

## **MEN'S RECOVERY HOUSE RULES**

The following are the official rules for the CFR Recovery House Program. Residents will be notified in writing of any changes to these rules.

1. All residents will be required to attend house meetings and groups. Continuing care group will be held on Tuesday mornings from 10:00 AM to 12:30 PM and Tuesday evening from 5:30 to 8:00 PM. Goals group will be held Thursday mornings from 10:00 AM to 12:30 PM and Thursday evenings from 5:30 PM to 8:00 PM.
2. All residents are required to participate in house chores. These duties are to be completed daily with the exception of Sunday, as long as daily chores are being maintained.
3. Alcohol use, drug use, and gambling are strictly prohibited. Infractions may lead to immediate discharge.
4. Possession of any drug, alcohol, or gambling paraphernalia will result in immediate discharge. Random urinalysis and breathalyzer testing will be performed.
5. Any person who presents to the Recovery House under the influence of drugs or alcohol must immediately be reported to the CFR nursing staff at 576-7261 or to Pat at 515-574-9251.
6. Smoking is only permitted in the designated outdoor area, the south patio.
7. Guests are permitted in public areas only. No guests will be allowed in sleeping areas or left unattended.
8. Visiting hours are 8 AM-10 PM daily. Any resident with guests wishing to visit longer than 10-15 minutes must have prior approval from the case manager in the form of a written pass submitted 24 hours in advance.
9. Violence of any kind will not be tolerated. Verbal or physical threats or assaults will result in immediate discharge.
10. Intimate relationships between Recovery House residents and current CFR clients are strictly prohibited. This includes clients in any treatment program (residential, outpatient, etc.).
11. Sexual harassment of any kind is prohibited.
12. Stealing includes borrowing without permission. Reports of stealing will lead to consequences up to and including discharge.
13. Food and supplies provided by the house are for resident use only and may not be removed without approval.
14. The house is to be kept clean and orderly at all times. Remember to provide courtesy to others as you would like them to be courteous to you.
15. Entrance doors are to be locked when residents are not home and at night. A door code will be provided to all residents and will be changed on a regular basis.
16. Thermostats will be regulated by staff and the resident assistant (RA).
17. Television and stereo volumes should be respectful of others living in the house.
18. Food is to be kept in the kitchen and dining area. No eating in living areas or bedrooms.
19. Candles and incense are not allowed.
20. Fish and one cat are currently allowed in the house as community pets. All health records on the community cat must be maintained and submitted to CFR staff. No other animals are allowed in the house.
21. Food is provided for house residents only. Guests are asked to respect this policy.
22. Appropriate clothing is to be worn at all times.
23. Rooms are to be kept clean and orderly. Rooms will have regular unannounced inspection by staff. Beds should be made daily and sheets washed on a bi-weekly basis.
24. Space heaters are prohibited unless authorized by staff.
25. Cash or food stamps are not to be loaned to other residents.

26. In order to facilitate transition plans and savings for a return to independent living, purchases in excess of \$50 should be discussed with your counselor.
27. Criminal activity while in the program is prohibited. Criminal activity includes driving without a license.
28. Sleeping should occur in private rooms only.
29. Overnight passes must be approved by your counselor. Please give them at least 24 hours notice for an overnight pass. Overnight passes are generally only granted to residents who are compliant with house expectations and who are making progress toward their goals.
30. In case of emergency (fire, etc.), all residents are to report to the CFR nursing department immediately.
31. Residents are expected to keep all scheduled appointments with counselors, groups, local physicians, therapists, etc.
32. Residents are expected to be employed upon admission to the Recovery House and maintain employment throughout your stay. Any issue which would require terminating employment should be reviewed your counselor prior to terminating.
33. Curfew is 11:00 PM on weeknights and Midnight on weekends. This is subject to change at any time and without advanced notice.
34. Residents should only be at the CFR treatment center for a scheduled 12-step meeting, meeting with a counselor, or scheduled group. Talking through the fence is prohibited.
35. Please help the house be regarded as a "good neighbor." Keep the yard looking nice, music volumes low, and be courteous and respectful to neighbors passing by on the sidewalk. Please limit outdoor recreation or relaxation to the patio area.
36. Computers are for legitimate job searches, school work, and other necessities. Inappropriate material or use of the computers will result in them being removed.
37. No weapons or potential weapons are allowed on the premises.
38. Become familiar with fire and tornado safety plans. Participate in all drills.
39. Housing fees are collected separate from treatment fees and should be paid to the front office at CFR. Housing fees are due by the 5<sup>th</sup> of each month. If housing fees are not submitted by the deadline, residents will be reviewed for termination from the housing program. Please provide a copy of your receipts to your counselor/case manager during individual sessions or groups.

*Each and every one of these rules is important and must be followed. If you cannot or will not follow all of the rules you will be asked to leave and all monies owed on that date will be due and payable immediately.*

*Some of the rules may be difficult to understand or agree with. In that case I will explain and or defend each and every one of them if need be. If after that you cannot or will not abide by the rules, this may not be the place for you at this time.*

I have reviewed the above rules and understand the policies of the Recovery House Program.

Resident Signature: \_\_\_\_\_ Date: \_\_\_\_\_