



Sober Solutions

Safety and structure

- ❖ **Being under the influence of alcohol and/or drugs**
- ❖ **Possession of alcohol/drugs**
- ❖ **Possession of weapons**
- ❖ **Threats; either verbal or physical; or acts of violence or fighting**
- ❖ **Failure to submit a U/A (which are always at your cost)**
- ❖ **Unaccountable or discrepancies in times off of premises**
- ❖ **Lies, either found on your intake paperwork or otherwise, stealing, unusual behavior and any criminal activity**
- ❖ **Failure to comply with community and staff request**

Safety and Structure

- 1. I will attend at least 5 12-Step meetings per week, have a program book, (Big Book, NA, Text, etc.) attend on-premises "House Meetings" which are held 2 times per week, 1-2 hours per meeting.**
- 2. There will be no over night passes for the 1st 30 days, special circumstances can be discussed with staff and community. Overnights may be taken after the first 30 days with 48hr written notice and approval from the manager.**
- 3. Rent must be paid every Friday directly to the house manager and kept current.**
- 4. Please see the house manager at least 1 time per week to discuss your recovery program.**
- 5. I will be employed, a student, a volunteer, or looking for these on entry to the house (employment status will be checked on periodically).**
- 6. There are certain types of employment that are not allowed please discuss with the house manager prior to accepting employment.**
- 7. I will keep my room neat, with bed made at all times.**
- 8. I will do daily and weekend chores (these are mandatory as part of your stay).**
- 9. Bikes and other modes of transportation must be stored in the appropriate locations; security for these is at your own cost.**
- 10. Any situation that occurs with police involvement please discuss with the community and staff.**
- 11. No visitors allowed on premises without prior approval from the house manager and the community.**
- 12. No one is allowed in another resident's room without permission.**
- 13. There will be no sharing of clothes, personal property, loaning money, borrowing vehicles, including bikes by either staff or residents.**
- 14. Random drug screens can happen at any time, drug tests will be prepaid for by the resident on admission.**

- 15 Secrets keep people sick. Safety and structure is here to protect the community, support others and to respect rules. Sober solutions is a community based environment.
- 16 Room checks happen daily you are responsible for your own space and helping community members maintain the entire room.
- 17 I will not Smoke or vape inside the house, including bedrooms.
- 18 If there is an emergency, notify the house manager then call 911, immediately.
- 19 I understand all medications, will be kept by the residents, any possible meds of abuse must be kept in a lockbox purchased by the resident. Over the counter medications that have an unreadable label will be disposed of. Also, failure to disclose any and all medications with staff will be addressed.
- 20 House shut downs will occur if chores are not done, the grounds and buildings are not cared for, rooms are not kept clean, or general attitudes are not in line with house etiquette and is done so at the discretion of the house manager.
- 21 All rules and regulations are subject to additions and changes with staff and community discretion.
- 22 It will be assumed that residents of Sober Solutions seek to increase the likelihood of sustained recovery. Therefore, residents will be expected to participate in Relapse Prevention, and participate in the development and maintenance of a recovery plan from treatment as well as at the house.
- 23 I will be working the steps from a 12-step program while involved in the recovery community.

This is not a complete list of all the possible rules and/or violations that may happen, so to insure a healthy, happy, drug and alcohol-free recovery environment please do your part to use common sense when it comes to either doing or not doing something that may affect yours and others continued stay. Any and all refunds will be given with a two week notice but if you are asked to leave or no notice is given there will not be any refund. Finally, staff will not take the role of cop, lawyer or investigator.

Signature: _____

Date: _____

Sober Solutions

Application

Date: _____

Resident Full Name: _____

Home Address: _____

Phone Number: _____

Emergency Contact Name/Number:

Date of Birth: _____

Driver's License Number: _____

Are you currently taking any prescription medications? _____

What are they?

Do you currently have any warrants for you arrest or are you on probation?

Where and officers name and #?

What is your sobriety date? _____

Employer or what kind of work will you be looking for?
