

LIVING FREE RESIDENTIAL EXPECTATIONS

Updated 12/2023

1. **LENGHT OF STAY** is not to exceed **6 MONTHS**. For those in good standing, there is the opportunity to apply for an extension.
2. **FINANCIAL RESPONSIBILITY** is expected regarding timely payment of your monthly residential fee. This payment is due no later than the 5th day of the month and the monthly amount will be established when you interview (Between \$300-\$400). If a resident does not pay by the 5th, they will automatically be put on probation until the fee is paid and they will receive one point towards a strike, and will incur a strike if they don't provide payment or a written plan for payment by the 8th of the month. Probation will mean that no favors will be given by any volunteers (such as rides, etc.) and the resident will not receive, or will lose if already given, any approval for overnight absences until probation is over.
3. **WORKING** a job 30-40 hours a week is expected. Until a resident acquires a job, they must be diligently working towards employment, keeping a journal of every effort being made. Numerous applications should be filled out on a daily basis and follow-up of applications already submitted will be the main details for the journal.
4. **RESERVE TUESDAY NIGHTS AND SUNDAY MORNINGS** as times you cannot work or do other things. Tuesday nights will be required time for Celebrate Recovery (CR) and Sunday mornings for attending church of your choice. This is an important part of continuing to build a foundation for sobriety, growth, and community. In addition to the large group involvement in CR, you will also be required to be in a Step Study group that night to work through the 12 steps and apply them to your life.
5. **MEET WEEKLY WITH AN ASSIGNED SPIRITUAL ADVISOR AND A TRANSITIONAL COACH**. This will be a time that works between you and each of those individuals. Spiritual Advisor will help you take next steps in your growth to continue to learn and better understand how your "Higher Power" will enable you to have a changed life. The Transitional Coach will help you by working through a list of items that are practical and necessary to do well in life (Finances, work, relationships, functional needs, etc.)
6. **SUBSTANCE ABUSE** (street drugs, prescription drugs, alcohol, etc.) is not allowed in any form and random drug and breathalyzer tests will be done regular and as needed. Refusal to be tested and/or delaying a test beyond 15 minutes will be a presumed positive result.
7. **NO SMOKING OR VAPING** within the boundaries of the property of the house. We encourage abstinence from all addictive habits. If you choose to still smoke, you must dispose of butts, etc. and not litter on other peoples property nearby.
8. **A PERSONAL LOCK BOX** is provided to each resident to store prescribed medications and any other valuables.
9. **PAROLE, PROBATION, AND OUTSTANDING LEGAL ISSUES** are things we need to know about. We will let Probation Officers know about any serious violations (drug use, expulsion from the house, unapproved overnight absences) within 24 hours, giving you time to let them know yourself before we do.
10. **OVERNIGHT ABSENCES** can be requested with provided form at least one week before the absence. Any unapproved absence will mean you have left the house and will no longer be allowed to live at the house.
11. **COMMUNICATION** can eliminate a lot of problems and build trust. Letting us know when your plans change, responding quickly to texts or phone calls from staff and volunteers, letting us know when there is a problem with fulfilling a requirement before it happens, etc. are all important expectations regarding communication. You must **post your weekly schedule** on the board by Sunday each week for the coming week so we know where you will be and when.

- 12. CLEANLINESS** is very important for keeping the house a positive atmosphere for residents and volunteers. You are expected to do chores and bedroom upkeep and do them well, to clean up after yourself **every time** you use the bathroom, the kitchen, and any other shared living space, and have good personal hygiene. You should also be appropriately dressed in front of other residents.
- 13. COMMUNITY BUILDING** is important. We want to encourage you to build relationships with other residents. No TV's are allowed in your room. Residents need to be respectful of other peoples things, stay out of other residents rooms when they are not in there, ask permission to use another persons stuff, speak appropriately to one another, make it a priority to work through differences, and if that isn't working to reach out to a volunteer of your choosing to ask them to help you. Conflict is natural but needs to be taken seriously with a commitment to talk through it with one another. No borrowing money from other residents - speak to a volunteer about your financial hardships.
- 14. HOUSE SAFETY** includes no open flames, keeping the doors to the house locked, not sharing your house code with anyone not living in the house, no watching or listening to things that have explicative activities or words (foul language, R-rated content, serious violence, etc.), no guests upstairs and only acceptable female guests on the main floor for brief times, no abuse or threats towards others, no stealing, etc.
- 15. THREE STRIKE POLICY** helps to measure the quality of your good standing in the house. A strike will be given for significant infractions. You can also get "points" for less serious infractions with three points leading to a strike.
- 16. HOUSE MEETINGS** will happen at agreed upon time preferably Sundays. Sunday will also be a house check day when the house should pass the clean test, schedules posted, and any other agreed upon requirements are met.
- 17. FOOD** for each resident has a limited area to be stored, so please don't get more food then you really need even if its free. You will have half a refrigerator to use, a store bin, and minimal cabinet space. We need the kitchen to be clean and orderly and you are responsible to make sure that is happening.
- 18. CURFEW** is at 9:00 pm unless you received permission for work or other acceptable even when you posted your schedule at the beginning of the week. We do have cameras on all the doors of the house and monitor the comings and goings.
- 19. RELATIONSHIPS WITH "SIGNIFICANT OTHERS"** will require accountability. No sexual relationships outside of marriage and it is preferred you wouldn't start any new relationships while living at the house. This is BIG distraction from the kind of work you need to be doing in your life and many derailments happen through these types of relationships. We would like you to be open and honest about where you are at in your relationships and no penalties will be applied in this area except where they lead to the breaking of other rules. It is simply a hope that you will see the wisdom of this area.

Items supplied for residents: Fully furnished house, toilet paper, detergent, cleaning supplies, hand soap, bedding, towels, internet, utilities, and necessary rides if we can. Residents are expected to ride city bus, walk, bike, or do whatever they can to transport themselves.

_____ I have read the guidelines and I am prepared to follow them.

Signature of Agreement:_____

Date:_____