



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 Service Plan and a Relapse Plan | Your <u>Personal Service Plan</u> addresses specific needs, goals, strategies, and limits to ensure you remain well and active in your recovery. Your <u>Relapse Plan</u> 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 House Manager. |
| Respond to Relapses with care | You agree that relapsing while in our program breaks your residency agreement and will result in a 5-day departure from the House as per our <u>Relapse Policy</u> and your relapse plan in your self-directed Personal Service Plan will be enacted. |
| No Substances or Paraphernalia | 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 you may be asked to leave the program. |
| 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 the House Manager – this ensures the safety of all residents in the home. |
| No Smoking/Vaping | NO smoking or vaping allowed <u>in</u> the House. You may vape on the deck, but smoking is only allowed in the designated area in the back yard. Only 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 your belongings on discharge. NOTE: any items left behind will be kept for pick-up for 14 days, after 14 days items will be recycled or locally donated. |
| 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 | Keep it clean! 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. 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, 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 discharge. Exceptions can 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 <u>ahead</u> 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 Monday 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. Visitors will ONLY be allowed in the common areas of the house (no bedrooms, no exceptions). Strict visiting hour are 11:00am to 9:00am. |
| No Pets | While loved, 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 | Possession 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 3 weeks of arrival and be in contact with her a minimum of 2 days per week, to work your plan. 2) You will have a "Home Group" within 3 weeks of moving into the House and attend a minimum of 5 recovery meeting per week. 3) You will get a "Women Phone List" from each meeting you attend in the first 2 weeks, and you will call a minimum of 1 woman from these lists per day for the first month of your stay. 4) You are responsible for getting rides to meetings from women - 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, registration and a valid driver's license to the House Manager. Vehicle restrictions will apply. 6) MANDATORY morning reading and check-in at 9:00am with House Manager. 7) You will attend the weekly planner meeting on Mondays at 9:00am and post your week plan on your bedroom door – this plan <i>will</i> be followed. 8) MANDATORY group therapy session every Tuesday at 7:00pm with registered counsellor Terry Ketteringham. 8) You may lean on the House Manager for support from 9:00am to 6:00pm and for emergencies only outside of these hours. 9) NO open flame (i.e. candles) in the bedrooms or bathrooms - NO EXCEPTIONS. 10) TO RESPECT ALL RESIDENTS, QUIET TIME IS FROM 1 HOUR BEFORE CURFEW TO 1 HOUR BEFORE DAILY CHECK-IN (11:00pm to 8:00am Fridays & Saturdays and 10:00pm to 8:00am Sundays through Thursdays). 11) You are permitted the use of personal electronics (cell phones, computers etc.) providing the use of them does not interfere with your Personal Service Plan or disrupt other residents in the House (i.e. during quiet time). |

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 with a minimum of 15 days' notice.

Resident Name

Resident Signature

Date