



## **Horizon House Sober Living – Guidelines/Agreement**

Recovery is the number one priority! Recovery is your responsibility, but the sober housing community and staff are always “here” to provide needed guidance and support. The following rules and guidelines are in place to support your success and assure a safe and healthy environment to live in.

### **1. Substance Use.**

Use of drugs, alcohol or inhalants is prohibited (including misuse of prescription medications). Any “use” may result in immediate termination. In the case of “suspected” chemical use, a drug and/or alcohol test will be administered.

### **2. Abuse.**

“Zero tolerance” of physical violence or threats of violence. Verbal abuse of any resident or staff is also prohibited. Any violations will result in your immediate termination from the program and police will be called if necessary.

### **3. Property.**

*Horizon House* does not assume responsibility for any loss, theft, or damage to your personal property. Personal safes are installed in each room for your use to secure any items of value/importance. All medications are to be locked in your safe. You will be held financially responsible for any damage to your room or Horizon House property that occurs as a result of your negligence or inappropriate behavior. Intentional destruction of property is grounds for immediate termination and police will be contacted if appropriate.

### **4. Pets.**

No pets of any kind are allowed.

### **5. Theft.**

*Theft will not be tolerated and can result in immediate termination.* Residents are not permitted in another residence room. You may not borrow or use another’s property without the resident physically giving that property to you.

## **6. Incidents.**

Residents will immediately notify staff of any incident(s) that may occur between you and another resident. This will include a full accounting of the incident in writing.

## **7. Employment/school/volunteering.**

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

## **9. Supplies.**

*Horizon House* provides furniture in the room. 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.

There is a \$10.00 community fee every month to assist with provided supplies. This fee is due on the 1<sup>st</sup> of the month additional to your rent. This fund will cover dish Soap, hand soap, coffee, creamer, cooking oil, spices, paper towels etc.

## **10. Overnights.**

Overnight pass requests must be submitted to the sober housing manager. You must get approval prior to your departure. You must notify the sober housing manager when you return. You may be asked to comply to a drug test upon return from pass. This is a safety issue for yourself and fellow residents. No overnight passes during the first 30 days in sober housing, unless approved by sober housing staff.

## **11. Groups.**

Participation in Community Group is mandatory. Group is held weekly (Sunday). Group members must be on time and are not allowed to leave early, unless pre-approved by sober housing staff. Staff must also pre-approve any absence from these groups.

## **12. 12-Step Meetings.**

You are required to attend at least (3) 12-Step meetings per week, and these must be appropriate for your addiction. It is also expected that you actively work through the 12-Steps with a Sponsor. You must obtain a sponsor. If you are involved in an alternative recovery program you must demonstrate active participation and provide proof of attendance.

## **13. Curfew.**

Sunday through Thursday – you are to be in the house by 11pm and Friday/Saturday by midnight. Sober housing staff will conduct random curfew checks.

## **14. Guests.**

Revised 10-1-21

Visitor hours: Monday through Friday from 5:00pm to 9:00pm. Saturday/Sunday/Holidays from 9:00 am to 9:00 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 housing rules.

House manager reserves the right to disallow any visitor for any reason.

### **15. Controlled Medications.**

In the event a controlled medication has been prescribed, you must provide documentation (to sober housing staff) from the physician who prescribed it. All medications are to be kept in your safe including controlled medications and sharps. New and used syringes must be kept in a locked safe. Approved sharps containers must be used for disposal of syringes. Adverse reactions to medications must be reported to your physician immediately and or Poison Control: (#1-800-222-1222) THE SHARING OR GIVING OF MEDICATION TO ANOTHER RESIDENT IS GROUND FOR TERMINATION.

### **16. Community.**

You are important models of early sobriety in this community. We value the positive influence you have with one another at *Horizon House*. If it is determined that you are jeopardizing another resident's physical and/or emotional well-being or sobriety, you may be terminated from *Horizon House Sober Living*.

### **17. Gambling.**

Gambling at the *Horizon House* is prohibited.

### **18. Contracts.**

The *Horizon House* Manager will intervene on any behavior that is detrimental to your (or another's) recovery. Individual contracts may be added to your Sober Housing commitment to better support your needs. Interventions may also be recommended by the Peer Community to support community needs. If you know that someone is putting his own recovery at risk or the recovery of others at risk, you must report this to staff immediately. Withholding information may jeopardize your own recovery and potentially your placement in *Horizon House*. Together we must all protect the structure and integrity of the community and assure a safe place for all to live.

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### **19. Moving On.**

This program is meant to be a transition for you between treatment and independent living. To receive a refund of your program deposit, you must give us 30 day written notice on the 1<sup>st</sup> of the month and have completed the 120 days as stated in the residency agreement so that you may have time to complete any unfinished business and allow applicants on our waiting list to make plans for admission.

**20. Cleanliness.** *Horizon House* encourages you to live comfortably in your room. However, if your living space is not kept clean and personal hygiene becomes a health and/or safety issue, *Horizon House* reserves the right to take necessary action such as, discussions, contracts and or dismissal from the program. To support you in maintaining a clean and healthy living environment, each room will be randomly monitored by sober housing staff on a regular basis. A warning system will be used (i.e., if your room or common area is disorderly or not clean, you will be issued a warning). You are responsible for your bedroom as well as common areas of the room and facility. \_\_\_\_\_

### **Sober Housing Agreement**

My signature below indicates that I have received (and reviewed) a copy of these Guidelines and that I fully understand the above rules & expectations and agree to abide by them.

Dated: \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_  
Resident Signature      Printed Name

Dated: \_\_\_\_\_      \_\_\_\_\_  
Sober House Staff