10. Women's House Rules

Purpose

Recovery is not a hobby is a mutually supportive Clean and Sober Recovery Home. Your success and independence in the home are dependent upon your consistent positive behavior and cooperation. Disruptive and/or disconnected behavior will not be tolerated. Honesty and integrity are expected at all times.

This home is designed to provide more than just a place to live. It is a space for relaxation, accountability, support and mutual respect. Program participants are expected to support one another's recovery, respect shared spaces, and adhere to a structured routine that promotes stability and growth. Residents are encouraged to use the apartment as a tool to learn and practice healthy habits, rebuild relationships, and prepare for a life of sobriety, accountability, and responsibility. Our goal is to provide a safe, supportive environment where each person can thrive and grow, and succeed in a safe, structured, and sober environment.

Zero tolerance

- Zero tolerance for any violence or threats of violence
- Zero tolerance for any harassment, bullying, or intimidation
- Zero tolerance for any sexual misconduct or inappropriate behavior
- Zero tolerance for any theft or dishonesty
- Zero tolerance for any illegal activity
- Zero tolerance for any drug or alcohol use
- Zero tolerance for any tampering with drug or alcohol testing
- Zero tolerance for any failure to follow house rules or staff instructions
- Zero tolerance for any failure to attend required meetings or appointments
- Zero tolerance for any failure to participate in chores or house responsibilities
- Zero tolerance for any failure to maintain a clean and sober environment
- Zero tolerance for any failure to cooperate with staff or peers
- Zero tolerance for any failure to maintain honesty and integrity

Our highest values are sanctuary, cooperation, and a feeling of personal ownership.

Violence of any kind will not be tolerated and can cause for termination.

Cooperating the authorities and/or Department of Corrections (DOC) is cause for termination.

Discussion about other program participants' backgrounds and/or warrants is prohibited.

These rules are consistent with Community Placement practices.

Participants not on Community Placement are still expected to comply.

Please review all rules carefully; you will be expected to follow them.

LANDLORD - TENANT RULES DO NOT APPLY TO RESIDENTS HOUSING. NO DRUG OR ALCOHOL USE - INCLUDING CBD & THC MARIJUANA

Any contact with illicit drugs and/or alcohol or violation of any rules may result in immediate dismissal. Residents are required to read and sign a housing agreement to comply. If you need clarification, please ask.

A comprehensive list of local recovery support resources can be found on our website, under the "Resources" tab.

The Damascus Road Foundation works with multiple agencies that provide therapy, healthcare, and mediated support. If you are enrolled in any such program, you are expected to follow all its rules.

1. Safety & Security

Breaking house safety or termination of services will lead to detention of my door codes

Initials

For the safety of ALL WELL REPORT ANYONE that I know has left the house to the Staff. ALL WELL REPORT ANYONE that I know has left the house to the Staff. YOU MUST REPORT ANYONE WHO IS ALL IN THE BEFORE REPORTED AND CHECKING NOT TO REPORT is a BREACH OF HOUSE SAFETY.

Initials

The Department of Corrections carries out random inspections at their discretion

Initials

I agree to keep the home address confidential even after I leave The Damascus Road Foundation, no matter the circumstances

Initials

Knives, guns, tasers, brass knuckles, or any weapons are strictly prohibited. *

Initials

House Leadership may inspect rooms and property at any time for safety. *

Initials

All house members must sign in and out when leaving and returning. *

Initials

I will not leave personal property in the common areas. TDRF is not responsible for lost or stolen property.

Initials

If I borrow from another tenant to others, it is at my own risk. *

Initials

I will NOT share my passwords, pin numbers, or door codes with anyone. I understand that I will be responsible for my email can access house LOCATION. I and even change my passwords.

Initials

2. Substance Use Policy

Possession or use of alcohol, illegal drugs, or unprescribed medication is strictly prohibited. Use of marijuana (THC or CBD), illegal syrup (lotus purple), or other prescriptions is not allowed.

Initials

I will not use, possess, or share alcohol, illegal drugs, controlled substances, or prescription drugs without a medical prescription, either on or off the premise

Initials

Or at least a supporting basis I will provide written verification (drug testing results) from my program of recovery (DOC, Drug Court, or IOP provided passing * I have not used alcohol or illegal drugs.

Initials

Absence urinalysis is requested at entry; random tests will also be requested.

Initials

Cheating, no showing, or refusing tests are treated as a positive result. *

Initials

Drug/alcohol use on or off-site = dismissal. *

Initials

Giving or selling drugs to others = dismissal *

Initials

Partial possession is cause for termination and hurtful. No. *

Initials

I understand that if I possess, or share alcohol, illegal drugs, controlled substances, or prescription drugs without a medical prescription, either on or off the premise I have not used alcohol or illegal drugs.

Initials

Or at least a supporting basis I will provide written verification (drug testing results) from my program of recovery (DOC, Drug Court, or IOP provided passing * I have not used alcohol or illegal drugs.

Initials

Absence urinalysis is requested at entry; random tests will also be requested. *

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Initials

Drug/alcohol use on or off-site = dismissal. *

Initials

Giving or selling drugs to others = dismissal *

Initials

Partial possession is cause for termination and hurtful. No. *

Initials

I understand that if I possess, or share alcohol, illegal drugs, controlled substances, or prescription drugs without a medical prescription, either on or off the premise I have a written notice terminating our relationship for cause as permitted by state law. The notice will specify the acts constituting the drug or alcohol violation and the date, time, and place of the violation. I understand that I must immediately return to leave or movement to substantiate a charge of conduct and cure the violation or vacate.

Initials

3. Respect & Common Courtesy

Cleaning, demeaning, bullying, or disruptive behavior will NOT be tolerated *

Initials

Taking someone else's food, medication, or belongings is considered theft. Theft is grounds for dismissal.

Initials

Bringing stolen goods into the house or onto the property will result in immediate dismissal.

Initials

I will be respectful to all housemates and staff. No dating employees, or sponsorship between residents.

Initials

Outside of family sponsors with 6 months or more recovery time (VETTED by Staff), I will comply with The Damascus Road Foundation no-contact policy.

Initials

If I am dismissed, and it's decided I cannot return to The Damascus Road Foundation, I acknowledge my possessions will be packed up for me and mailed for pickup which I will coordinate with Mari.

Initials

All house members must be fully clothed in common areas. *

Initials

The Damascus Road Foundation is built on structure, accountability and mutual respect. Residents are expected to follow house rules, participate in chores, disengagement from recovery, and relevant opportunities for connection, support, and growth. Recovery thrives in shared spaces where mutual respect and boundaries are maintained. Residents are expected to maintain a healthy, respectful environment for everyone in the home.

Initials

As isolation can signal the beginning of a downward spiral for many, program participants are not permitted to spend more that 2 waking hours per day in their bedrooms. Exceptions may be made by staff or leadership when need due to medical or mental health reasons.

Initials

It is expected that all in the home will keep normal sleeping hours. TDRF does not allow naps nap on the couch. You can nap in your room for no longer than 30 minutes since a day. No sure and set your alarm as this rule will benchmark.

Initials

Quiet Time 1 Lights Out: 11:00 pm to 6:30 am. *

Initials

Quiet Time 2 Lights Out: If I wake from or go to bed late, I will always be respectful of others who are sleeping.

Initials

Quiet Time 3 Lights Out: I will turn off ALL lights directly behind me as I move through the house.

Initials

Quiet Time 4 Lights Out: I will NOT make loud noises, run the vacuum, dishwasher, washer or dryer between 10pm and 8am.

Initials

Quiet Time 5 Lights Out: I will QUIETLY open/close doors and cabinets. *

Initials

Quiet Time 6 Lights Out: I will not wave kitchen lights on if I'm not in the kitchen.

Initials

Quiet Time 7 Lights Out: TV volume will be no higher than 10 to ensure others can sleep comfortably.

Initials

Quiet Time 8 Lights Out: I will always respect my roommate's ability to sleep. I will only phone, a tablet, or laptop inside my room if they are sleeping.

Initials

4. Privacy & Confidentiality

No social media posts of the house or your fellow house members are allowed. Remember that in can may help someone find YOUR HOUSE using a previous address. Posts of the house are treated as libelous as posted in the background of all selfies.

Initials

For the safety of all, I will NOT confirm or deny who lives in the house. *

Initials

DOC and designated personnel have access to information when requested *

Initials

I will not enter other house members' rooms without permission and accompaniment.

Initials

All rooms are shared. Putting a lock on any door is cause for dismissal. *

Initials

Only female family members/sponsors and/or agency personnel may pick me up or drop me off at the house. All others I will meet in front of the street. Any drop - I will NOT ever point out the house itself.

Initials

No some house members are on Community Placement, the Department of Corrections will have full access to my location. I will be polite to DOC staff when they visit the home with a request for information.

Initials

5. Meetings, Curfew & Accountability

Weekly House meetings (Every Sunday Evening) are mandatory *

Initials

I will NOT speak negatively about the variety or recovery paths others choose. *

Initials

I will attend a minimum of 3 weekly 12-step meetings. I will attend a minimum of 3 weekly 12-step meetings. I will NOT miss more than 1 meeting. I will include one weekly house meeting. And can include church or bible study. I will maintain and show up each week to our House Meeting with my completed meeting log.

Initials

My Kickback period includes no overnights for the first 30 days. *

Initials

After my kickback period, my curfew will be: 10:00 pm (Mon-Thurs), 11:00 pm (Fri, Sat & Sun).

Initials

I will confirm and adhere to more strict curfews when required (i.e., Drug Court, Probation, Parole, etc.).

Initials

Work schedules will be provided to Mari when issued. If my work shifts push me past curfew, I will communicate this to the house leadership team.

Initials

Overnight passes: Allowed once 30 day kickback ends, and once evidence of Federal Court and/or Drug Court approval is provided to Mari.

Initials

Overnight passes: Up to 4 nights per month, but no more than 2 overnights can be taken consecutively.

Initials

Overnight passes: ALL nights out must be requested via the Sobriety Hub App - Mari-Jaylor and written on the house calendar no later than the day of.

Initials

Overnight passes: requires no write-ups within the last 15 days & a clean UA.

Initials

All House no-callins allow a bed forfeiture unless prior approval. *

Initials

All house members will maintain a yearning relationship with their sponsor/mentor/peer worker. and/or recipient

Initials

I will search and and find a sponsor within my first 30 days. *

Initials

Having another house member sign any legal document for me is prohibited. *

Initials

TDRF enforces House Rules with the use of Write-ups. *

Initials

First Write-up = No overnights for 15 days *

Initials

Second Write-up = No overnights & Buddy Assignment for 30 days (Carrier Pigeon Program without house knowledge of another House member/Visitor) & Level downgrade

Initials

Three Write-ups = No Overnights for 30 days, escalation to TDRF Ownership and/or Possible Dismissal.

Initials

6. Employment, Education & Participation

All house members must work, go to school, or volunteer, once their kick-start period is over.

Initials

Proof of employment, school or volunteering is required. *

Initials

All work/school schedules, as well as all changes to them, will be shared with House Leads as soon as they are issued

Initials

Overnight shifts are not allowed without prior approval. *

Initials

I will engage in meaningful daily activities (physical exercise, creative expression, volunteering, educational pursuits, or structured recovery activities) equivalent/learning and self-care activities when not employed or in school.

Initials

I agree to work with TDRF to define my recovery goals, relapse prevention plans, and personal plan

Initials

7. Chores & Cooperation

Daily chores are required and assigned per our Chore Chart posted in the kitchen hall

Initials

All chores will be completed by noon each day. Please read the Cleaning Instructions thoroughly so expectations are understood. They are available via the QR code displayed in the Chore Chart.

Initials

Weekly deep cleaning chores are mandatory and will be completed on or before Friday by noon.

Initials

I will leave a video of my bathroom showing no hair made or is seen when arrived here. Hairs picked up and all spaces (including my closet) listed to the * House Chat each day except for Sunday by 10:00 am.

Initials

I will have my house Lead confirm my household chores as complete each day. *

Initials

One missed chore = Write-up. *

Initials

Three missed chores = possible dismissal. *

Initials

I will clean up all common areas after each use (bathroom, kitchen, living room, etc.).

Initials

I will always wipe up my kitchen mess, sweeping and wiping out the wash cloth after doing so.

Initials

I will use the squeegee on tub/shower glass prior to exiting after each use. *

Initials

I will not leave any hair or bodily fluids for someone else to clean up. *

Initials

All food or drink (except water in clear, closed containers) is allowed outside of the kitchen. I will NOT eat on the couches.

Initials

Kitchen, bedroom and bathroom hard floors will be emptied once, full, or if absence, I will not leave trash bags by taking out trash before the bag is full.

Initials

Bedrooms must contain tidy floors picked up, beds made daily *

Initials

If/when there is an open bed in my room, I am responsible for maintaining the bed. I will not use the spare bed, dresser, or closet space.

Initials

There will be NO switching beds/rooms without written approval from Mari.

Initials

I will ONLY apply half depilatory in the bathroom. I will cover/protect/clean all surrounding areas (floor, walls, etc.) with a towel or paper towel. I will immediately dispose OUTSIDE of garbage cans in my trash. I will clean DAILY the hair/hair remnants (Lovely's Room Staff) for the entire process and protecting other house members.

Initials

I will DAILY apply nail polish/treatments on the kitchen table. I MAY always make sure to protect all surfaces throughout such nail polish/treatment.

Initials

I will keep all spaces (use, including my closet, picked up and tidy. *

Enter text

8. Food & Pantry Storage

I will bring my own food (delivery from local food bank is available for those willing to volunteer.

Initials

I will use DRAP if needed - a link to apply is available on the TDRF Resources page.

Initials

I will store food properly per "Kitchen Rules" posted in kitchen. *

Initials

Refrigerators are NOT communal. They are assigned. To avoid accusations, I will NOT get into a refrigerator I am not assigned to.

Initials

I will not pick up from the freezer with my bare hands. I will use the ice dispenser or a cup to grab ice. If the dispenser is out of order.

Initials

I will label my food and respect storage spaces. *

Initials

There is no storage available (closets or under bed bins. If you're belongings do not fit in your assigned spaces, you will be expected to pair down.

Initials

Abandoned property (45 days + stranded/discarded - I will have someone collect - my items if cannot do so.

Initials

There is no personal storage in the garage. *

Initials

Upon leaving TDRF I will not take house supplies, furniture, or anything that does not belong to me. I understand TDRF will follow up immediately if suspicious of missing.

Initials

Any merchandise I bring into the house that has a value greater than $50 will be reported to my House Lead via my Personal Inventory List. TDRF is NOT responsible for the merchandise of value.

Initials

9. Medical & Medications

Any prescription drugs must be stored in provided personal safes. *

Initials

All medications must be disclosed to house leadership. *

Initials

Overuse, misuse, or concealed meds = dismissal. *

Initials

All OTC or controlled meds must be reported to HeMa. *

Initials

10. Utilities & House Maintenance

Energy conservation is everyone's responsibility. I will turn off lights, TVs, fans, heater, and fireplace when not in use, or if I am the last to exit a room.

Initials

Thermostat is controlled by TDRF only. House Leads will communicate any requests/concerns to HeMa.

Initials

I will not leave windows or exterior doors open at any time, so I understand the heat or AC is always on.

Initials

I will use the bathroom exhaust fan each time I shower/bathtub. *

Initials

If/ly garbage bins are to be taken out every Sunday night as assigned by the Chore Chart, I will place them in appropriate for bringing they out by 7 am Monday night.

Initials

I will place the bins in the appropriate spot for pickup. I will NOT place the bins in the street or sidewalk.

Initials

I will NOT place any items in the bins that are not trash. I will NOT place any items in the bins that are not trash.

Initials

Recycling is mandatory. I will place recyclables in the appropriate bins. I will NOT place any items in the bins that are not recyclables.

Initials

I will NOT place any items in the bins that are not recyclables.

Initials

I will NOT place any items in the bins that are not recyclables.

Initials

Initials

Smoking/vaping is ONLY allowed in the BACK yard. I will NOT smoke/vape in the house, the front yard, the garage, or within 6ft of the back doors. *

Initials

House members who smoke must clean up all smoking materials DAILY so they don't blow around. *

Initials

All furniture, appliances, equipment, computers, printer & associated supplies, are to remain in their locations. *

Initials

No outside furniture, appliances, or TV's are allowed. *

Initials

I will NOT put any holes in the walls, not even tack holes. *

Initials

I understand sleeping on top of my comforter/duvet is not allowed *

Initials

No food is allowed in the bedrooms. Any resulting pests or property damage will be my financial responsibility. *

Initials

11. Transportation & Valuables

All vehicles brought to the TDRF homes must come with proof of an active driver's license, current registration, and current insurance. If said vehicle is not owned by the housemate themselves, a notarized letter granting said housemate permission to use said vehicle will also be provided *

Initials

Vehicles must be operational & in good repair (no smoking engines or loud mufflers); no project cars are allowed. Any leaking vehicles must be parked on the street only. *

Initials

Parking is first-come, first-serve. *

Initials

All cars are subject to random searches. Any contraband within my vehicle or my belongings is grounds for dismissal. *

Initials

TDRF is not responsible for loss, theft, or damage. *

Initials

If I damage someone's car, it is my responsibility. TDRF will not get involved. *

Initials

12. Health, Wellness & Emergencies

I will practice good hygiene and handwashing. *

Initials

I will respect others' health and communicate any possible illnesses I may have to all in the home. *

Initials

When sick I will take precautions such as extra cleaning of surfaces, limiting interaction with other house members, & contacting a physician if needed or if I have a fever. *

Initials

I will follow my treatment plan with my healthcare team and recovery commitments. *

Initials

13. Grievance Policy

I will contact Rick by phone or email with any issues. *

Initials

All grievances will be addressed within 72 hours. *

Initials

No retaliation will occur for submitting a grievance. *

Initials

For urgent issues please contact the House Manager or Director. *

Initials

14. Causes for Involuntary Termination:

Possession/use of drugs, alcohol, paraphernalia, weapons. *

Initials

Selling drugs on or off property. *

Initials

Abuse of over the counter or prescription medications. *

Initials

Theft or possession of stolen goods. *

Initials

Threats or violence of any kind. *

Initials

Violating curfews or house rules consistently. *

Initials

Breaking TDRF's no-visitor policy. *

Initials

Causing any intentional damage to the home or its contents. I will be responsible for the cost of such repairs. *

Initials

Refusing to follow treatment or safety guidelines. *

Initials

15. Terms & Conditions Acknowledgement

I agree to comply with all house rules and expectations. *

Initials

I will treat all house members, staff, DOC and other agency personnel respectfully. *

Initials

I support the values of structure, accountability, and kindness. *

Initials

I will work with house leadership to resolve conflicts as needed. *

Initials

Mail is handled as follows: Mail is picked up by the House Lead on a regular basis. Parcels may come to the house however, all other mail items (bills, documents or letters) shall be sent to the following PO Box: *

Initials

First Name *

Last Name *

Date

Month * | Day * | Year *

Signature *

× Clear

Sign above

TDRF Staff Name *

TDRF Staff Signature *

× Clear

Sign above

Previous

Submit

More about Sobriety Hub Sober Living Software