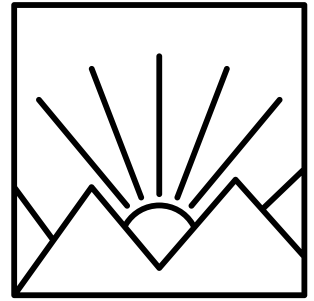


RULES AND REGULATIONS

PEER-SUPPORTED SOBER LIVING

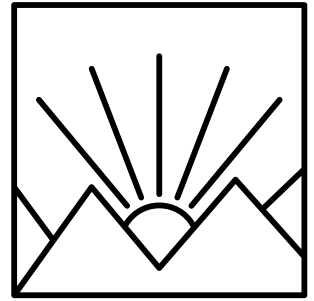


In order to participate in NDRS's Sober Living Program, individuals must follow the following guidelines:

- 1) Residents must maintain personal sobriety and abstinence from all substances.
- 2) 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.
- 3) Residents must follow participation requirements in order to remain in programming. This includes the following:
 - No outside communication, outside of emergencies, for first two weeks
 - No new relationships until reaching a benchmark within 12-step programming
 - No cell phone usage for first 30 days
 - No social media for first 90 days
 - No personal vehicle usage for first 30 days, outside of work usage of vehicle
- 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.
 - This will include a minimum of (3) 12-step support meetings every week
 - A minimum of (1) weekly sponsorship contact
 - Residents are expected to find a sponsor within 14 days of entry into sober living
 - Residents are expected to find employment within 30 days of entry into sober living
 - All jobs are required to be first shift (daytime hours), Monday - Friday, and finished by 5pm every day. Weekend hours cannot be required, but weekend work opportunities can be discussed with the Executive Director or House Manager.
 - Participation in daily "Circle" house meetings. Each sober living will decide and maintain a schedule throughout the week, including one day off for sponsorship meetings and errands.
- 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 House Manager will assist residents in understanding this expectation.

RULES AND REGULATIONS

PEER-SUPPORTED SOBER LIVING



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

- 6) Residents must participate in outside recovery-related events. This includes functions, campouts, and conferences. If the house decides to participate in these events, it will be required by all residents unless given proper notice and reason to House Manager.
- 7) No outside visitors are allowed at the house. Arrangements for family meetings will be allowed on Sundays with approval by the House Manager in following with the house rules listed above.
- 8) No pets, including service animals, are allowed to be residents within the program.
- 9) 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.
- 10) 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.
- 11) Any rule, regulation, or policy can be made or altered specifically for individuals by the House Manager at any time to maintain the goal of programming.

All rules and regulations must be followed while in programming. Violation of these rules can results 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