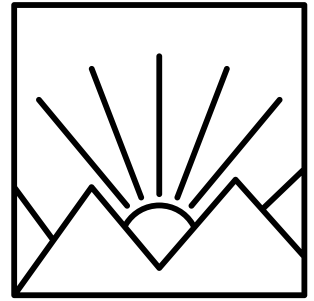


RULES AND REGULATIONS

INDEPENDENT SOBER LIVING

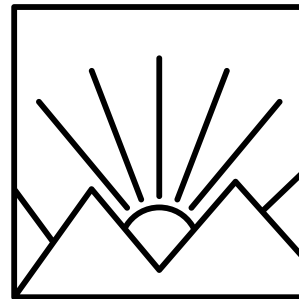


In order to participate in NDRS's Sober Living Program, individuals must follow the following guidelines:

- 1) In order to qualify for independent sober living, all participants must have either (1) one year of continuous sobriety, or have completed the peer-supported sober living program at New Dawn. Similar programs may also be considered. All applicants will ultimately be approved by the Executive Director before enrolling.
- 2) Residents must maintain personal sobriety and abstinence from all substances.
- 3) Resident cannot bring any illegal substances or prohibited items into the sober living home. This includes, but is not limited to: alcohol, drugs, firearms, weapons, stolen contraband, or illegally obtained items. Violation of this rule may result in immediate termination from programming services.
- 4) In order to follow programming guidelines weekly requirements include the following:
 - Weekly "Rule of 40" - Must complete 40 hours of employment, work search, community service, 12-step meeting attendance, and/or sponsorship contact.
 - A minimum of (2) 12-step support meetings every week.
 - Weekly sponsorship contact.
 - Residents are expected to have a sponsor, have worked through the 12 step program, and be working with others. Any lapse in sponsorship should not last more than two weeks.
 - Residents are expected to be employed when entering the house. Any lapse in employment should not last more than 30 days.
 - Each participant must participate in a mandatory weekly Circle meeting each Monday at 6pm.
- 5) Each member of the house is given a weekly chore and are rotated regularly. Daily responsibilities include 10-15 minutes of chores and one (1) hour of deep cleaning per week. Residents are also required to maintain a clean living environment in their personal space. This includes communal living spaces. A senior peer or Executive Director will assist residents in understanding this expectation.
- 6) No outside visitors are allowed in or at the house. Arrangements for family meetings will be allowed on Sundays with approval by the Executive Director, in following with the house rules listed above.
- 7) No pets, including service animals, are allowed to be residents within the program.

RULES AND REGULATIONS

INDEPENDENT SOBER LIVING



In order to participate in NDRS's Sober Living Program, individuals must follow the following guidelines:

- 8) Participants are expected to maintain a soft curfew of 12AM everyday and should respect the schedules of their fellow participants. Overnight passes from the house are allowed, but if abused, will end participation in programming.
- 9) Participants are allowed to bring personal items and furniture into their living spaces, but are expected to remove items when departing the program. All items must be approved by the Executive Director.
- 10) Personal vehicles are allowed in programming. All vehicles must have active insurance, registration, and participants must have a valid driver's license.
- 11) If a resident is terminated from the program, or personally elects to forgo completion from the program, any payments made towards NDRS are non-refundable.
- 12) Program fees are expected to be made in full at the beginning of the month for programming enrollment. Payment plans can be made with approval of the Executive Director.
- 13) Any rule, regulation, or policy can be made or altered specifically for individuals by the Executive Director at any time to maintain the goal of programming.
- 4) All clients will have access to portable A/C units in their personal rooms. If residents would like to use an A/C unit during the warmer months (May - September) they will be charged a monthly fee of \$50. Residents are allowed to use their own units as well, but the charge is still applied for use.
- 15) All residents are required to help relieve PSL house managers at least once per month during a weekend for house management. Requests will come directly from the Executive Director of the program, not a house manager.

All rules and regulations must be followed while in programming. Violation of these rules can result in discharge, and will be taken in account by the Executive Director and evaluated on a per case basis.

■ More Information :

Karli Schmitz, Housing Coordinator
(920) 808 - 0650 x 2
www.newdawnwi.org

Signature Of Applicant & Date