Neos

Recovery House

**House Standards**

1. **Total Abstinence** – **I will abstain from the use of all mind- or mood-altering substances and remain sober at all times. I understand that this includes any over-the-counter substances, any steroids, and any CBD oils (0% THC or otherwise).**

**I commit to not using Drugs or Alcohol while a resident of Neos\_\_\_\_\_\_\_**

1. **Knowledge of Using** – Neos is a Community based environment. I commit to supporting safety and honesty in all areas of living, and honoring a safe, sober environment for all men who are serious about recovery. \_\_\_\_\_\_
2. **Drug Testing** – I understand Drug and alcohol testing will be conducted. Testing will be at specific times and random. If asked to take a drug test, I am clear it has to be done in the hour it is requested. Specimens will be produced with one hand on the wall, and in the presence of management.

Refusal to take a Drug test as requested will infer I do not choose to live at Neos and I will make arrangements to leave.

**In the case there is a test in question, I am aware I can get a confirmation test at my expense. I will do this within 24 hours.**

**I will make arrangement to leave Neos in the case I am active in addiction and will ask management if I need help with referrals. \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Prescription Medication** – I will disclose on admission all prescribed medications.

Some medications may not be allowed. It is the resident’s responsibility to properly store all approved medications. Medication may only be stored in the original prescription bottle or blister pack with dates and dosing instructions.

Management will not dispense or hold any medication for residents.

Certain medications may require residents to purchase a locked safe where the medication must be stored at all times. If this is the case, I will provide management with a key and access to the safe. Management may, at any time, count my medications to support my taking them as prescribed.

I will not leave any prescription or nonprescription medications in the open. \_\_\_\_\_\_

* **Neos Recovery House does not discriminate in any medical, clinical, diagnosis, or prescriptions. We subscribe and are compliant with NARR/TNARR standards, ethics, and recommendations for best practices concerning Medically Assisted Treatment**.

1. **Over the Counter Medications** – I understand all OTC (nonprescription) medications cannot be mood altering and must be alcohol free. I will take the medication as suggested on the label. I will store properly in the package in which they were purchased. I will alert management of any OTC medications I bring into the house or are taking, and I will be responsible for these medications and will not leave them in the open. \_\_\_\_
2. **Behavior** – I commit to no threatening, aggressive, or violent behavior while I am living in the Community at Neos. \_\_\_

**I understand that “Principles over personalities” is an integral part of the Community’s well-being. If I am unable to feel safe and productive at Neos I will inform management and make a change. \_\_\_\_\_\_**

1. **Theft** – I understand that Borrowing without approval or taking of items in common areas (E.g. food, laundry detergent, toiletries) is theft. Needs and concerns will be brought to Community and staff. I commit to informing management if this occurs. \_\_\_\_
2. **Gambling** – I will not gamble while a resident at Neos. \_\_\_\_\_\_
3. **Borrowing Money** –I will not Borrow **or** lend money from other residents. \_\_\_\_\_\_
4. **Pornography** – I will not engage in Pornographic material (and printed or electronic material demeaning or degrading any gender). \_\_\_\_\_\_
5. **Internet and Usage** – I understand the Internet is a privilege and provided by Neos. I will honor this right and my fellow residents. I will not engage in activity on nefarious websites that cause the attention of, or communication from, Comcast. I am aware that my actions could result in internet being disconnected and a change will be recommended. \_\_\_\_
6. **Curfew** – I agree to respect**: Sunday through Thursday 10:30 curfew.**

**As a new resident within 30days, I will be in by 11:00 Friday and Saturday nights.**

**After 30 days my curfew may change to 12:00 on Friday and Saturday nights, contingent on my standing in the community.**

**Curfew means I will be in my specific residence at the time stated.**

In the event of an Emergency or conflict with my work schedule, I will contact our House Manager via text to self-report a conflict with the standard time commitment.

Accountability, respect for others, and respect for myself is necessary in Recovery and is my responsibility. \_\_\_\_

1. **Passes** – I understand that after 30 days as a resident, I will be become eligible to take overnight passes. I will be accountable and follow the following structure:
   1. I will text the house manager, 48 hours in advance. In my text I will be specific about my request (E.g. “This is Tom requesting a pass to visit family in Franklin leaving Friday afternoon and returning Sunday before the house meeting”).

**Upon receipt and acknowledgement from the house manager I will solidify my plans.**

I am aware part of my deciding to live at Neos includes House Meetings (See #23), House Meetings are a commitment to Recovery and my Community.

* 1. My rent will be paid before I request a pass.
  2. Upon my return from every pass, I will text the house manager as soon as I come on to the property. I will be available for a drug/and alcohol test immediately.

**\_\_\_\_**

1. **Visitors** – I understand that Neos is a Community-based environment

**If I would like a visitor, I will make a request to the House manager (via text) prior to any visits**. If a request is supported by the House manager, I will respect and alert other residents that may be impacted by a visitor. This includes family, sponsors, and anyone who does not reside at Neos.

**I understand that cars are for transport and will encourage people to pick up and drop me off expeditiously. Lingering in a car is not encouraged. \_\_\_\_**

1. **Visiting Others on Property** – I will respect others’ environments and space. I understand that the houses are autonomous and should be respected as such. I will not enter other residents’ rooms.

Personal invitation can be given. Residents are not encouraged to enter any bedroom without the resident/residents of that room being present. \_\_\_\_

1. **Hygiene** – I will be responsible for my own personal hygiene. Self-care is important for my heath and the respect of others. \_\_\_\_
2. **Personal Tidiness** – I will be responsible for my personal space and belongings. I will store my toiletries in a tote in my bedroom. I understand that “an unmade bed symbolizes an unmade day”. I will care for my cloths and see they are folded and stored properly. I will partner with my roommate to assure our room is clean and tidy. \_\_\_\_
3. **Common Area Cleanliness** – I understand I live as part of a community and will assist in keeping all common areas clean. The kitchen is an important part of the Community’s needs, and I will clean after myself. Friday is trash pickup day; I understand all cans must go to the curb Thursday evening and be returned Friday. \_\_\_\_
4. **Automobiles** – I understand Residents are allowed one vehicle at Neos. In the event I need to add a vehicle, I will consult management for consideration. I also know there are designated parking areas. I will not park on the grass or have loud music coming from a car. Speed limit on the property is 5 MPH at all times. I will respect this and advise any visitors of the speed limit. \_\_\_\_
5. **Respectfulness** – I am aware I am part of a community and will respect others in my house. I realize beds are for sleeping and couches are for sitting in the common areas. Respect for others starts at home and I will partner with my housemates. I commit to not be disruptive or disrespectful. I understand changes may have to be made if I am not a contributing house member. \_\_\_\_\_\_
6. **Smoking, Chewing Tobacco, and Vaping** – Neos Recovery House is smoke free. Smoking indoors endangers myself and my community. I will not smoke cigarettes in the houses. I am aware there are ash cans outside the houses for residents to use. Ash cans are not Trash cans and can be dangerous if improperly used. I will not litter the property with cigarette butts. I understand that if I use smokeless tobacco, I am to be mindful of my spittoons and respectful of my community. \_\_\_\_
7. **Employment** – I understand being useful and having a purpose is important in rebuilding my life.

I will be responsible in finding productive usefulness i.e.: work or volunteering in order to begin to have a structured schedule.

I am aware I am encouraged to be out of the house by 9:00 am. to seek appropriate employment.

I am aware a 12 Step meeting every day is suggested. \_\_\_\_\_

1. **House Meetings** – Neos has 1 house meeting each week;
   1. Sunday at 6:00 PM. I am aware I live in a Community and will attend all House meetings. Work, therapy, IOP, and specific service work schedules can be considered in attendance. I will communicate with the House manager (via text) prior to the house meeting, if I have a conflict in schedule.
   2. I understand that Unity is significant in the Community. I will respect the start time and arrive promptly. Cell phones distract from my concentration and that of those around me. I will respect my community and only use my phone quietly. \_\_\_\_
2. **Attendance of Meetings** – I commit to attend 12-step meetings. The traditional 12 Step suggestion is “90 meetings in 90 days”, Signed meeting sheets will be supplied and I will be responsible to have them signed. Neos suggest no less than 5 meetings per week if employed and one a day if unemployed.\_\_\_\_\_\_
3. **Sponsorship -** I will obtain a sponsor within two weeks of joining Neos. I understand that a sponsor is an important part of long term sobriety and will continue to work with my sponsor throughout my stay at Neos.\_\_\_\_\_\_\_
4. **Personal Belongings and Responsibility** – I will be responsible for my own belongings. Money and valuables can be a temptation to others. I will respect my community and store all valuables and cash carefully.

**I also am aware Neos cannot be help responsible if I incur a loss. My possessions are my responsibility. \_\_\_\_**

1. **I understand that there are times that Neos will not be appropriate for someone.** - If a decision is made for me to make a change, I understand I will need to do this promptly. I will ask for help if I need it and understand there are resources for me. I will remove my personal property from Neos immediately. \_\_\_\_
2. **Conduct** – Neos is located in a residential neighborhood. Respect for myself and others is one of my responsibilities. **I am aware that fireworks, weapons, and destruction of property is not suggested in a Recovery environment. Action to secure the safety and comfort of others in my Community or the surrounding neighbors will be a priority. Appropriate action can be taken if these standards are violated. \_\_\_\_**
3. **Rent** –

**I am responsible for my rent(check)\_\_\_\_\_**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Contact information:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I have support for my rent from another source\_\_\_\_\_\_\_\_**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Contact information: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Security commitment is $400, to be considered as the first 2 weeks of rent.**

**Rent is $200 a week to be paid on Sunday for the upcoming week.**

**I am aware that contacting the House manager is possible if I need support or have questions about my rent. I understand that there are no refunds.**

**Print Name: Date:\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Waiver**

**The Resident shall occupy the premises in accordance with all laws and regulations pertaining thereto. Resident shall return the premises at the termination of residency in the same condition as received, ordinary wear and tear.This agreement shall terminate in the event that the premises are destroyed, other than negligence of the Resident, or upon taking of the property under legal authority of eminent domain.**

**Resident at Neos Recovery House\_is pursuant to Tennessee Code Annotated 66-28-102(c)(1), which states residence at an institution, public or private if incidental to detention or the provision of medical, geriatric, educational, counseling, religious, or similar service is not subject to the provision of the Uniform Residential Landlord and Tenant Act of Tennessee. In other words, this agreement is not a lease and notice is not required to discharge a resident for violation of environmental guidelines.**.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_

Attested By\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_