



NEW CHAPTER LIVING

General House Rules

▶ *Please read, check box and sign to indicate your understanding and agreement:*


- ☐ Step work & relapse prevention plan: House members are required to engage and work on their individualized recovery plan. Each house member is REQUIRED to join a recovery group and obtain sponsor/mentor/guide from said group. Groups must be organized and meet weekly.
- ☐ Personal Item Requirements: House members are to provide their own bedding, toiletries & clothing. We do have clean linen, basic toiletries and clothing available if needed.
- ☐ Restriction: There will be a one-week initial restriction upon moving into New Chapter Living. No overnights or leaving the premises without permission from the Mentor or without a senior house member. Restriction will be lighter but will continue for 30 days to allow time to orient to a sober living environment. Work, meetings, family visits, and gym will be allowed after the first week but still no overnights or leaving the home without permission.
- ☐ Curfews: Sunday- Thursday 10pm Friday/Saturday 12am
- ☐ Overnights are not permitted within the first 30 days of a house member's stay unless it is approved by Mentor. House members will be required to fill out a formal overnight request form, which will be either approved or denied. Failure to return to the house on time can result in a dismissal of the sober home.
- ☐ Daily Chore: All House members will be responsible for DAILY CHORES as assigned and scheduled at weekly House Meeting. Cleaning supplies are located under kitchen and bathroom sinks.
- ☐ Drugs, Alcohol, and Gambling: Use and/or possession of illegal drugs and/or alcohol will result in immediate dismissal. If asked to leave for drugs and/or alcohol the house member

agrees to leave the premises immediately and not return for any reason whatsoever, without permission from the Manager or Mentor.

- ☐ Smoking: Smoking is only allowed in the back “smoking area” behind the house. House members must throw finished cigarettes in the butt can. House members must be quiet at smoking areas after 9:00 PM to be mindful of neighbors. There will be no smoking in the house or in front of the property.
- ☐ Drug Testing: House members are required to submit to a Drug and Alcohol Test at any time (24/7) it is requested. They must complete the test within 30 minutes of being asked and must not leave visible sight of Mentor. Refusal and/or failure to complete the quick cup will be treated the same as a positive test result. We use a 16-panel quick cup and complete at least 10 random tests a month.
- ☐ Probation/Parole will be notified upon a positive drug test, and if you leave the sober home.
- ☐ Meetings: Weekly attendance at self-help meetings is REQUIRED, 2-3x a week.
- ☐ Employment: House members are required to maintain employment within 30 days of entering the sober home. At any time, a house member becomes unemployed and is capable of working, must actively seek employment from 11:00 am - 3:00 pm Monday through Friday.
- ☐ Personal Belongings: House member’s belongings (rooms, vehicles, cell phones, and computers) are subject to search at any time. If illegal drugs, alcohol, or weapons are found this will result in immediate dismissal from the sober home. New Chapter Living is NOT (at any time) responsible for a house member’s personal belongings. House members are responsible for the security and safekeeping of their own personal items.
- ☐ Guests: All guests must be approved by New Chapter Living. Guests of the opposite sex are strictly prohibited from entering any New Chapter Living personal bedrooms and are to remain in common areas only. Visiting Hours are Fri/Sat/Sun noon to 6pm.
- ☐ Quiet Hours: House quiet time is 9:00pm to 6:00 am on weekdays and 12 am to 9:00 am on weekends. Any activity (i.e., Lights, TV, Telephone conversations, kitchen use etc.)

that disturb another House member's ability to sleep/rest is prohibited. Please use common areas within reason.

- ☐ Theft/Violence: Any house member caught stealing from the property or another house member will result in dismissal of the sober home . This will be the same for any violence, physical or emotional, directed at Manager, Mentor or fellow house members.
- ☐ House members are not permitted in any bedroom other than their own without permission from the house member(s) residing in that room; they must also be accompanied by the permitting house member.
- ☐ House members are ALWAYS required to wear appropriate dress in common areas.
- ☐ No FOOD or DRINK permitted in bedrooms, with the exception of water.
- ☐ **Kitchen Use: Appliances, Counter-tops, Utensils, Dishes, Pots, Pans, etc. will be cleaned and returned to their respective place (immediately) after each use. Regardless of who's chore it is.**
- ☐ All prescribed medications will be stored in an appropriate lockbox and monitored by New Chapter Living during designated medication times.

 House members who must leave the sober home as a result of breaking any of the above mentioned rules, are required to leave the premises immediately and not return. **(Only to coordinate picking up their belongings within 7-10 business days of discharge)**

A violation of any one of the Rules & Guidelines will result in a write-up and potential loss of overnight privledges.

House Member

Print & Sign: _____ Date: _____

House Manager

Print & Sign: _____ Date: _____