

# COURAGE TO RISE RECOVERY LIVING

## House Rules

Rules are strictly enforced. Residents who break these rules will have their stay terminated.

ONLY 2 warnings will be issued.

(RED TYPE = IMMEDIATE REMOVAL FROM HOME)

### SAFETY:

- No loitering or hanging out in the front yard for any reason. The backyard is available for your use.
- Keep entry and exit doors closed and locked at all times.
- **No weapons, drugs, or paraphernalia of any kind.**
- Do not leave items on the floor that may cause a slipping or tripping hazard.
- If you spill anything on the floor, immediately wipe it up and place a wet floor sign.
- In case of an emergency, we need all residents to sign in and out of the home when leaving and returning to the property.

### GENERAL:

- **Do not steal or use another person's items without permission.**
- **Do not open or enter any cabinets or closets with locks.**
- Turn lights off when not in use.
- You may NOT enter another resident's room at any time.
- Clothes MUST be worn outside of your room.
- Never leave personal items unattended in common areas of the home.
- Kitchen closes at 8PM.
- If you are a diabetic or need to give yourself shots using a syringe, you will need to have a medical grade bin to dispose of used needles properly.
- Residents MUST be in the home during these hours:
  - Sunday – Thursday 9PM – 7AM, 9PM TV off
  - Friday and Saturday 10PM – 7AM, 10PM TV off
  - **24-hour prior written notice must be given for any & all exception to these hours**

### SMOKING, ALCOHOL, AND DRUGS:

- **Smoking in designated space (away from the home) in BACK yard ONLY.**
- **NO alcohol consumption or storage of alcohol in or around premises.**
- **Do not share medication.**
- **NO storage or use of illegal drugs or unprescribed medication allowed.**
- **Everyone is subject to random UA.**

### CLEANLINESS:

- Put trash in trash cans, put dirty dishes in the dishwasher (run when full), clean up after using common living spaces and the bathroom.
- Your room must be always kept in an orderly and sanitary condition.

- Bedding MUST be washed weekly, and mattress cover washed at least every 2 weeks.
- If you spill anything or make a mess anywhere in the house, including your room, you will be responsible for cleaning it up.
- Food is only to be consumed in the kitchen.
  - Food is NOT ALLOWED in bedrooms at any time.

#### YOUR ROOM:

- **You may NOT enter another resident's room at any time.**
- Mattress covers can ONLY be removed for laundering and must immediately be put back on the bed.
- Keep room door closed at all times.
- Keep personal items in your room (valuable items should be secured).
- All rooms are subject to be searched by Courage to Rise team at any time and for any reason.

#### PERSONAL HYGIENE:

- Adult briefs, bed pads, or any personal hygiene item(s) must be disposed of properly.
- You must keep up with your personal hygiene by bathing and brushing your teeth frequently.
- No complaints about you or your personal space having offensive odors will be tolerated.

#### BEHAVIOR:

- **No aggressive or violent behavior EVER!**
- **No profanity or offensive language directed at residents, neighbors, or Courage to Rise team or volunteers.**
- **No lending or borrowing money, cars or other property from other residents or neighbors.**
- **All residents must attend outpatient treatment.**
- **No romantic involvement between residents and no romantic advances toward Courage to Rise team.**

#### LAUNDRY:

- Use of washer and dryer during the hours of 9AM – 8PM ONLY.
- Laundry area must be kept clean and laundry supplies organized.
- Wash and dry your clothes ONLY – Do NOT touch other resident's laundry.
- **No soiled laundry in machines: Pre-rinse/treat items containing stains or waste.**

My signature signifies, I have read and understand what I can and cannot do while living in Courage to Rise Recovery Living. I understand and agree that if I break any rules within this document in **red** type, my stay will be terminated immediately, and I will be banned from living in other Courage to Rise homes.

X \_\_\_\_\_

Date: \_\_\_\_\_