



Recovery Trail Program Guidelines

To help you become more comfortable with your surroundings, we have listed the following rules and regulations for Recovery House program participants. We ask that you review it periodically during your stay here.

____ 1. I UNDERSTAND we are a living environment that promotes and supports healing and recovery. Safety and respect are important. As a member of this community, I commit that I will not have items that do not support my recovery. If I am in possession of, or under the influence of any mood-altering substance including but not limited to alcohol, stimulants, narcotics or any other drug of potential abuse including non-approved over the counter medications during my stay here, recommendations will be made for a change in my living environment.

____ 2. I AGREE to honor continued care plans and recommendations by Recovery Trail Staff.

____ 3. I COMMIT to attending at least one recovery meeting a day until I begin work. After I begin working, I agree to attend no less than 5 meetings per week.

____ 4. I COMMIT to obtaining a sponsor within the first 2 weeks of my admission and to actively work the steps with my sponsor.

____ 5. I UNDERSTAND Recovery Trail is a recovery program that provides random drug screening as a service for all the program participants. I AGREE to participate in this service to support my recovery. Refusal to test, altering or manipulating drug test process or a positive test will result in a change to my living environment at Recovery Trail. A confirmation test from an outside lab can be requested at the cost of \$60.

____ 6. I AGREE no females on property at any time. If being picked up or dropped off by a female, then be ready and no hanging out.

____ 7. I RESPECT no dating until level 3. Dating is defined as spending more than 5 minutes with a female that is not a blood relative.

____ 8. I AM WILLING TO RESPECT at 10:30pm curfew. I UNDERSTAND that being late for curfew will result in the change of my living environment at Recovery Trail. Exceptions only if approved by house manager or director. No visitors on property after curfew.

____ 9. I AGREE to respect my community and not to have the TV volume above 15 between the hours of 11pm and 7am. Use of phones is allowed with headphones only.

____ 10. I UNDERSTAND to improve my living situation and build my self-reliance, I WILL find full time employment within 2 weeks of admission. Clients with disabilities are required to do volunteer work at an approved facility 2 days per week or attend school. All residents agree to facilitate peer meetings when requested by the staff.

____ 11. I AM WILLING not to lend/borrow money from other program participants.

____ 12. I AGREE to be responsible for my own hygiene and appearance.

____ 13. I AGREE not to engage in any aggressive behavior including physical and verbal. Any such instance will result in a meeting with the community and a change in the living environment. **The same applies to stealing. (Charges may be filed.) No weapons of any kind are allowed on property.**

____ 14. I UNDERSTAND smoking and vaping is only allowed outside the house, if caught vaping inside any area of the house, Vape will be confiscated.

____ 15. I UNDERSTAND that any prescribed medication must be updated through the House Manager and kept in a secure medical box. As a responsible person in recovery, I will not share or receive prescribed medicine with any other fellows. This practice will result in a change of my living arrangement.

____ 16. I COMMIT TO attending the mandatory Tuesday night meeting at 7pm and I understand to communicate with my employer that I cannot work on Sunday until Level 3.

____ 17. I COMMIT to signing in and out of the house so staff can reach them in case of an emergency.

____ 18. I UNDERSTAND no pets are allowed.

____ 19. I RESPECT to keep my room clean, bed made, clothes out of sight. I fully understand periodic checks by senior staff. I WILL RESPECT my recovery community and only have the items that can be stored in the space assigned to me.

____ 20. I understand that there are no driving privileges for at least 30 days. Parking is assigned based on availability.

____ 21. I COMMIT to a 6 month stay with Recovery Trail. I UNDERSTAND I may stay as long as I need.

____ 22. I WILL RESPECT my recovery community and not sleep in living rooms.

____ 23. I AM GRATEFUL that Cell Phones are allowed. I agree to refrain from using my phone during recovery meetings.

____24. I AGREE to pay \$360.00 for admission into Recovery Trail. This will cover \$200.00 intake fee plus the first week program fee. As a responsible resident, I agree to pay my program fee of \$160.00 on the Friday of each week. An additional \$20 per week will be charged for transportation once employment begins.

I UNDERSTAND that disrespecting my responsibilities to pay without prior agreement with the Director will result in the change of my living environment.

____25. I WILL RESPECT my recovery community and refrain from watching any television that is drug related and I UNDERSTAND any form of pornography is not allowed.

____26. I UNDERSTAND that if different living arrangements become necessary, I will have **24 hours** to remove all my belongings. Recovery Trail Inc. is not responsible for any items that are left behind and does not have a facility to store such items. All items left behind will be donated.

____27. I COMMIT to be actively seeking work if I become unemployed.

____28. I UNDERSTAND that 3rd shift (overnight) work will not be beneficial to my recovery while at Recovery Trail.

____29. I UNDERSTAND Recovery Trail has a passion for activities in nature and I AM WILLING to participate.

____30. I COMMIT to respect my community's space and not enter anyone else's room without permission.

____31. I AM COMMITTED to helping with community projects in our county when asked by staff.

____32. I AM COMMITTED to helping maintain a clean home environment for myself and my community and I will participate in weekly chores throughout the week as assigned every Sunday.

____33. I AGREE to provide my own food and to keep communal living spaces clean. I COMMIT to not eat or store food in my bedroom.

____34. I UNDERSTAND that as a responsible person in recovery, I will check with a pharmacy for medication that may show positive on drug screens. Over the counter medicines that contain DM, DHX and alcohol.

____35. I WILL REFRAIN from gambling in any form while staying at Recovery Trail. This includes lottery tickets, Powerball or any form of sports betting.

____36. As a responsible person in recovery, I will not work in bars, clubs, dispensaries, vape shops or distilleries.

____37. I AGREE to random searches. Anything that belongs to a resident is subject to be searched, including their person.

____38. For the safety of the community and myself I will not tamper with the fire safety equipment, smoke detectors, exit signs, or security cameras.

____39. I AM WILLING to respect all state, federal and local laws. Violation of any laws or obtaining a new charge will result in having to make a change in living environment.

____40. I UNDERSTAND that Recovery Trail, management or staff will in no way be held responsible for the loss, damage or theft of property of any resident at any time.

____41. I UNDERSTAND that Recovery Trail will not be held responsible for any personal housing accidents or injuries of any kind. Program participants further waive any legal rights they may have under the law in connection with any personal accidents or injuries while a Recovery Trail participant.

____42. I UNDERSTAND if I choose to ride with another program participant or staff member to and from any destination, Recovery Trail is not responsible for any accidents or injuries.

____43. I AGREE to respect the confidentiality of all my recovery community, and I will not share any information about my fellows or Recovery Trail staff. This includes social media.

____44. I am responsible to myself and my community to report any peer behavior that results in an unsafe situation, including curfew violations, visitor infractions, misuse of property, or the use of any mind-altering substance.

I _____ have read and initialed all the rules above and agree to commit at least 6 months at Recovery Trail Any violation of stated rules may result in me needing to find a different living situation and forfeiture of all funds. All Resident fees need to be covered and paid in full for completion certificate and program completion with follow-up email if needed.

Program participant Printed Name

Date

Program participant Signature

Staff Signature

Date