

# Carolina Transitional Housing

## House Rules/ Resident Contract

**Complete sobriety is required at Carolina Transitional Housing just as it is in drug rehab. Those who are caught in violation of this rule because they have drugs in their possession or fail a drug test will be asked to leave immediately.**

**1. Zero Tolerance** for drug or alcohol use. (No engaging in illegal substance manufacturing, possession and/or distribution will be tolerated.)

**2. Zero Tolerance** for stealing. (Taking food from others without permission is considered stealing. We encourage community cooking, meal planning and sharing dinner time together. This is to assist in developing a family like structure.) Residents are responsible for the purchase and preparation of their own snacks and meals. Label your food and drink.

**3. Zero Tolerance** for destruction of **Carolina Transitional Housing** or other residents' property.

**4. Zero Tolerance** for sexual activity between residents.

**5. Zero Tolerance** for physical confrontation or verbal confrontation with any staff or resident.

**6.** Any resident who is on prescribed medications must immediately inform the house manager, all medication must be approved by the house manager. All medications must be taken as prescribed. Medications may not be kept in common areas (living room, kitchen, dining area) and must be kept out of sight of other residents. Medication must be taken privately (in the bathroom or other private area) and never in common areas. Do not leave medication on counter tops or dressers.

**7.** As a member of a recovering community, based on the principles of honesty, trust and helping to create a safe and sober environment, we request any resident who knows that another resident has violated any rules of **Carolina Transitional Housing** report the behavior to staff or management.

**8.** Any visitor to **Carolina Transitional Housing** property will be asked to leave immediately if Carolina Transitional Housing staff or residents suspect any use of illegal or illicit drugs, including alcohol. Residents who have been asked to leave due to their own breach of rules will not be permitted back on the property.

**9.** All residents must attend at least **4 AA/NA meetings per week**. Meeting verification sheets are due at the house meeting.

Resident Initial \_\_\_\_\_ Staff Initial \_\_\_\_\_

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- 10.** Residents must **obtain and maintain a sponsor** while living at **Carolina Transitional Housing**.
- 11.** Residents must attend a mandatory House Meeting one time a week.
- 12.** Residents must be willing to submit to a drug/alcohol urine screen upon the request of the house manager.
- 13.** We request that a resident commit to a 90 day stay.
- 14.** Residents' rooms must be clean at all times. Cleanliness starts with self; shower daily, brush your teeth and keep personal area clean and orderly. Beds are to be made daily and clothes put away. Do not hang anything on lanais, doors and furniture or wall fixtures. Be considerate of roommates and others. (Residents' beds are to be made when the residents are not in the bed.)
- 15.** Curfew is 11:00 PM Sunday through Thursday and 12:00 AM Friday and Saturday with no exceptions. (Curfew may be lifted for overnight / 3rd shift job with an exception that the house manger receives a copy of the scheduled hours.)
- 16.** Residents must sleep at the house each night unless prior arrangements have been made with staff.
- 17.** Overnight passes are given after 30 days living at **Carolina Transitional Housing** (Maximum approved 2 nights per week)
- 18.** Residents are not permitted to have overnight guests. All visitors to the property must be approved by staff/ house manager and must be off the property by 11:00 PM.
- 19.** There is absolutely no loitering in the front of the property.
- 20.** Residents must be employed or enrolled in school within the first 30 days of living at **Carolina Transitional Housing**.
- 21.** Residents having unusual job requirements must have **Carolina Transitional Housing** approval.
- 22.** Residents not employed or in school must be off the property by 9 AM daily and return after 4 PM.
- 23.** Residents will participate in ongoing mandatory house chores with a deep clean accruing once per week.

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**24.** Because this is a sober living environment and we are to be working as a family, new applicants will be interviewed by residents and staff at house meetings.

**25.** Smoking/vaping is permitted in designated areas only. Smoking/vaping is not allowed in any indoor areas. Do not leave cigarettes/e-cigarettes unattended. Dispose of your ash and butts in the disposal cans/ ashtrays provided. Violation of this rule may result in immediate discharge.

**26.** Reasonable noise levels are to be maintained at all times. No yelling, screaming or excessively loud music/TV. TV use should be at minimal sound levels. When playing music in common areas, the type of music should be generally acceptable by others and not excessively loud.

**27.** No overnight sleeping in common areas is allowed.

**28.** The kitchen must be kept neat and clean at all times. Clean up after yourself and put things back where they belong. Wash, dry and put away your dishes immediately and wipe down all surface areas. Do not store cooked/prepared food in plates, cups and pots/pans. All food stored in the fridge must be in a Ziploc or Tupperware container.

**29.** Do not move or rearrange any furniture in the common areas or bedrooms without **Carolina Transitional Housing** approval.

**30.** Please be conservative with water and electricity. Shut off lights when leaving rooms, turn off fans when not in use and check faucets for leaks. It increases our expenses and could lead to program fee increases.

**31.** Personal items left by discharged residents will be held in for maximum of (7) days then donated to a local thrift store. Residents are responsible for making arrangements with staff in advance for the pick-up of their personal belongings.

**32. Carolina Transitional Housing** reserves the right to conduct random, unannounced room inspection. Discovery of illicit substances or contraband may result in immediate discharge.

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**33.** All visitors must have at least (1) year clean and sober. You must stay with your guest at all times. Visitors are not allowed in private areas except to use the bathroom. All guests are permitted in common areas only (kitchen, living room, dining room, outdoors). If you have children visiting you, you are solely responsible for their safety and they must remain in your presence at all times. **NO OVERNIGHT GUESTS ALLOWED.**

**34.** Any household items that are broken or damaged by a resident must be replaced. Damage to building structures, equipment or appliances must be done by a professional that has been authorized by **Carolina Transitional Housing** paid for by the resident.

**35. Carolina Transitional Housing** is not responsible for lost or stolen property. If you have anything of significant value, do not keep it here (electronics, jewelry, excess cash, etc.) or ask to be locked up.

**36.** Program fee for residency is \$700.00 per month or \$175.00 weekly. A minimum of (1) week notice must be given before moving out.

## ACKNOWLEDGEMENT

I \_\_\_\_\_ have read and voluntarily agree to abide by all the rules of **Carolina Transitional Housing**. I do hereby agree to comply with all the rules listed above and understand all that is expected of me during my residency at **Carolina Transitional Housing**.

MOVE IN DATE \_\_\_\_\_

\_\_\_\_\_  
Resident Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

Resident Initial \_\_\_\_\_ Staff Initial \_\_\_\_\_