

House of Grace

Name: _____

Participation Expectations & Responsibilities

Move-In Date: _____

Updated November, 2019

In enrolling at House of Grace, a participant-driven, democratically managed sober house, you agree to abide by the following rules & expectations.

1. There are three **absolutes** at House of Grace: (1.) No use of anything that affects you from the neck up; (2.) No sexual relationships with any other current program participant or non-program participant at House of Grace; (3.) No violence or threats of violence toward others. Violation of any of these will be grounds for dismissal from House of Grace. With an "Absolute" violation you will not receive a refund of your sobriety deposit and are not entitled to any pro-rated refund of your paid shared expenses.
2. Anyone who violates the 1st absolute and relapses will have to leave House of Grace immediately. **There will be no exceptions to this! -- YOU USE, YOU ARE OUT, NOW!**
3. All prescriptions and over the counter medications should be kept with your personal belongings and not in common areas. Prescriptions should be taken strictly following all doctors' instructions for the medication. All prescription medication should always have the label from the pharmacy it was obtained at.
4. Narcotics, benzodiazepines and opiates are not allowed at House of Grace – even if prescribed due to a surgery or medical procedure.
5. House of Grace is dedicated to practicing the principles of recovery, as such, program participants are expected to attend at least 3 outside AA/NA meetings, have an AA/NA service commitment, and work closely with one's AA/NA sponsor.
6. Participants at House of Grace are not allowed to be in a new romantic relationship for 90 days from the date of move-in. The focus while a participant at House of Grace is recovery and developing relationships with one's sponsor, Alcoholics Anonymous, and creating a network of sober friends.
7. There are no significant others allowed on the premises of House of Grace.
8. All participants are required to attend a weekly house meeting and any special house meetings deemed necessary. Habitual failure to attend these meetings may result in dismissal from House of Grace.
9. House of Grace respects and expects its participants to respect each other's anonymity; *who you see here, what you hear here, let it stay here.*
10. No overnight absences or out visits are allowed for the first 30 days unless approved on move in. On week 5 one overnight per week will be allowed. On week 6 and moving forward 2 overnights per week will be allowed with no more than two nights in succession. After the initial 30 days, the House of Grace manager and housemates must be notified if you will be out overnight. In addition a contact number where you will be plus the address will be provided to management only.
11. Participants must be enrolled in an outpatient treatment program, attending school, volunteering, or have a job within 2 weeks of moving in to House of Grace. Said activity should be for no less than 20 hours and no more than 40 hours per week. Participants are to maintain this level of outside the home activity for their entire stay.

12. Your monthly house living expenses must be paid by the 5th of the month. On the 6th of the month a \$25 late fee will be charged. On the 7th and any day thereafter, a \$10 per day late fee will be added. Continued delinquency may result in dismissal from House of Grace.
13. Personal items in the house should be kept to a minimum and any items should be properly labeled. Using another person's personal property without permission is strictly prohibited and constitutes theft. Any such instances will be dealt with by the house and any habitual violators are subject to dismissal from House of Grace.
14. Gambling and any loaning of money between participants is not allowed. Going to a casino is not allowed.
15. Loaning a car to or borrowing a car from another participant in House of Grace is not allowed.
16. All meals and snacks are to be consumed in the kitchen or dining area. No food or beverages (excluding water) are allowed in sleeping rooms.
17. All participants are expected to keep the entire home clean at all times. (Ex. If you make a mess, you clean it up. If it's dirty, you clean it. If you took it out, you put it away.) Beds are to be made by 9AM daily. Each participant has an individual chore however each participant is responsible for the whole home being neat and orderly at all times. Failure to do your chore may result in dismissal from the House of Grace.
18. Cooking and eating family style is encouraged as much as possible. Clean up from any cooking or food preparation is to be done immediately. All dishes and utensils should be cleaned and put away after each use.
19. We try to be a very green home, to that end turn off lights, TV, stereos, and computers when not in use. Electronic device chargers should be plugged in only when actually charging said electronic devices. With regard to stereo and TV volumes, **there is no loud music after 9pm.**
20. Please be respectful of your roommate when playing music by keeping it at a level that only you can hear. Headphones, iPads and laptops are permitted.
21. It is each resident's responsibility to have their own cell phones and they must be text capable.
22. There is no smoking, e-cigarettes, or chewing tobacco allowed anywhere inside the home or in the basement. Smoking is permitted on the front porch or rear patio and butt cans must be used.
23. All food in the refrigerator should be labeled with a name and date. Eating another's food without permission constitutes theft. Any such instances will be dealt with by the house and any habitual violators are subject to dismissal from House of Grace.
24. No pornography of any kind (magazines, DVD, cable stations, websites) is permitted in the home at any time.
25. Each participant should do their assigned chore completely and promptly at the assigned time.
26. No resident will install anything on or in the floors, walls, ceilings, windows or the outside of the house. Residents will not drill or attach anything to any of these areas.
27. No visitors are ever allowed in sleeping rooms and no visitors are allowed after 10 pm Sun-Thu & 11 pm Fri-Sat.
28. The curfew for participants at House of Grace is 12 AM midnight on weekdays and 1 AM on weekends. The curfew for residents of 30 days and under is 10:00 on weekdays and 11:00 on weekends.
29. Shower and bathroom times are to be kept short. Others need hot water and to use the bathroom.

- 30. It is the responsibility of House of Grace residents to maintain the yard and sidewalks to the highest standards possible.
- 31. House of Grace is not liable for any personal property during or after a resident's discharge from the house. House of Grace will dispose of all personal property after one week from discharge from the program unless otherwise arranged with house owner.
- 32. To qualify for a refund of the sobriety deposit, the resident must leave successfully and give a 30 day notice of moving out. If the resident is removed for any reason, whether for a relapse or a rule violation, the sobriety deposit is forfeited. If the sobriety deposit is to be returned, it will be returned within 10 business days of moving out date.
- 33. Problem resolution will be handled using the following steps: If there are any problems between residents it is expected that these will be discussed directly, openly and honestly. Residents will not talk about each other behind backs or call owner/manager to complain about each other. Problems will be resolved respectfully by each party stating their perspective and feelings and each party coming to some kind of an agreement. Conflict resolution takes place in 3 steps: 1) speak to your house mate assertively but with kindness and patience and come to an agreement. 2) if there is no resolution with step one then contact house manager/owner. 3) conflict will be resolved in a house meeting.

FAILURE TO ABIDE BY THE EXPECTATIONS AND RESPONSIBILITIES OF HOUSE OF GRACE MAY RESULT IN A PARTICIPANT BEING ASKED TO MOVE OUT AND PARTICIPANT'S SOBRIETY DEPOSIT WILL NOT BE REFUNDED.

PARTICIPANT AGREES THAT BY SIGNING THIS DOCUMENT, THEY ARE ALLOWED TO LIVE IN HOUSE OF GRACE INDEFINITELY, ON A MONTH-BY-MONTH BASIS, UNLESS THE RULES ARE VIOLATED.

I understand and agree to abide by the above rules and expectations.

Participant Signature

Date

I understand that House of Grace to which I am applying for residency has been established in compliance with the conditions of 2036 of the Federal Anti-Drug Abuse Act of 1988, P.L. 100-690, as amended, which provides that the house requires the house residents to (A) prohibit all residents from using any alcohol or illegal drugs, (B) expel any resident who violates such prohibition, (C) equally share household expenses including the monthly lease payments, among all residents, and (D) utilize democratic decision making within the group including inclusion in and expulsion from the group. In accepting these terms, the applicant excludes himself or herself from the normal due process afforded by local landlord-tenant laws.