



RESTRICTION ACCOUNTABILITY POLICY AND PROCEDURE POLICY # HCSL1003

The purpose of this policy is to further establish clear expectations regarding house **Restriction** and Hill Country Sober Living LLC zero tolerance of the use of alcohol, drugs, controlled substances, prescription medications, synthetic substances, and other substances prohibited by the sober-living program found in **(Hill Country Sober Living LLC Relapse Accountability Policy and Procedure – Policy # HCSL1001)**

Restriction is used to provide additional structure and accountability when a resident has violated house rules, returned to use, or demonstrated behavior that requires increased supervision.

Restriction is not intended as punishment. Its purpose is to help the resident rebuild trust, demonstrate responsibility, and return to good standing within the house.

WHAT RESTRICTION MEANS

While on restriction, a resident may leave the house only for approved activities, including:

- Work
- School
- Recovery meetings
- Outpatient treatment or counseling
- Medical appointments
- Court or probation requirements
- Other activities specifically approved by the house manager

If a resident needs to leave for another reason, he must receive approval from the house manager before leaving.

The resident may not decide on his own that an activity is acceptable simply because he believes it is necessary or reasonable.

LEAVING WITHOUT PERMISSION

If a resident leaves the property for an unapproved reason while on restriction, it is considered a restriction violation.

The resident must immediately report where he went, why he went there, and when he returned.

Honesty and Transparency as disclosed in the in ***(Hill Country Sober Living LLC Relapse Accountability Policy and Procedure – Policy # HCSL1001)*** will be taken into consideration when determining the consequence. Attempting to hide or lie about the violation will be considered a more serious violation.

FIRST RESTRICTION VIOLATION

- The violation will be documented using the ***(Hill Country Sober Living LLC Program Disciplinary Documentation Policy and Procedure – Policy # HCSL1004)***.
- The resident will meet with the house manager.
- Restriction will normally be extended 3–7 additional days.
- The resident may be required to attend an additional recovery meeting or recovery-related activity.
- Additional check-ins may be required.

SECOND RESTRICTION VIOLATION

- The violation will be documented using the ***(Hill Country Sober Living LLC Program Disciplinary Documentation Policy and Procedure – Policy # HCSL1004)***.
- Restriction will normally be extended 7–14 additional days.
- The resident will have increased accountability/check-ins.
- Management may require a drug/alcohol screening when appropriate.
- A written accountability plan may be established using the ***(Hill Country Sober Living LLC Strategic Accountability Plan)***
- Recovery is an ongoing lifestyle commitment. When appropriate, a written accountability plan may be established through the ***(Hill Country Sober Living LLC Relapse Prevention and Accountability Plan)*** to provide additional structure, support, and accountability for continued recovery.

THIRD RESTRICTION VIOLATION

A third violation demonstrates a serious failure to follow the conditions of restriction.

Management will conduct a formal review of the resident's continued placement in the house.

Possible consequences include:

- Further restriction
- Increased recovery requirements
- A written behavioral agreement
- Transfer to another appropriate level of care or recovery housing
- Discharge from Hill Country Sober Living LLC program

SERIOUS VIOLATIONS

Management does not have to follow the progressive steps above when there is an immediate safety or recovery concern.

Examples include:

- Possession or use of alcohol or drugs
- Bringing drugs or alcohol onto the property
- Threatening or violent behavior
- Theft
- Fighting
- Bringing unauthorized people into the house
- Leaving the house with the intent to use substances
- Tampering with drug/alcohol testing
- Knowingly putting another resident's recovery or safety at risk

Serious violations may result in immediate review for discharge.

Restriction may also be extended when the resident continues to demonstrate poor judgment or unwillingness to follow house expectations.

EMERGENCIES

A resident may leave without prior approval when there is a genuine emergency requiring immediate action.

The resident must notify the house manager as soon as reasonably possible and explain the circumstances.

REBUILDING TRUST

Restriction may be lifted early when management determines that the resident has demonstrated:

- Honesty
- Accountability
- Consistent attendance at required activities
- Compliance with house rules
- Responsibility at work and in the home
- A willingness to accept directions

CONSISTENCY

Rules and consequences should be applied consistently to all residents.

Management may consider the circumstances surrounding an incident, but residents should not expect different treatment based on friendships, length of stay, financial status, or position within the house.

RESIDENT ACKNOWLEDGMENT

I understand what restriction means and understand that leaving the property for an unapproved reason is a violation of house rules.

I understand that continued violations may result in additional restrictions or discharge from the residence.

Resident Name: _____

Resident Signature: _____

Date: _____

House Manager: _____

House Manager Signature: _____

Date: _____