

RULES AND EXPECTATIONS

1. Room to Heal may amend these Rules and Expectations at any time and for any reason.
2. Any use or 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.
3. Possession of deadly weapons or explosives of any kind within the Home is strictly prohibited.
4. Theft of, or reckless or intentional misconduct with respect to, the property of others is strictly prohibited.
5. Maintain an active program of recovery and meet with their sex addiction therapist twice a month (minimum).
6. Attend at least 3 SAA and/or SA meetings a week as well as the 2 process groups each week, at least one of which must be with other Residents of the Home.
7. Participate in all Home meetings as set by Room to Heal.
8. Participate in other Home activities.
9. Form relationships with other Residents, eat meals together, go on outings/activities, etc.
10. Help maintain a respectful and peaceful environment within the Home.
11. Gym Membership
 - a. Residents may not go to Mountain Island Fitness alone without permission.
12. 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.
13. Do not interfere with others' quiet enjoyment of the Home.
14. Be courteous and considerate when using any TV, radio, personal gaming, stereo, and other similar devices.
15. Threats, violence, or physical or other abuse toward any other Resident, visitor, or Room to Heal representative are strictly prohibited.
16. Quiet time will be 10:00 p.m. to 8:00 a.m. weekdays (Sunday evenings through Friday mornings) and 12:00 a.m. to 10:00 a.m. on weekends (Friday evenings through Sunday mornings).
17. Be mindful and respectful of others' work and sleep schedules.
18. Curfew:

- a. First 30 days of residency- 9:00p.m. on weeknights and 9:30 p.m. on weekends (Friday & Saturday).
 - b. After 30 days- 9:30 p.m. on weeknights and 10:00 p.m. weekends (Friday & Saturday).
19. All electronic devices must be checked in at 10pm every evening, without exception.
20. Attend work and/or school, as applicable.
- a. Any Resident not working, in school, volunteering or in aftercare treatment programming shall be actively seeking employment and/or doing service work for a minimum of 25 hours per week.
 - b. A one-month grace period MAY be granted for those looking for work, depending of course, on the effort put forth in seeking employment and/or other extenuating circumstance. Proof may be requested by Room to Heal at any time.
21. Any change in work, school, service-work, and/or treatment schedule or status must be discussed with and approved by Room to Heal.
22. Keep active. Stay busy and get up and out of the Home!
23. No lying around or sleeping all day. Residents must be up by 9:00 a.m. on weekdays and 10:00 a.m. on weekends.
24. No guests of the gender to which the Resident is sexually attracted are allowed in the Home or on the premises.
- a. Allowing guests will be at the discretion of Room to Heal.
 - b. Guests are not allowed in Resident rooms at any time.
 - c. Guests must remain in the common living areas.
 - d. Residents having guests shall limit such visits to reasonable times and durations.
 - e. No overnight guests are allowed at any time.
25. Overnight passes/permission: Not coming home will result in discharge.
- a. Residents shall process overnight stays IN ADVANCE with Room to Heal.
 - b. Approved overnight stays are limited to no more than two (2) nights per week and not more than a total of seven (7) nights per month.
 - c. Last minute notifications to stay elsewhere/off the premises will not be accepted (unless due to an unforeseen emergency) and can result in immediate discharge from the program.
 - d. Residents must inform Room to Heal of their whereabouts, where they can be reached, and when they will return.
 - e. All Residents will be accountable to each other and to Room to Heal as to their whereabouts at any given time.
 - f. For Residents in their first 30 days - trips, vacations, or staying out past authorized times is not allowed.

- g. 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.
26. All Residents shall keep the Home and their individual spaces clean and neat.
- a. Weekly cleaning chores will be assigned by Room to Heal and are required to be completed before the following week's Home meeting. (See weekly cleaning sheet/board)
 - b. Keep personal items out of common areas.
 - c. 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.
27. 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.
28. Dishes are not to be left in the sink. Do your dishes after you use them!
29. Food and Meals.
- a. Each Resident is responsible to label his or her own food, meals, condiments etc.
 - b. Do not eat other people's food. Eating food or using any items that are not yours or provided specifically by the Home is considered stealing and grounds for discharge.
 - c. Meals should be eaten in kitchen/dining areas.
 - d. Eating in bedrooms or other areas of the Home is not allowed.
 - e. Food shall be stored appropriately in the kitchen or dining rooms. Any food that can attract insects, mice, etc. cannot be stored in rooms, such as chips, crackers, sugar, cereal etc.
30. Medications. Any medications MUST be prescribed by a doctor and taken only as directed by that doctor.
- a. Medications shall be kept with personal belongings and not left where others can see or be tempted to use them.
 - b. Strictly follow all doctors' orders regarding medications.
 - c. Room to Heal must be kept informed of all medications and/or any changes to medications. If a
 - d. 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.
31. Gambling of any kind is not permitted.
32. Smoking within the Home, including use of e-cigarettes or vapor devices, dipping or other nicotine related products is strictly prohibited.
33. All electronic devices shall be turned in to house manager at 10:00pm every night unless a temporary exception has been granted.

34. Any Internet sex, browsing of Internet sex sites, pornography or any such other behavior or material is strictly prohibited.
35. Personal space and loaning/borrowing
36. 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 money or possessions from other Residents.
 - c. Do not loan money or possessions to other Residents.
 - d. Do not loan or borrow cars from other Residents.
37. Residents having one year of continuous sobriety will be considered "senior peers."
 - a. Senior peers will be authorized to conduct drug tests at the request of Room to Heal.
 - b. Senior peers may be delegated additional responsibilities or privileges at the discretion of Room to Heal.
38. Room to Heal discourages any new romantic relationship within the first 90-days.
 - a. Any pre-existing relationship is the exception, but Room to Heal strongly recommends that Residents focus on recovery and put romantic relationships on hold.
 - b. All romantic relationship meetings, etc., should be conducted off premises.
 - c. No romantic or sexual relationships between Residents are permitted at any time.
39. Residents are not allowed to have pets (except if permitted).
40. Limitations on:
 - Hot plates
 - Microwaves
 - Toaster Ovens
 - Refrigerators

Approval from Room to Heal management must be obtained in writing before any of these types of appliances may be brought into the house.