

THE LAKES RECOVERY HOUSE RULES

- Completes all mandatory randomized UA's
- Attend Weekly House Meeting. Participate in house activities from meetings to meals together, etc.
- Never, ever unplug a camera
- Attend at least 3 recovery meetings per week
- Call/Meet with sponsor and actively working a program of recovery
- Printer will cost residents 75 cents per page from management office
- Be sure to let the house manager check-out the room before you move out, or you will be **charged \$50**
- Work, Attend School or Volunteer a minimum of 20 hours per week. Work should not affect The Lakes Recovery house meetings at 4:00 pm. These are mandatory meetings, but it helps us all to participate!
- Allow Management to enter at any time. When management knocks, please invite them in. If the management of TLR needs to do a room search while you are off the premises, we **REQUIRE** there will always be 1-2 house managers/owners present.
- Please no yelling, getting in each-other's faces. No boisterous, or thoughtless manner or disturb the rights of other residents to peace and quiet.
- **REMEMBER:** This is an **INDEPENDENT** living, meaning if you cannot act in an independent manner, you will be asked to leave for a higher level of care.
- Everyone at TLR all have different dual-diagnosis. Please "fake-it till-ya make-it."
- House hours are awake and out of room by 10:00 am and quiet time starting at 10:00 pm.
- Curfew for first 30 days is 11 pm weekdays and midnight on Friday and Saturday.
- No asking for sleep-overs or a night out for your first **30 days** at TLR.
- No unattended guest and no guest sleeping anywhere but your bed in the house.



- No residents allowed to sit or lay on another female's bed.
- Residents must stay out of the other women's rooms.
- No sleeping in common areas.
- Visiting hours are from 10 A.M. – 8 P.M, **outside or in common areas**
- No weapons, No threats, violence, physical or other abuse to others.
- Only text house management in an emergency.

The Four Major Dimensions of Recovery

- **Health:** Overcoming or managing one’s disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being
- **Home:** Having a stable and safe place to live
- **Purpose:** Conducting meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- **Community:** Having relationships and social networks that provide support, friendship, love, and hope

Printed Name: _____

Signed Name: _____ Date: _____

Staff: _____ Date: _____

