

**Power House Recovery Center**  
**ALL RESIDENTS / GENERAL RULES AND POLICIES**

At the Power House, a distinction is made between the Recovery Program and the House Rules. Residents are ultimately responsible for their own recovery - it's a matter of life and death! Managers are charged with enforcing the House Rules, which include all matters deemed necessary or helpful for the Power House to provide a safe and supportive sober living environment for all program participants.

**All residents are required to follow the House Rules and Manager's directions, verbal or written. Becoming a resident confirms your agreement to these requirements.**

\_\_\_\_\_ **Treat yourself and others with respect and dignity.** Cooperate with management and actively pursue the twelve step program of recovery. Become a useful and positive role model by living a clean and sober lifestyle, seeking God, and attempting to help others. **Residents are expected to represent the Power House in a positive, respectful manner at outside meetings and events.**

\_\_\_\_\_ **The 15 Minute Rule:** Residents must promptly report known or suspected ALCOHOL OR DRUG USE or any other violation of these rules, policies or guidelines to management. If you do not report such an incident to management within 15 minutes of the time you became, or should have become, aware of the problem; then you may be subject to the same consequences as if you had committed the act yourself.

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**ZERO-TOLERANCE POLICY**

\_\_\_\_\_ **The Power House has a "Zero Tolerance Policy" for any actions or behaviors which might directly endanger the health, safety or sobriety of another resident.** Violations of this policy may result in a resident being permanently barred from the property, as well as legal consequences if appropriate.

\_\_\_\_\_ **Any "suspected violations" of the law will be promptly referred by management to the local law enforcement agencies** (including public intoxication, DUI, sale or possession of illegal drugs, paraphernalia, illegal weapons, aggressive physical or verbal confrontations which might constitute an assault, etc.).

**RELAPSE POLICY**

\_\_\_\_\_ **Relapse can result in immediate termination;** however, our experience indicates that most residents relapse when they achieve a level of independent living that provides more freedom than appropriate for their current level of recovery. **Two requirements are imposed before a resident that has relapsed is allowed to remain at the Power House.** First, the resident must agree to additional structure (restrictions) until the basic recovery program (Levels I, II and III) is completed. Secondly, the resident must agree to make completion of the basic recovery program their highest priority.

\_\_\_\_\_ **If a relapse occurs,** the resident needs to contact us before returning to the property. Otherwise returning to the property under the influence might be considered an action which directly endangers the safety or sobriety of another resident - subject to the "Zero Tolerance Policy" provisions above.

**MISCELLANEOUS**

\_\_\_\_\_ **UAs and Breathalyzer** may be requested at any time, with or without cause. You may be required to take a UA prior to admission, if you are late to a mandatory activity, miss curfew, or your behavior causes concern that you might not be clean and sober. Random UA's will given on a random basis. If a UA or breathalyzer test is requested and not provided timely, you have failed to pass the drug test.

\_\_\_\_\_ **Using Behavior** is sufficient grounds for dismissal, regardless of the results of any drug test.

\_\_\_\_\_ **Possession or use of any medication (prescription or not) must be approved** by management in advance. Any permitted prescription medications must be in the resident's name and must not be shared.

\_\_\_\_\_ **Room searches may be performed by staff or police** at any time for the safety of the community.

\_\_\_\_\_ **Possession of any of the following is prohibited:** alcohol or other prohibited drugs (with or without a valid prescription), drug paraphernalia, pornography, firearms or other weapons (any knife whose blade extends longer than two inches may be considered a weapon), candles, incense, space heaters, hot plates, lamps with halogen bulbs, or anything else management determines to pose a potential danger to the sobriety, health or safety of residents or the property.

\_\_\_\_\_ **Do not engage in "heated", violent or aggressive confrontations**, either verbal or physical, with anyone on the property. Disagreements with staff should be resolved in private. Disputes or disagreements with others may be facilitated by staff in an appropriate setting, upon request.

\_\_\_\_\_ **Limit gossip and fault-finding** to your own behavior (if you cannot yet see the magnitude of your own shortcomings, it is vitally urgent that you get a sponsor and work the steps).

\_\_\_\_\_ **The destruction of (or taking without permission) any property** belonging to the Power House or another resident is cause for dismissal. Do not go in any resident's room without the manager's permission.

\_\_\_\_\_ **Sexual misconduct or other sexual acts are not permitted on the premises.** NO sexually oriented materials are allowed on premises. Accessing internet pornography is a violation of this rule.

\_\_\_\_\_ **All fees must be paid timely.** We suggest you pay a week in advance to avoid problems.

\_\_\_\_\_ **If you do not receive a receipt AND** watch your money drop in the lock box, no payment is made.

\_\_\_\_\_ **The Power House does not issue refunds** of any kind for any reason.

\_\_\_\_\_ **Residents are asked to not bring valuable items** here during their stay, and the Power House assumes no responsibility for lost, stolen or abandoned property.

\_\_\_\_\_ **All residents are expected to attend mandatory meetings.** Both the AA and House meetings on Sunday afternoon are mandatory for ALL residents, regardless of length of stay or position.

\_\_\_\_\_ **Family visits are allowed on Sunday afternoons.** Other visits must be approved in advance. Guests are not permitted in resident rooms unless authorized and/or accompanied by management.

\_\_\_\_\_ **Residents who leave the Power House, or are dismissed,** need to call management and make an appointment to claim and pick up their belongings within 36 hours. After 36 hours, unclaimed property will be considered abandoned and treated as a charitable donation to the Power House.

\_\_\_\_\_ **Following the House Manager's instructions and rules, verbal or written, is a requirement** for you to stay at the Power House. The House Manager also has the authority to grant exceptions to these rules, depending on the particular facts and circumstances. The House Rules (including rules relating to the various Levels of Independent Living) cover a variety of different situations and special circumstances (such as mandatory meetings, curfew, house restriction, chores, meeting attendance sheets, sign in & out lists, and TV, telephone and computer use, etc.).

### **ENFORCEMENT AND APPEAL**

A determination by the House Manager that a resident's conduct is not in line with these rules, policies and guidelines may result in immediate dismissal, at the sole discretion of the House Manager or his representative. Appeals can be made by first leaving the property and then contacting the director on call, whose telephone number will be provided upon request.