



HOUSE RULES

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| Treat Everyone with Respect | Be kind and don't cross personal boundaries. Like you, there may be things that others don't want to talk about such as triggers or personal issues. All residents are free to excuse themselves from such conversations. Communicate your needs with courtesy; be KIND. |
| Have a Personal Care Plan and a Relapse Plan | Your Personal Service Plan (PSP) addresses specific needs, goals, strategies, and limits to ensure you remain well and active in your Recovery. Your Relapse Plan will give us a detailed plan that you would like us to follow in the unlikely event of a relapse. Both plans are completed when you move in with our intake House Manager. |
| Respond to Relapses with care | In the event of a relapse, it is an expectation that you follow your Relapse Plan that will have a specific response of CARE. You agree that relapsing while in TTPRH program warrants you take a 7-day break to re-engage in your recovery, get clean for 7 days and you are welcome to return to the house. If returning is not an option for you, you will engage in TTPRH "Safe Exit/Discharge" plan. |
| No Substances or Paraphernalia | Due to the nature of TTPRH, no alcohol, substances/drugs (including all derivatives of cannabis) are allowed on the property. Possession of such substances/paraphernalia may result in alcohol/drug testing and a likely change in your privileges and you may be asked to leave to program or be placed on restrictions. |
| Expect Searches | To prevent theft, find weapons, and to keep substances and paraphernalia off the property, a resident and her property may be searched at any time by a TTPRH Manager – this ensure the safety of all residents in the home. |
| No Smoking/Vaping | There is no smoking or vaping allowed <i>in</i> the House. You may only vape on the deck but smoking only allowed in the designated area. Because of the nature of TTPRH, only smoking regulated tobaccos and juices are permitted. |
| Secure Belongings | You are fully responsible for all your personal belongings. We suggest not bringing any belongings or property of value to the House that requires being locked up. Please take all of your belongings on discharge. |
| Respect Personal Space | Physical contact must be non-romantic and non-sexual in nature. |
| Right to Privacy | All residents have the right to privacy – as such you are not permitted in the personal space of another resident without permission. |
| Regular Hygiene | All new residents will shower and change into new (modest) clothing as soon as possible after intake. Weekly laundering of clothing and bedding (per sign-up sheet) is mandatory for maintaining a clean and sanitary house. You will tend to regular personal hygiene daily or when asked to do so by a House Manager. |
| Keep it Neat and Tidy | Residents will follow the weekly assigned House cleaning schedule and will keep their rooms/personal spaces neat and tidy. |
| Medications | You will have your own medication lockbox and will be in personal control of all medication needs. You will take your prescribed medication as they are directed by a physician/pharmacist/package labeling. Non-compliance with medications may be cause for restrictions. All medications will be divulged to the House Manager at intake, all medications taken will follow Medication Policy. |
| No Transactions | No transactions of any kind will occur between residents, between residents and staff of TTPRH, or between resident and visitors. This includes sharing/selling of cigarettes, things and services, trading favours, doing work, lending money, or any other similar transactions. |
| Coming and Going Curfew | Curfew is 12am Fridays and Saturdays and 11pm Sunday-Thursday. Being late for curfew for any reason may result in restrictions. Exceptions may be made if reason for being past curfew is reason per your recovery plan (i.e.: employment). Being past curfew MUST be approved by House Manager ahead of time. Reasons for missing curfew MUST be part of your Personal Service Plan. You are REQUIRED to advise the House Manager when you leave the House and when you return. |
| Follow Food Guidelines | No food allowed in bedrooms. Eat meals in the dining room. Supper is served at 5:00pm, you may miss ONE MEAL PER WEEK if planned in Sunday planner. You will always have full access to all the food in the house and an area to store your own food should you choose to buy your own. |
| Visitors | We ask that all visitors be discussed and approved by the House Manager ahead of time. Visitor will ONLY be allowed in the common areas of the house (no bedrooms, no exceptions). Visiting hours are from 11:00am to 9:00pm. No men or children allowed inside the house unless previously approved. |
| No Pets | Your pets are not allowed on the property – you are encouraged to find shelter for them (i.e. the SPCA or friends/family) |
| No Violence, Weapons, Property Damage, or Theft | Procession of any weapons, property damage, theft, verbal/physical/sexual abuse or harassment towards staff or other residents will NOT be tolerated. Violations may result in immediate discharge and contacting law enforcement with possible criminal charges. |
| Actively Working Recovery And House Expectations | <ol style="list-style-type: none"> 1) You will have a Sponsor within 2 week or arrival and be in contact with her a minimum of 5 days per week, to work your plan. 2) You will have a "Home Group" within 2 weeks of moving into the House and attend a minimum of 5 recovery meeting per week 3) You will have a "10 Women Phone List" and call a minimum of 1 woman in recovery per day for the first month of your stay. 4) You are responsible for getting rides to meetings – there is a House Manager option per sign-up sheet, HM can accommodate 4. 5) You may bring your own vehicle – it is mandatory to provide current insurance and registration to the House Manager. 6) MANDATORY morning reading and check-in at 9:00am – NO EXCEPTIONS 7) You will attend the Weekly planner meeting on Sundays at 11:00am and post your week plan on your bedroom door – this plan will be followed. 8) MANDATORY group therapy session every Wednesday at 7:00pm – NO EXCEPTIONS 8) You may use the House Manager for support from 8am-11pm and for emergencies only outside of these hours. 9) NO open flame (i.e. candles) allowed in the bedrooms or bathrooms |

I have reviewed and agree to follow the above rules and understand that my residency may be terminated immediately if I am unable to follow these House Rules. A change in privileges may include adjustments to my Personal Service Plan with my recovery team, increase in searches, a therapeutic break from the House or a safe discharge/exit. I also agree that these rules are subject to change at any time.

Resident Name

Resident Signature

Date