

Resident Rules
New Earth Recovery Housing

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THERE ARE **2 COPIES OF PAGE 6** - PLEASE SIGN BOTH

ONE COPY FOR YOUR FILE

ONE WILL BE FOR YOU TO KEEP

PROGRAM FEE:

NEW EARTH RECOVERY HOUSING is not a shelter. It is a community of men & women who are geared toward one common interest: to heal from substance use disorder. The program fee is \$150 weekly. Program fees are due weekly each week on the day designated to you in the app Door Loop. A refundable fee \$50 fee is due before moving in. If necessary, please communicate and/or bring fee to us. Failure to pay your fees and honor your agreement with New Earth will result in immediate discharge from the program.

YOUR PROGRAM FEE WILL NOT BE REFUNDED IF YOU LEAVE PREMATURELY OR IF YOU RELAPSE OR ARE DISCHARGED FOR RULE VIOLATION

ILLEGAL DRUG USE:

YOU ARE EXPECTED TO BE SOBER AT ALL TIMES WHILE YOU RESIDE AT NEW EARTH.

NEW EARTH IS A NON-VAPING/NON-SMOKING FACILITY.

Alcohol or drug use while residing at NEW EARTH is grounds for discharge.

***However; if you have been trying to work a program with a coach or working the 12-Steps we may reconsider discharging you.**

If there is any suspicion you are intoxicated or under the influence of drugs, you will be drug tested or given a PBT. Refusing to take the test will be considered positive and therefore will result in dismissal. **Random testing and room checks will be performed at staff's discretion.**

All Residents will be held responsible for informing staff of any suspicion or knowledge of relapse behavior of any resident. Failure to report a situation could lead to discharge.

If you choose to use, please take belongings with you at the time. Your belongings will be donated within 7 days of you being discharged or leaving.

USE OF MEDICATION:

All medicines, current and future, must be approved by staff prior to admission and thereafter. Residents may not share or sell each other's prescriptions or medications to one another.

Approved pain medications

Ibuprofen, Tylenol & Aspirin

Hospitalizations (Major/Minor procedures or surgeries) that require benzos or opiates while in the hospital are exceptions. However, if it is necessary, upon release, to continue taking any of this pain medication, you must make prior arrangements to stay elsewhere, (i.e. sponsor, family or trusted friend.)

NEW EARTH IS A SOBER LIVING ENVIRONMENT.

Medications/substances that are not approved:

- Opiates
- Barbiturates
- Medical Marijuana
- Benzodiazepines
- Stimulants
- Kratom
- Alcohol-based products
- Bath Salts
- Ultram
- Psychedelics

Medication therapy in conjunction with counseling, behavioral therapies, and community recovery support services provide a whole-individual approach to the treatment of substance use disorders. Residents on MAT will be required to attend counseling with their MAT clinic or Burton Counseling Center in order to be a resident with New Earth.

You must inform your House Manager or staff of any Hospital Emergency Room visits. Explain to all attending physicians that you cannot have any mood-altering drugs prescribed or administered to you while you are a resident at NEW EARTH.

RESPONSIBILITIES OF THE SERENITY HOUSE:

NEW EARTH will provide toilet paper and cleaning supplies. NEW EARTH pays for all utilities, trash removal, cable & internet.

Cell phones are permitted at NEW EARTH although they are not to be left on in the house past 10pm at night.

TV's are not allowed to be used on the rooms except for the housing manager.

YOUR RESPONSIBILITIES ARE AS FOLLOWS: providing your own food, personal hygiene items and cigarettes.

If you cannot buy food or personal items, you are expected to take advantage of other resources such as the Food Bank, Local Churches, or DHS Food Benefits (Ask other residents or staff for help with this information.) **Do not go hungry! Tell us!**

NEW EARTH is not responsible for problems or consequences resulting from you choosing to lend money or theft from leaving room unlocked.

If you have a PPO on someone, please inform staff and residents.

We encourage reuniting with family if it doesn't interfere with your recovery. Family drinking, doing drugs, resentments, anger, etc. can contribute to relapse.

If you happen to have your child/children visiting, please do not have or hire anyone to babysit unless you are going to a meeting and have another resident going with you to that meeting. Being at NEW EARTH is hopefully a time for you to reunite with your children. However, if you find it is too much, we suggest that you wait a while until your life in recovery is established and you feel more stable.

If you do not have a full-time job or are in school full-time you are required to look for part-time work or enroll in school at least part-time. The other hours that you are not working will be spent either volunteering in a community activity or studying or reading about the healing process with documented books or sites visited. A weekly update of findings will be due at every Sunday house meeting.

If you are on disability you are required to volunteer part-time or 20 hours per week.

Please respect people's boundaries, noise levels of TVs, music or talking/socializing. If someone requests **lowering levels of noise**, please adjust immediately. **Use common courtesy/common sense.**

Staff will call Resident/Staff meetings when necessary. Residents meet on Sunday @ 6 p.m. for a talking circle and a house meeting afterwards. You are expected to attend. We discuss how things are going in the house and you will be given the opportunity to express any concerns or issues at that time.

We reserve the right to move you from room to room at any given time with only 24 hour's notice.

CHORES: You may be asked to leave if not done on the schedule set for you.

When you arrive, you will meet with the house manager about household duties. They are responsible for discussing your chore responsibilities and assisting you with any paperwork that needs to be completed still and signed upon admission.

***Your house & rooms must remain clean and orderly at all times.**

This means the entire house. Representatives from the community visit NEW EARTH (i.e. possible new residents/their family members, financial donors, POs, etc.). YOU ARE RESPONSIBLE FOR HAVING YOUR CHORE COMPLETED IN YOUR ABSENCE.

List of Chores are but are not limited to: Pick up your room daily. Make your bed. Sheets are to be laundered at least every two weeks. Dust/vacuum your room at least once a week.

Wash any dishes that you dirty at the time you dirty them.

Keep laundry in a basket or container. Please wash FULL LOADS of laundry from start to finish. **Do not leave laundry unattended and expect another resident to take care of it!!!! You will receive 2 warnings before consequences are given!!!!**

NEW EARTH is a program that incorporates holistic modalities and meditation along with a 12-step program.

RECOVERY SUPPORT SERVICES:

12-step participation is not a requirement throughout your stay at **NEW EARTH**, however regular support groups are. There are multiple pathway groups at Serenity House Communities. The Arid club is located on the same block at New Earth. You are required to attend at least three groups or meetings per week & get your paper signed.

You will be **required to have a recovery coach through Serenity House Communities within your first 7 days** here. We suggest that you have contacts (trusted friends) to phone when your coach is not available. It's important that we begin to establish relationships with folks that are working a program or healing path.

Notify staff of your coach's name and phone number. We reserve the right to set aside a convenient time to meet with you, staff and them together to discuss your progress, plan of action and strategy for your new life in Recovery.

NUTRITION OBLIGATIONS:

Nutrition is the foundation of healing and recovery. The way we eat impacts not only our physical health but mental health as well. Healthy eating within **NEW EARTH** is a requirement. Processed foods & excessive sugary foods are not allowed in the eating area or rooms. If you want to eat these items, eat them outside of the house. Whole Foods & community meals are highly encouraged. If you need help with what to eat please contact Serenity House Communities to speak with Tara or Michael.

CURFEW HOURS: Curfew is 10pm. Those not in by curfew hours will be dismissed from the program unless there is an emergency that can be proven.

***No overnight guests. Exceptions made regarding children or shift work. No sexual behavior on *NEW EARTH* property.**

Please keep in mind that we are trying to begin a **NEW WAY OF LIFE**. We expect all of you to use your common sense and act like adults.

VISITORS:

All visitors must be always accompanied by you. If their condition is in question, we reserve the right to have one of the house managers or staff test for drugs or alcohol. Guests are guests. Please be sure that your visitor's cars are not blocking the driveway.

PHONES: No calls after 10p.m. Or before 7 a.m. Any day of the week or weekend. The Internet goes off at 10a.m.

DO NOT IGNORE CALL WAITING; it may be an Emergency or a business/employment call back for you or another resident. Take written messages. (Date, time of call, person's name and number and person's name taking the message.) If you're not willing to take a message, please do not answer the phone. Let the voicemail get it. Please do not delete phone messages, let the person who received the message delete it.

MAIL: Put mail in common place and do not open anyone else's mail. Give any mail of former residents to the house manager. Get acquainted with your own house address and your house phone number. You will need it!!!

You may have important mail (legal, financial, treatment related, confidential) sent in your name to the following manner: (Name) 612 E. Third Street, Flint, MI, 48503

Once you move out, your mail will be held for a **maximum of 7 days before being returned to sender.**

As Soon As Possible..... Please complete a change of address card with the Post Office.

MAINTENANCE: Please report any problems or needed repairs to the housing manager immediately. Arrangements to correct or fix a problem will be made as soon as possible. Do not call after 11 p.m. if it is something that can wait until the next morning.

(Resident Copy)

REASONS FOR IMMEDIATE DISCHARGE:

- Use of illegal drugs or alcohol
- Stealing
- Weapons
- Inappropriate contact with each other or others on premises.
- Unwanted dating/sexual advances, stalking behavior with each other.
- Violence, threatening, intimidating or disrespectful attitude/behavior toward each other, or others, including staff.
- Gambling on the premises.
- Failure to keep your personal room clean & picked up or not doing chores after you have been assigned and spoken to.
- Not doing what you have agreed to do in this contract.

***New Earth is a recovery-oriented program. New Earth reserves the right to question and modify your activities, guests and/or behaviors while you are a resident. We reserve the right to have you leave the New Earth if we feel you are not progressing in your recovery, not participating in the New Earth and are not willing to make the behavior modifications that we might recommend.**

We welcome you to NEW EARTH RECOVERY HOUSING. We hope that you take advantage of this unique opportunity to heal and begin again. We want you to know that we will support you in this new way of life for yourself as much as we possibly can. Some of the skills that you may have been lacking, personally and socially, we hope will be something that you take time to learn about and change to survive. Please practice pause and HALT (Too hungry, angry, lonely or tired.) Try to treat others as you would like them to treat you.

Communication skills come from practice over time. Be honest with yourself and your sponsor. Try to talk and process conflicts or barriers that you may experience while you are here. There is no better time than present to begin learning to treat yourself and others with dignity and respect. There is nothing that can't be dealt with if you don't drink or use.

Before you sign this agreement, read it! I have read the terms of this contract and understand it. I agree to terms set within.

Resident Signature: _____

Date: _____

Staff Signature: _____ Date: _____

****Please Return to Staff****

(Copy for Resident File)

REASONS FOR IMMEDIATE DISCHARGE:

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Resident Signature: _____

Date: _____

Staff Signature: _____ Date: _____

FOR FIRST 30 DAYS:

Initiate getting a recovery coach to help you find your pathway for recovery. Familiarize yourself with the NEW EARTH Program, rules, other housemates, support groups & 12-Step meetings.

Date at your own risk! Beware there is a reason it is suggested that you wait a year! Most can't handle it.

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SUNDAYS – OFF (WITH EXCEPTION OF CHORES and Groups or Meetings)

Examples: Sleep in, relax and do something fun.

IF YOU FEEL THAT YOU WON'T BE ABLE TO COMPLY WITH THESE AMENDMENTS, PLEASE LET US KNOW. FAILURE TO COMPLY WILL RESULT IN DISCHARGE FROM THE PROGRAM.

Thank you,

New Earth Recovery Housing