



WELCOME TO HOPE HOUSE

Hope House is about developing a new life plan. A life free from the hopelessness addiction to drugs and alcohol brings. Surviving as a using addict/drunk is not easy. Neither is living clean and sober - in the beginning. Learning anything new is hard. Ever seen a baby just get up and walk? It's hard and they keep trying, and one day they have the freedom to explore new ground. That is what recovery is about - exploring new ground.

For some of us following rules is a problem. Some of us have a sense that we are entitled to do whatever we want, when ever we want, because we are adults after all. There are persons who believe they know all there is to know about life and don't need to learn anything new. We all come into recovery with many belief's and ideas that have, it seems, gotten us through life so far. So far, so good? That all depends on how you look at it. The way we see it at Hope House is there must be some rules in order to keep everyone on track. That track is leading to being a grown up adult who does not have to drink and drug ever again, if they are willing to do the work. You don't have to follow the rules of this House if you don't live here. You don't have to stay clean and sober if you don't want to stay here. You don't have to do anything you don't want too.....unless you want to live here and see what it is we have to offer. We, the staff at Hope House very much want to help you through this difficult time in your life. One of worst things about getting off drugs and alcohol is the fact that when you need the most help in your life, you are the weakest. If this is in anyway ringing true for you, please stay and follow the rules of the house and we will see what happens.....



OUR RULES

The following are rules that must be adhered to by all Hope House residents:

1. Complete abstinence from all mood altering substances is mandatory.
 - Caffeine and Nicotine are allowed.
 - Expect random drug testing
2. There is no smoking allowed in the house and butts must be put in a container. No cigarette butts on property or driveway.
3. You are expected to attend all activities on time, unless previously excused by staff.
 - Groups and AA/NA meetings are mandatory, not optional, for all residents.
4. All prescription drugs will be turned over to the House Director for dispensing.
5. No violence, physical or verbal. No horseplay or verbal teasing or jousting. No nicknames.
6. Food and Meal Times:
 - Meal times will be set daily. Meals will be served during those times only. If a meal time is messed, a “save” can be requested prior to the meal time.
 - Snacks: Toast and Juices are available for snacking. Pastries may also be eaten as a snack when available. Clients must clean up after themselves immediately after making a snack.
7. Laundry:
 - Laundry is a privilege.
 - Maximum of 2 loads per week per client.
 - Use only the necessary setting, water level, temperature, and amount of detergent. Please show restraint in these matters.
 - Remove your own laundry promptly from the laundry room and machines once completed. Show respect for other people’s belongings. Do not just throw other peoples laundry on the floor or the top the machine. Consider folding your fellow room mates dry laundry.

8. Chores:

- Chores will be assigned by the House Manager and will be on a 2 week rotation.
- Chores to be completed daily as suitable for the functioning of the house.
- If you are unavailable to do your chore due to work, you must make arrangements to cover your chore. You will still be held responsible for the completion of your chore whether or not you do it.

9. Coming and Going:

- It is important that the staff know where you are at all times, and any variation to the daily schedule must be approved by House Staff.
- Each Client must note their whereabouts in the House Log.
- While out of the house, if there are any changes to plans, activities, or timeframes, clients are required to call and report to House Staff.

10. Visitors:

- Hope House does not have regular visiting hours. Visitors are asked to come during Free Time only.
- Please show courtesy to your fellow room mates by providing notice of when visitors are expected.
- Visitors are not permitted upstairs Or in any clients rooms
- Visitors must follow all house rules including be clean and sober.

11. Conduct:

- Respect should be shown to all clients of the house as well as in the community. This includes while at meetings and on the house property. Please respect the rules and values of meeting facilities and other persons. Lets be a good example to the public and neighbors.
- Quiet time: For multi-client rooms, respect must be shown to room mates by ceasing all noise-making activities between 11:00 pm and 6:00 am. This includes TV's, audio, computers, and conversation unless by mutual agreement.
- Common areas: Respect should be shown for fellow room mates by keeping all common areas clean and tidy. Study materials, dishes, tobacco, newspapers, and other belongings in common areas unattended.
- TV and Audio to be kept at appropriate volume levels while in use. Turn off TV and Audio when not being watched and or listened to.
- Do not touch any other clients' belongings without permission. This includes food.
- Do not enter any bedroom other than your own without permission.

12. Bathroom and Showers:

- Cleanliness: Bathrooms and Showers to be kept neat and clean. No urinating on the floor. Sit down if you have to. Wipe sink and faucets after use. Generally clean up after yourself each time.
- Morning Showers: Morning bathroom use up to 6:30 am are to be kept to a maximum of 15 minutes per client. This includes your time in the shower and all other bathroom use.
- House Staff may assign specific bathroom use priorities.

Consequences:

Consequences for non-compliance will be implemented by House Staff as follows:

- 1) Performance Contract;
- 2) Relocation of room;
- 3) Termination of Residency.

The following infractions will result in immediate eviction;

- Stealing
- Using of any mood or mind altering substance.
- Violence

Any and all property will be first packed under the supervision of the house Staff and will be kept in a secure locker for 15 Days, and will be disposed of on the 16th day .