

## General Information & Guidelines

*it starts here...*

**Recovery Road is a sober living community** dedicated to empowering men and their families. Our team is made up of members active in the recovery community as well sources from the professional community. We are focused on helping our clients achieve long-term sobriety and develop a productive and healthy lifestyle.

Addiction is a chronic, progressive, and fatal illness that affects every aspect of an individual's life. It creates dissonance in the lives of surrounding friends and family. At Recovery Road we address the lives of not only our residents, but also their loved ones.

### General Rules

- 1. Residents will participate in the Recovery Road Plan of Recovery.** Outlined below.
- 2. Alcohol, illicit drugs, weapons, or \*unapproved electronic devices as absolutely prohibited.** A resident violating this policy is eligible for immediate dismissal from Recovery Road.
- 3. Threatening or jeopardizing the safety of another resident or house manager is grounds for immediate dismissal.** Recovery Road is to be a safe and secure residence. Physical abuse, verbal abuse, or verbal threats will not be tolerated.
- 4. Residents will be held responsible for property damage to the house, furniture, or fixtures.** The amount of damage will be determined and added towards monthly dues.
- 5. Residents will sign out when they leave the house.**
- 6. House meetings are twice a week and attendance is mandatory.** If you cannot make a house meeting give notice as soon as possible.
- 7. Emergency house meetings may be called as deemed necessary and attendance is mandatory.**
- 8. No smoking in the house or other restricted areas. Butts must be discarded into the proper receptacles. NO Exceptions.**
- 9. Recovery Road homes will not be responsible for loss or theft of money our valuables.** Residents are encouraged to keep no more than \$40 cash with them while in the house. Valuables should be left with family or friends to avoid theft issues.
- 10. If a resident leaves the community, Recovery Road homes will not be responsible for personal belongings.** Personal belongings will either be removed from the premises or donated to charity if they are not picked up within 14 days. When appropriate, arrangements may be made for Recovery Road to hold onto personal belongings for an extended period.

- 11. Being late to mandatory meetings or groups will result in loss of phone privileges for 24 hours or other disciplinary action.**
- 12. Each resident must be out of bed and ready for Morning Meditation by 8:30 a.m. every day.**
- 13. Residents will not sleep during business hours.**
- 14. Residents will not watch television during business hours without permission from staff.** Under some circumstances TV privileges may be granted during business hours.
- 15. Recovery Road staff reserves the right to dismiss a client for unacceptable behavior as per but not limited to what is listed in this form.**

## Medication

- 1. Residents must notify the house manager or Recovery Road homes staff of all prescription medications as well as any changes.** To ensure successful med management and communication, it is required that residents work with a physician certified in psychiatry and addiction.
- 2. Residents of Recovery Road are responsible for self-administration of medications. Residents are responsible for keeping track of and updating the medication log.** Staff will not be responsible for administering medication. Under some circumstances staff will assist in supervising medication prescribed by a physician. All medication is to be approved by the house manager.
- 3. UNDER NO CIRCUMSTANCES SHOULD MEDICATIONS BE SHARED.** Violation will result in immediate dismissal.

## Phones and Technology

- 1. Residents in early phases will not be allowed phone or computer privileges.**
- 2. Phones are not permitted to be used during house meetings or after curfew.** The land line should be used respectfully as there is only one phone available for residents in early phases. The rules above also apply to residents in latter phases with approved phones.
- 3. Full list of phone privileges outline in Recovery Road Plan of Recovery.**

## Visitors (RR staff reserves the right to deny anyone visitation)

- 1. Residents in early phases will not have visitation privileges other than family and sponsors.**
- 2. Residents will be allowed to have visitors come to the house only when approved by the house manager.** When possible family members are encouraged to visit residents.
- 3. Visitors suspected of drug or alcohol use will not be allowed in the house.** Recovery road has the right to drug test all visitors and the house manager has the right to deny visitation to whomever.
- 4. Curfew rules apply to residents as well as all visitors.**
- 5. Visitors are allowed in common areas and are not to enter bedrooms.**

6. **Females other than family or spouses.** Men may have problems with sex or love addiction. To keep the rules uniform between all resident, other females will not be allowed.
7. **Visitors are not allowed to stay overnight.**
8. **Family members are encouraged to visit as long as visitor rules are followed.**

## Drug Testing

1. **House manager or other Recovery Road staff are able to ask for drug tests or breathalyzer tests at any time.**
2. **Drug testing will be random.** Any resident refusing, evading, or cheating a drug screen or breathalyzer will be in violation of Recovery Road rules and may be dismissed immediately.
3. **Refusing a drug test or breathalyzer is considered a positive test and grounds for immediate dismissal.**
4. **A positive drug screen will result in a meeting with the house manager and Recovery Road Staff.** Relapse cases will be evaluated on a case to case basis. We understand that relapse can happen and we are committed to helping clients who relapse as best possible. However we cannot jeopardize the wellness and safety of other residents. For more details see Relapse Policy.

## Curfew

1. **Curfew will be determined by how far along residents are in the Plan of Recovery.**
2. **Curfew may be extended by the house manager or other Recovery Road staff when appropriate.**
3. **Breaking curfew rules may result in loss of privileges.**

## Pass

1. **Passes will be approved by house manager or other Recovery Road staff.**
2. **Passes should be requested by Wednesday each week at the latest.**
3. **Residents in early phases of the plan of recovery will not receive passes.**
4. **Only Residents consistently following The Plan of Recovery will receive weekend passes.**
5. **Also, residents must be in good standing in the community (chores, no violations of rules, etc.).**
6. **Passes will be granted under extenuating circumstances: funeral, wedding, etc.**
7. **Passes are a privilege. Misuse of pass will result in revocation.**
8. **Upon revocation of a weekend pass the privilege of receiving future passes may be jeopardized.**

## 12-Step Recovery

1. **Residents will be required to attend AA/NA/CA/etc.** Required number of meetings depends on the resident's progression through the Program of Recovery. Minimum meeting requirement is 4 per week.
2. **Residents will be held accountable for attending meetings.** Failure to attend meetings as per requirements may result in loss of privileges.
3. **Residents will be required to have a sponsor.** Recovery Road staff will have the liberty of contacting sponsors and therapists.

## Chores

The homes are a community living space and each resident is expected to maintain a level of cleanliness and tidiness. Residents must be able to clean up after themselves. If your house is in order it promotes a sense of well-being for the community. Residents will be responsible for simple things like making their beds daily.

To ensure timeliness in completion of chores a weekly schedule will be maintained. **The house manager will be responsible for assigning chores.** Chores include:

1. Vacuuming
2. Sweeping
3. Kitchen deep clean
4. Bathroom deep clean
5. Dusting

**Recovery Road staff will inspect all areas and chores considered complete only after staff determination that the house has been properly cleaned.**

Pick up after yourself, keep the kitchen clean, and adhere to the chore schedule. Keep it looking nice!

**This is **YOUR** community and **YOUR** home.**