery list should be provided to house manager by Saturday of each week.
- b. All food is shared with the house unless labeled by the resident. Notify house manager if we're out of any key items.
- c. Do not eat food labeled with another resident's name unless granted permission.
- d. Meals should be eaten in kitchen/dining areas.

- e. Food shall be stored appropriately in the kitchen or dining rooms so that it does not attract insects, mice, etc.

41. Medications

- a. Any medications **MUST** be prescribed by a doctor and taken only as directed by that doctor.
- b. Strictly follow all doctors' orders regarding medications.
- c. Medications shall be kept with personal belongings and not left where others can see or be tempted to use them.
- d. Recovery Coach must be kept informed of all medications and/or any changes to medications.
- e. If a resident has a need for any addictive/pain medicine due to accident or injury, this must be discussed with and approved by Room to Heal prior, during, and after any such medical care.