

RESIDENCY CRITERIA

1. New residents must have a substance use disorder specified “in a controlled environment, on maintenance therapy, or in early remission,”
2. Free of current withdrawal symptoms,
3. Mental health conditions must stable and/or controlled with medications,
4. Commitment to remain abstinent,
5. Commitment to participate in treatment and take medications as prescribed,
6. Commitment to participate in a 12 step recovery or equivalent program.
7. Commitment to follow house rules.
8. Ability to Work/Financial Resources to pay rent.

REQUIREMENTS FOR COMPLETION OF RESIDENCY

1. Demonstrated ability to maintain abstinence,
2. Development of skills and resources to live independently in a stable safe living environment,
3. Demonstrated ability to establish and maintain recovery support.

CRITERIA FOR ENDING RESIDENCY BEFORE COMPLETION

1. Alcohol, drug use or medication misuse will result in immediate discharge
2. Sharing of prescription medication
3. Violence or threats of violence,
4. Any sexual activity within the house
5. Repeated failure to follow house rules will result in discharge after the resident has received prior warnings. Resident will be provided instructions to develop alternative plans for housing and 48 hours notice to find another residence.
6. Theft or any other form of criminal activity
7. Alcohol or drug sales/distribution, medication sharing, acts or threats of violence, and any other form of criminal activity result in immediate termination and may result in notification to local law enforcement.

Sunlight of the Spirit House Rules and Regulations

SOTS rules & regulations listed are not exhaustive and do not cover all possible scenarios. The management team will exercise discretionary judgements to ensure our homes are safe, collaborative, conducive to recovery and operate in accordance with our values. All rules and regulations are subject to change.

Immediate Discharge

The following is prohibited at **SOTS** and you will be asked to leave:

1. Being under the influence of illicit drugs or alcohol. Drug & Alcohol tests will be administered at random. Failure to submit a test is treated as a positive result and you will be asked to leave.
2. Possession of weapons of any kind is not allowed.
3. Threats of violence, either verbal or physical or fighting of any kind
4. Property destruction or altering the physical construction of premises or surrounding neighborhood.
5. Stealing or any other criminal activity regardless of whether criminal charges are filed.

Residency Requirements

Failure to follow the following rules are grounds for dismissal:

Integrity & good citizenship

1. In choosing to live in a SOTS home, you agree to abide by house rules and to follow management directions given to support your recovery and maintain a sober positive, safe, orderly environment. Failure to comply with house rules and/or directions given by management related to the safety and wellbeing of the house and its members may result in discharge.
2. The management team may establish house specific rules at any time; these will be considered part of the rules & regulations. Notice of house specific rules will be posted visibly in the home.
3. Unaccounted for or discrepancies in time off premises.
4. Lying, including falsification by omission and/or in any house documentation
5. House meeting attendance is mandatory. Other mandatory meetings may be required; you will be given advance notification of any changes in time or date of mandatory meetings. Meeting information will be posted in a common area.
6. You are required to have full-time employment with the following stipulations:
 - a. You are not permitted to quit a job without first discussing it with house management.
 - b. If you are on disability or don't need to work, you are required to volunteer. There are many recovery related volunteer opportunities available through Pro-Act and other organizations. If you would like more information, please ask the, senior resident, house manager or your CRS.
 - c. We do understand that you may not have a job immediately; you are expected to steadily search for employment until a full-time job is acquired. To support your search, a job search sheet is to be filled out each day with a minimum of 5 jobs applications daily during the work week.
 - d. There are certain jobs that are not permitted while residing at SOTS house, speak a member of the management team with questions.
7. There are no visitors allowed on premises without prior approval from the senior resident.
8. No loud music, TV, etc. is permitted at any time.
9. When coming home past 9:00pm you must be respectful of the neighbors and house members, keeping noise and disruption to a minimum.
10. No resident is allowed in another resident's room without prior approval from the senior resident.

House Safety & Cooperation

1. Residents are expected to hold each other accountable for house rules. Any rule violation must be reported to the house manager immediately. Failure to do so may result in discharge dependent on the circumstance.
2. Residents are expected to work together to maintain a clean, orderly positive environment. The house manager and/or owner, with input from the senior resident, may institute a house shut down in the event that chores are not being done, the grounds and building not being cared for, or general attitudes are not in line with our values.
3. There is no smoking allowed inside the house. Smoking must be done in the designated areas. All butts must be put in a can and emptied when the can is full.
4. All rooms are subject to inspection & search at any time with or without cause and/or notice.
5. All medications will be locked up and only the person who is prescribed that medication will have the key with exception of the house manager who will have access to all lockers for

medication disposal. Any misuse of medicine or sharing of prescriptions is not permitted and may result in discharge.

6. Bikes and other forms of transportation must be stored in appropriate locations; Security for these items will be at your own cost.
7. If placed in probationary status, you must fulfill all requirements outlined in probation agreement.
8. Parking at SOTS is decided by the number of available spaces and the seniority of those in the house. Parking at SOTS is not guaranteed upon arrival to all residents.
9. There are no overnight visitors allowed at the house; day visitors must be pre-approved.
10. You are required to sign out when leaving the premises and sign back in when you return. All departures when in orientation phase and phase one must be approved by a house manager or senior resident. Any inconsistencies in time off premises will prolong your orientation phase or put you on restriction if not currently on orientation phase.
11. All vehicles are subject to search at any point with or without cause/notice.
12. Your room must be kept neat & clean, with your bed always made, rug vacuumed.
13. Any cooking must be cleaned up immediately afterward with the kitchen area cleaned, which means nothing left in the sink at any time. Any trash needs to be disposed of in a timely manner.
14. You will be assigned a daily chore and a weekend chore; these are mandatory as part of your stay. When a chore is completed, you must let management know by putting your initial and time in the appropriate box on the chore check sheet so that they are able to verify your chore is complete (failure to mark it on the chore sheet mean the chore is **NOT** complete).
15. All vehicles must have current tags and registration. No storage of non-working vehicles on premises.
16. No members of the opposite sex and/or potential romantic partners are allowed inside the house or hanging around outside the house. Family member visits must have prior approval and be supervised by the senior resident.
17. Romantic relationships between SOS house members/residents in any SOS houses is not permitted. If you are found to be in a romantic, sexual or dating relationship of any nature with another SOS resident, you or the other person will need to leave the program immediately.
18. You cannot associate with any former resident of SOTS who has been discharged on a disciplinary basis except if at a 12 Step meeting or accredited group setting.

Adherence to your recovery plan

1. You are required to make 12 Step Meetings or approved equivalent in accordance with your phase in the "house phase system". Your meeting sheet is to be signed by a group member not by another resident of SOTS. Meeting with your CRS or attending accredited recovery groups may count as a meeting.
2. For the orientation period you are to remain on the premises unless you are out looking for work, attending outpatient services or meeting with your CRS. Proof of job search is required. During the time spent in the house you are expected to be working on your personal recovery plan. You must arrange a 12 step meeting/equivalent attendance with a house member who is not in the orientation phase.
3. You must review your recovery plan weekly with a member of the management team.
4. You must obtain a home group and a sponsor or mentor (or equivalent) & provide their contact info to management within the first two weeks of residency. This will be verified and is a requirement to phase up.