

House of Mercy

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Sober House Rules and Guidelines.

Recovery is real; recovery is also your personal responsibility. The sober house staff and community are here to provide needed guidance and support. The following rules and guidelines are in place to support and ensure a safe and healthy environment to live in.

1. Drug Use

The use of any drugs, alcohol or inhalants is strictly forbidden. This includes the misuse of prescription medication. Use of any kind may result in immediate termination from this sober house. In the case of suspected use, a UA or breathalyzer will be administered.

2. Property

House of Mercy is not responsible for any loss of your personal property. We are also not responsible for any damage to your personal property. Personal safes are installed in each room for your use to secure any items of value or that you deem important. All medications are to be locked in your safe at all times. You will be held financially responsible for any damage to your room or to House of Mercy property occurring as a result of your negligence or inappropriate behavior. Intentional destruction of property is grounds for immediate termination. Law enforcement will be contacted if necessary.

3. Theft

Residents are not allowed in another residence room. You may not borrow or use another resident's property without that resident physically giving you that property. Theft will not be tolerated and confirmed theft is the grounds for immediate termination.

4. Abuse/Physical Violence/ Incidents

Verbal or physical abuse of any resident or staff is strictly prohibited. Violence or threats of violence is also prohibited. Violations of this rule are grounds for immediate termination from the program. Residents must immediately notify staff of any incident that occurs between you and another resident, including a full account of the incident in writing. Failure to do so may result in termination from the program. Law enforcement will be contacted to remove you from the premises if necessary.

5. Pets

House of Mercy does not allow pets of any kind.

6. Non-Treatment Activities

If you are attending school, volunteering and/or working part time you are required to provide verification of these activities. Singularly or in combination they must total a minimum of 32 hours a week.

7. House Supplies

You are responsible for providing your own food and personal items. You may be able to move in additional furniture with the pre-approval of the sober housing manager since your room is fully furnished. There is a \$20 community fee every month to assist with the provided supplies. This fee is due on the 1st of the month in addition to your program fee. This fund will cover dish soap, hand soap, coffee creamer, cooking oil, spices, etc. During your community house meetings, you can discuss buying additional items with the house fund.

8. 12-Step Group Meetings

House of Mercy requires you to attend at least three 12 step meetings per week. These meetings must be appropriate to your addiction. You must also obtain a sponsor within 30 days of admittance to House of Healing. Proof of attendance and active participation in your meetings is required.

9. Community House Meetings

All residents are required to attend the weekly house meeting. Residents must be on time, and are not allowed to leave early unless pre-approved by sober house staff. The House Manager must also approve any absences from these groups. No visitors are allowed during house meetings.

10. House Guests, Children, Visitors

Visiting hours are Monday through Friday from 5:00 PM to 10:00 PM. Saturdays, Sundays, and holidays from 8:00 AM to 10:00 PM. No visitors are allowed in your bedroom and are only allowed in the common areas of the house. All guests must comply with established sober house rules. The House Manager reserves the right to disallow or ask your visitors to leave for any reason.

11. Controlled Medications

If you are on a controlled medication, you must provide documentation from the prescribing physician to the sober house staff as it needs to be kept in your file. As previously stated, all medication must be kept in your safe. If you use sharps all new syringes must be kept in your safe. An approved sharps container must be used for the

disposal of used syringes. Adverse reactions to medications must be reported to your physician immediately and/or to poison control. Sharing or giving medication to another resident is grounds for immediate termination.

12. Community/Gambling

We value the positive influence you have on one another at House of Mercy as you are important models of early sobriety in this housing community. If it is determined that you're jeopardizing another resident's sobriety, or their physical or emotional well-being you may be terminated from House of Mercy. We also prohibit gambling of any kind on the premises.

13. Keeping your room clean and in order

If your living space is not kept clean, orderly, and your personal hygiene becomes a health or safety issue, House of Mercy reserves the right to take necessary actions such as discussions contracts or dismissal from the program. We encourage you to live comfortably in your room. To support you in maintaining a clean and healthy living environment, rooms will be randomly searched and monitored by the sober housing staff on a regular basis. A warning system will be used if your room and/or common area are disorderly and not clean. You are responsible for each and every item in your room.

14. Transition to next step

House of Mercy was created to help heal your mind and your body, and to help you bridge the gap between treatment and independent living. To that end you must honor your commitment. In order for you to receive a refund of your program deposit you must give a 30-day written notice and have completed a minimum of 120 days, as stated in your residency agreement, so that you may have time to complete any unfinished tasks and/or obligations to House of Healing and to allow applicants on our waiting list to make plans for admission.

15. Curfew

House of Mercy requires that all residents be in the house by 11:00 PM Sunday through Thursday. On Fridays and Saturdays, you must be in by midnight. This does not apply to those that are working full-time or part-time jobs past curfew hours. The house manager will conduct random curfew checks.

16. Family time/Overnight passes

House of Mercy recognizes the importance of rebuilding families, lives, and relationships. However no overnight passes will be approved for the first 30 days in sober housing. You must get approval prior to your departure, and you must notify the housing manager upon your return. You may be asked to comply with a drug test upon return

from pass. This is a safety issue for yourself and your fellow residents. Passes for residents will be issued on an individual basis.

17. Contract

There will be times when it is necessary for the House of Mercy to impose an intervention contract to better support a resident’s needs. The house is run by community support. As such, the peer community may intervene on issues concerning the house. These items too may be added to your contract. Withholding information may jeopardize your own recovery and potentially your placement in House of Mercy. If you know that someone is putting his own recovery, or the recovery of others at risk, you must report this to staff immediately. Together we must all protect the structure and integrity of the housing community and ensure a safe place for all to live.

18. Mental Health.

House of Mercy is aware that some residents come in with a dual diagnosis for drugs and mental health. If at any time your mental health becomes unstable, you must bring your concerns to the House of Mercy staff. The House of Mercy is not equipped to offer that level of care in our sober house. If at any time your mental health becomes an issue the House of Mercy will take steps to assist you in finding the proper level of care, but you may be directed to leave the premises if your mental health affects the safety and continuity of the house.

Housing Agreement

My signature indicates that I have received and reviewed these guidelines and that I fully understand the above expectations and agreed to abide by them.

Date: _____

 Resident Signature Printed Name

Date: _____

 Staff Signature Printed Name