

RULES AND EXPECTATIONS

1. **Hearts Turn Sober Living** may amend these Rules and Expectations at any time and for any reason.
2. Any use or possession of alcohol, recreational drugs, drug paraphernalia, unauthorized prescription medications, whether such items are held on Lodger's person or within the Home, is strictly prohibited.
3. Possession of deadly weapons or explosives of any kind within the Home is strictly prohibited.
4. Theft of, or reckless or intentional misconduct with respect to, the property of others is strictly prohibited.
5. All lodgers enrolled in day treatment, IOP, EOP, or any other aftercare treatment programming at the time of admission to the Home must complete such treatment/programming.
6. Maintain an active program of recovery.
7. **Attend a minimum of (1) one outside 12-step meetings per week (including a home group), at least one of which must be with other lodgers of the Home**
8. **Have weekly sponsor contact.**
9. **Have weekly service/12 step work.**
10. Participate in all Home meetings as set by **Hearts Turn Sober Living**.
11. Participate in other Home activities
12. Form relationships with other lodgers, eat meals together, go on outings/activities, etc.
13. Help maintain a respectful and peaceful environment within the Home.
14. Do not interfere with others' quiet enjoyment of the Home.
15. Be courteous and considerate when using any TV, radio, personal gaming, stereo, and other similar devices.
16. Threats, violence, or physical or other abuse toward any other lodger, visitor, or **Hearts Turn Sober Living** representative are strictly prohibited.
17. **Quiet time will be 10:00 p.m. to 8:00 a.m. weekdays (Sunday evenings through Friday mornings) and 12:00 a.m. to 10:00 a.m. on weekends (Friday evenings through Sunday mornings).**
18. Be mindful and respectful of others' work and sleep schedules.
19. Curfew:
 - a. First 30 days of residency- **10:30 p.m. on weeknights and 11:30 p.m. on weekends** (Friday & Saturday).
 - b. **After 30 days- 11:30 p.m. on weeknights and 1:00 a.m. weekends (Friday & Saturday)**
20. Attend work and/or school, as applicable.
 - a. **Lodgers who are enrolled in high school must attend school each day (except for sick days or other excused absences).**
 - b. School may be substituted for full-time work provided lodgers are enrolled a minimum of **12 credit hours in a university, college or community/technical training program.** **Part time students shall supplement school with part-time work or service work.** **(Revise as Needed)**
 - c. Any lodger not working, in school or aftercare treatment programming shall be actively seeking employment and/or doing service work for a minimum of **30 hours** per week.
 - d. A **one month grace period** MAY be granted for those looking for work, depending of course, on the effort put forth in seeking employment and/or other extenuating circumstance. Proof may be requested by **Hearts Turn Sober Living** at any time.
 - e. Any change in work, school, service-work, and/or treatment schedule or status must be discussed with and approved by **Hearts Turn Sober Living**.
16. Keep active. Stay busy and get up and out of the Home!

17. No lying around or sleeping all day. **Lodgers must be up by 9:00 a.m. on weekdays and 10:00 a.m. on weekends.**
18. **Guests are welcome during the hours of 6:00 p.m. to 9:00 p.m. on weekdays and 10:00 a.m. to 10:00 p.m. on weekends. No guests other than family members or pre-approved guests, are allowed in the Home or on the premises.**
 - a. Allowing guests will be at the discretion of **Hearts Turn Sober Living**. Guests who have recently relapsed or been discharged from other sober houses or treatment centers are not allowed to visit until they have been sober for at least 30 days.
 - b. Guests are not allowed in lodger rooms at any time.
 - c. Guests must remain in the common living areas.
 - d. Lodgers having guests shall limit such visits to reasonable times and durations.
 - e. No overnight guests are allowed at any time.
19. Overnight passes/permission: Not coming home will result in discharge.
 - a. Lodgers shall process overnight stays IN ADVANCE with **Hearts Turn Sober Living**
 - b. Approved overnight stays are limited to no more than two (2) nights per week.
 - c. Last minute notifications to stay elsewhere/off the premises will not be accepted (unless due to an unforeseen emergency) and can result in immediate discharge from the program.
 - d. Lodgers must inform **Hearts Turn Sober Living** of their whereabouts, where they can be reached, and when they will return.
 - e. All lodgers will be accountable to each other and to **Hearts Turn Sober Living** as to their whereabouts at any given time.
20. **For lodgers in their first 30 days- trips, vacations, or staying out past authorized times is not allowed.**
 - a. This **30-day** wait period is required of all lodgers in order to allow individuals to adjust to communal living and the Home's rules and expectations. This wait period may be extended depending on the lodger's ability to acclimate to the Home and its rules and expectations.
21. Home meetings.
 - a. All lodgers are required to attend ALL Home meetings and in-house Big Book studies (**Or other community activities as set forth by Hearts Turn Sober Living**).
22. All lodgers shall keep the Home and their individual spaces clean and neat.
 - a. Weekly cleaning chores will be assigned by **Hearts Turn Sober Living** and are required to be completed before the following week's Home meeting. (See weekly cleaning sheet/board)
 - b. Keep personal items out of common areas.
 - c. Keep personal space clean, neat, and presentable at all times. A clean room consists of the bed being made, clothes and other items off the floor, trash discarded, and no food, dishes, or empty food packaging in the room.
23. Shared spaces/common areas are the responsibility of all house members. Clean up after yourself. If something needs to be cleaned that is not assigned, just do it and discuss with **Hearts Turn Sober Living** if necessary to add to chores list.
24. Dishes are not to be left in the sink. Do your dishes after you use them!
25. No locks are allowed on bedroom doors.
26. **Food and Meals**
 - a. Each lodger is responsible to supply his or her own food, meals, condiments etc.
 - b. Label your food in order to minimize confusion.
 - c. Do not eat other people's food. Eating food or using any items that are not yours or provided specifically by the Home is considered stealing and grounds for discharge.
 - d. Meals should be eaten in kitchen/dining areas.
 - e. Eating in bedrooms or other areas of the Home is not allowed.
 - f. Food shall be stored appropriately in the kitchen or dining rooms. Any food that can attract insects, mice, etc. cannot be stored in rooms, such as chips, crackers, sugar, cereal etc.

27. Medications. Any medications MUST be prescribed by a doctor and taken only as directed by that doctor. A safe will be provided by **Hearts Turn Sober Living and/or Lodger** and must be used for all Suboxone or Suboxone equivalent drugs (**MAT**). The combination to the safe will be held by the Manager of **Hearts Turn Sober Living** and the Lodger. Lodgers may also purchase their own safe as long as the Manager is provided with a key and lock combination
- No vyvanse, Adderall, methadone, Xanax, valium or other related drugs
 - Any drug that can trigger a positive drug test is prohibited
 - Over the counter medications that have alcohol or other addictive substances such as mouth wash with alcohol, certain diet pills, etc., are not allowed.
 - Medications shall be kept with personal belongings and not left where others can see or be tempted to use them.
 - Strictly follow all doctors' orders regarding medications.
 - Do not abuse over-the-counter medications.
 - Hearts Turn Sober Living** must be kept informed of all medications and/or any changes to medications. If a lodger has a need for any addictive/pain medicine due to accident or injury, this must be discussed with and approved by **Hearts Turn Sober Living** prior, during, and after any such medical care.
28. Gambling of any kind is not permitted.
29. Smoking within the Home, including use of e-cigarettes or vapor devices, dipping or other nicotine related products is strictly prohibited. An outdoor smoking area will be provided.
30. Compulsive sexual behavior is not permitted.
31. Any Internet sex, browsing of Internet sex sites, pornography or any such other behavior or material is strictly prohibited.
32. Personal space and loaning/borrowing
- Lack of respect for others' personal space and/or personal boundaries will not be tolerated.
 - Do not go into others' rooms without their permission.
 - Do not borrow money or possessions from other lodgers.
 - Do not loan money or possessions to other lodgers.
 - Do not loan or borrow cars from other lodgers.
33. Lodgers having one year of continuous sobriety will be considered "senior peers."
- Senior peers will be authorized to conduct drug tests at the request of **Hearts Turn Sober Living**.
 - Senior peers may be delegated additional responsibilities or privileges at the discretion of **Hearts Turn Sober Living**.
34. **Hearts Turn Sober Living** discourages any new romantic relationship within the first 90-days.
- Any pre-existing relationship is the exception, but **Hearts Turn Sober Living** strongly recommends that lodgers focus on recovery and put romantic relationships on hold.
 - All romantic relationship meetings, etc., should be conducted off premises. No romantic or sexual relationships between lodgers are permitted at any time.
35. Limitations on:
- Hot plates;
 - Microwaves;
 - Toaster Ovens;
 - Refrigerators
- Approval from **Hearts Turn Sober Living** management must be obtained in writing before any of these types of appliances may be brought into the house.