

Sober Living Home Rules

General Rules

1. **Sobriety is Mandatory:**
 - No drugs, alcohol, or paraphernalia are allowed on or near the property. Random drug and alcohol testing will be conducted.
 - Residents must remain sober during their stay.
 2. **Compliance with Laws:**
 - Residents must comply with all local, state, and federal laws.
 3. **Respect for Others:**
 - Treat fellow residents, staff, and neighbors with respect.
 - No verbal, physical, or emotional abuse will be tolerated.
 4. **Confidentiality:**
 - Residents must respect each other's privacy and confidentiality. What is shared in the house stays in the house.
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Daily Living Rules

5. **Chores:**
 - All residents are responsible for completing assigned chores. A rotating schedule will be maintained.
 - Common areas must be kept clean and tidy at all times.
 6. **Curfew:**
 - Residents must adhere to the established curfew (e.g., 10:00 PM on weekdays, midnight on weekends) unless prior approval is obtained.
 7. **Visitors:**
 - Visitors are allowed only during designated hours (e.g., 12:00 PM–6:00 PM).
 - All visitors must be approved by the House Manager and must adhere to house rules.
 8. **Meals and Food:**
 - Residents are responsible for preparing their own meals unless otherwise agreed upon.
 - Respect others' food and personal items stored in shared spaces.
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Recovery and Accountability

9. **Recovery Program Attendance:**

- Residents must attend a minimum number of recovery meetings per week (e.g., 3–5) and provide proof of attendance if required.
 - Participation in house meetings is mandatory.
- 10. Accountability:**
- Residents must submit to random drug and alcohol testing. Refusal to test will be treated as a positive result.
- 11. Relapse Protocol:**
- Any resident who relapses must report to the House Manager immediately. A decision will be made about next steps, which may include temporary leave or discharge.
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Behavioral Expectations

- 12. No Violence or Threatening Behavior:**
- Physical or verbal threats, fighting, or any form of harassment will result in immediate dismissal.
- 13. No Romantic Relationships:**
- Romantic relationships between residents are strictly prohibited to maintain a focused recovery environment.
- 14. No Stealing or Destruction of Property:**
- Theft or intentional damage to property will result in immediate expulsion and possible legal action.
- 15. Use of Technology:**
- Excessive use of phones, computers, or other devices that interferes with house activities or recovery is discouraged.
 - Pornographic or triggering materials are not allowed.
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Financial Responsibility

- 16. Residency Payments:**
- Residency fees must be paid on time. Failure to pay the residency fee may result in eviction.
 - A security deposit is required upon move-in.
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Safety and Security

- 18. Weapons:**
- No weapons of any kind are allowed on the property.
- 19. Emergency Procedures:**

- Follow emergency protocols for fire, medical situations, or other crises.
- 20. House Manager Authority:**
- The House Manager has the final say in enforcing rules and resolving disputes.
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Move-Out Policy

21. Notice of Departure:

- Residents must provide a minimum of 30 days' notice before moving out.
- The resident's room must be cleaned and inspected prior to departure.

22. Exit Interview:

- An exit interview may be conducted to gather feedback and ensure a smooth transition.
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Consequences for Violations

- **Failure to Remain Sober:** Immediate removal from house. The success of the group must never be jeopardized by an individual who is relapsing.
- **Theft:** Immediate removal if evidence proves true.
- **Disruptive Behavior:** A verbal and written warning will be issued on first offense. A second offense will result in removal from the house. Any physical abuse or physical threats will result in immediate removal