

# Resurrection Power of Washington, PA Sober Living House Policy and Rules

– Revised July 1, 2015

Sober Living Houses operated by Resurrection Power are temporary and voluntary guest houses committed to sober living through abstinence and the working of the 12 Steps. Resurrection Power is a faith based, IRS 501(c)3 non-profit organization. The expenses and salaries for Resurrection Power's staff members come primarily through contributions from local congregations and individuals. *The cost of operating and maintaining our Sober Living Houses are shared among our House Guests.*

**Entrance as a House Guest to a Rez Power Sober Living House** requires the following criteria and commitments:

- a) A commitment to remaining drug and alcohol free as job NUMBER ONE!
- b) At least 18 years of age
- c) Attendance at a 12 Step meeting everyday for the first 90 days is mandatory.
  - After the first 90 days, at least five meetings per week are mandatory.
  - Get a sponsor and start actively working the steps within 30 days.
- d) Be able to produce a clean urine test before moving into the house.
- e) Demonstrate a degree of stability in recovery and some 'clean time'.
- f) Persons with a dual diagnose are eligible for admission if mental health issues are stable and are being self-managed according to their health care provider's treatment recommendations.
- g) Must work, attend school, participate in outpatient treatment, or do community service for a TOTAL of 40 hrs per week within 21days . This requirement includes those guests with disabilities.
- h) In order to help support your new spiritual journey, we require participation in a spiritual exploration process that, in addition to the 12 Steps, includes:
  - 1) Participation in weekly House Community Meetings
  - 2) Participation in the house's daily devotion/meditation group
  - 3) For 12 consecutive weeks, participation in either:
    - A weekly Celebrate Recovery 12 Step Group,
    - A weekly Christians in Recovery Fellowship meeting,
    - Attendance at a weekly religious service of your choice
- i) Payment of \$175.00 prior to, or on the day of arrival. **MONEY ORDERS ONLY.**
- j) Abide by rules of the house and any other instructions or direction given by Executive Director (ED) or House Manger (HM)
- j) Serving a 30-day probationary period. Guests showing a low commitment to recovery, a negative attitude, or behavior generally disruptive to community life, will be interviewed to decide if our house is the right place for them to achieve sustained recovery.

## **Understandings**

### **I understand that:**

- 1) **This is NOT a landlord/tenant agreement.** Recovery Houses operated by Resurrection Power are not my permanent residence or legal address. As a central part of my recovery program, I have accepted the invitation to be a **temporary guest at will** of Resurrection Power of Washington only for as long as the ED of Resurrection Power of Washington chooses and in accordance to the rules and policies set forth in this document. I share the entire living space of the house and its property

along with other guests seeking recovery, and do not rent or lease any segregated area of the house or property. \_\_\_\_\_

- 2) ***I may be subject to an Involuntary Termination*** (IT) in which my privilege as a guest in a Recovery House is removed. In extreme cases as determined by the ED, I may be required to **leave with my belongings within 1 hour**. I will be encouraged to discover my next level of treatment. Under some conditions I may be invited back into the house after 2 weeks. The goal of this measure is to ensure a safe, abstinent, drug free environment for all our guests.
- a) If I fail to remove my property within 2 days, and there is no written agreement with Resurrection Power of Washington to store my possessions, all items will be considered abandoned and donated to a local charity or disposed of in a manner determined by the ED  
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- 3) ***For the safety of the house, an immediate IT is required for me in the following circumstances:***
- a) Incident of a failed drug screen test, or as determined by the ED
- b) My refusal or inability to provide urine for a random drug screen testing within 1 hour of the request, while remaining within sight of ED or HM.
- c) Refusal to allow immediate room inspection by staff or law enforcement personnel.
- d) The possession of substance abuse paraphernalia or unapproved medications
- e) Acts of theft, violence or criminal activity either on or off the property
- f) Repeated rule violations (see rule 4. F below.)
- g) An undocumented emergency room visit \_\_\_\_\_
- 4) ***I AM responsible to maintain*** care and security over my personal property. I can request that small valuable items be locked in the onsite safe for up to 7 days. However, Resurrection Power of Washington is not responsible for any of my property that is lost, missing, damaged or stolen.  
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### **House Rules:**

1. The house staff includes the Executive Director (ED) and a House Manager (HM). The HM is accountable to the ED and serves as an overseer of the house. The HM seeks to serve the guests of the house by maintaining a safe recovery atmosphere and ensuring adherence to the rules. A more specific job description for the HM is posted in the house. The HM will be given the same respect and authority as the ED by the guests of the house.
2. The HM may impose additional rules, tasks, or restrictions in order to enhance the recovery process of the whole house or an individual within the house. Such changes shall be reported to the ED and evaluated within 24 hours.
3. All decisions of the HM are final.
4. Guests violating any rule or regulation, unless otherwise noted, will receive the following sanctions:
  - a. A verbal warning.
  - b. Fines of 5-10 dollars, and/or other sanctions that may be imposed for infractions or recurring negative behaviors. **Sanctions are at the discretion of the HM and may**

**include, but are *not* limited to curfews, restrictions, reading/writing assignments, and additional chores.** *All proceeds from fines will be invested back into the house.*

- c. Violations will be re-visited 24 hours later and if it is uncorrected an additional daily \$5.00 fine or sanction will be levied and a written warning issued.
- d. All fines must be paid within 7 days or the fine will be doubled.
- e. A written warning.
- f. If the negative behavior is not corrected, or is repeated, or if additional violations of any of the rules occur, an IT will be imposed.

5. Behaviors that may lead to IT include:

- a. Low commitment to recovery.
- b. Ongoing negative attitude, disruptive, disrespectful, or insubordinate behavior as determined by the ED or HM.
- c. Being aware that another resident has relapsed and not notifying the HM or ED.
- d. Outbursts of rage, or threats.
- e. Unpaid repairs for damage to House property.
- f. Failure to comply with rules or directions following a written warning.
- g. No vitamins, herbs, minerals, supplements, or medication of any type are to be brought into the home without prior approval of ED.
- h. All prescriptions must be approved. **Contact the HM as soon as possible if you require hospitalization or emergency care.** Guests must provide documentation for any Emergency Room or Doctor visits where resident receives a pain medication or a controlled substance.
- i. Unpaid Program Fees as described in Rule #6

6. **Program Fees:** (Subject to change) There is a \$350.00/month **non-refundable** program fee that is due on the first of each month and must be paid by the 7<sup>th</sup> day each month. Your program fee is NOT rent; it is your share of the house expenses. A weekly rate (7 days) of \$90 is available. *Prior to, or on the day of admission* a 175.00 payment is required that will be applied to your account. A daily rate of \$11.50 will be used to calculate the Program Fee for new admissions and for those leaving the house before the last day of the month, **except in the case of immediate termination.** No meals or personal soaps are included in the program fee..

- a. Guests have 45 days from admission to have all program fees paid in full. After 90 days it is expected that guests will pay the full month's program fees by the 7<sup>th</sup> day of each month for that month.
- b. **Guests will be terminated if after 45 days your program fee balance reaches \$175 or greater by the 15<sup>th</sup> of each month or at any time your balance is \$525 or greater.** Economic insecurity is a major trigger for relapse. Therefore, we will discuss and work out a payment plan with you if you foresee difficulty in meeting your financial share of the community. It is assumed that food and shelter are among life's top priorities for people in recovery.
- c. In special circumstances, a guest may be considered to receive financial assistance from one of our local congregations. However, they will need to inform and consult with Resurrection Power staff prior to contacting individual congregations and be willing to verify all expenses and income.

7. In the case of a relapse or positive drug screen test:
  - a. Relapse is grounds for immediate IT, with law enforcement if deemed necessary by the ED or HM. Involuntarily Terminated guests will have one (1) hour to remove their belongings from the house. Any belongings left past 2 days without written permission of the ED or HM, will be donated to charity.
  - b. IT guests will not be permitted back on the property without permission from the HM. Other guests are not permitted to accept phone calls from, permit admittance into the home, or give anything in the home to the terminated resident. The terminated resident is to be directed to the HM.
  - c. Guests terminated due to relapse may be CONSIDERED for re-admission after 2 weeks of clean time, and receive an assessment by Washington Drug & Alcohol and follow their recommendations. A demonstration of willingness to take direction is key issue for re-admission.
  - d. A community vote may be taken prior to readmission in order to advise the HM and ED.
8. Periodic drug screen tests and room search/inspections will be administered randomly or at the determination of the ED or HM. Other guests may anonymously request another resident to be drug tested. Guests will have 1 hour to give test sample upon request and must remain in sight of the house staff.
9. Curfews are in 3 phases:
  - a. Phase I - First 30 days of participation OR until you complete a successful 30 in 30 is a 10PM curfew.
  - b. Phase II - Days 31-90 is an 11:00 PM curfew,
  - c. Phase III - Day 91 following with a successful 90 meetings in 90 days will be midnight curfew.
10. There will be no overnight passes for the first 30 days of residence. Overnight passes are limited to 1 per week and must be submitted in writing and require 48 hours *prior* approval by the HM. Approval will NOT be given for guests under sanctions or who are behind in program fees. Before leaving, guests must have their pass signed by the HM and pay for the drug test kit that will be administered upon their return.
11. No weapons of any sort are permitted on the premises.
12. In consideration of others, guests will be responsible each day for showering and personal hygiene, making their beds, keeping their personal area clean, and for their daily assigned chores. If not done properly, sanctions may be imposed.
13. No smoking or tobacco use inside the house. Guests may use tobacco outside. Butts are to be emptied into a coffee can placed on porches to avoid possible fire hazards. Chewing tobacco MUST be handled in a sanitary fashion.
14. **Visitors** are permitted between Noon and 10PM with the approval of the HM. Visitors are limited to a maximum of 3 hrs unless approved by HM. Only clean & sober friends & family are permitted to visit the house. No visitors in a romantic or sexual relationship with any house

