



Homestead Rules

These rules apply to all residents. The intention is to foster good communications, dependability, consideration, responsibility, and accountability among us. Let us all please put forth our best attitudes and actions to create an atmosphere of recovery in which we can all thrive.

- 1) No using any mind/mood altering substances. If you can not pass a drug test you will be re-evaluated and as a consequence may be asked to leave the Homestead program.
- 2) Take advantage of your first 60 days here. This is a special time to remind you to care of yourself. US mail, personal phone calls from the residence and cell phones, and computer contact with family and friends in recovery are allowed. Please use this privilege sparingly.
- 3) Assume responsibility for asking for what you need. We are here to help.
- 4) Treat people with respect and watch how good your life becomes.
- 5) No new romantic relationships while at Homestead. Relying on women at the residence and at the meetings will help you through early recovery.

This is your best resource. *Stay away from the Hickey House, Shiloh House, Miracles Happen men especially, and all men in general. Any men found on Homestead property without prior consent means automatic dismissal for the resident.*

- 6) Keep your room clean and neat. Make your bed neatly. All clothing needs to be hung in the closet or folded and put in dresser. Shoes go in the closet or under your bed. Tops of dressers and bedside tables clean and organized. Toiletries in baskets and wet towels hung to dry on towel rack. Floors vacuumed and furniture dusted. Wash your laundry regularly.

Strip beds weekly or more frequently if needed. Shower daily. Please do not eat in the bedrooms.

- 7) Clean up the messes you make and put things back where they belong.
- 8) Do not eat other resident's food, use their belongings, or go into their bed rooms without their permission.
- 9) Contribute to grocery shopping list, cooking, cleaning and try to maintain a healthy, balanced diet.
- 10) Follow sanitation protocol in the bathrooms and kitchen. These are posted in each room.
- 11) Reduce, reuse, and recycle. Be sure to rinse out all recycle items and discard the caps off plastic and glass bottles. Be conscious of paper product use. Let's be as green as we can be.
- 12) Attendance at Wednesday community meeting is mandatory. Some Sundays as well.
- 13) Attend seven twelve step meetings per week and keep a record of where you attended. You will need to go to 90 meetings in 90 days.
- 14) Acquire a 12 step sponsor and work with her regularly. Log your contact with her.
- 15) Smoke only on the back porch.
- 16) No sexual relations in the house.
- 17) No violence. (intimidation, abusive language or actions) The consequences for this behavior will be immediate dismissal.
- 18) Update work/appointment schedule calendar regularly and accountability board daily. Sign in and out on the log sheet by both front doors.
- 19) Complete and maintain all chores. Schedule goes from Wednesday to Wednesday.
- 20) Quiet time starts and 10 PM and continues until 9 AM. Everyone home by 11 PM unless given permission. Walk quietly upstairs, lower volume on TV, radio, conversations, and no doing laundry. No phone or computer after 11 PM. /*Cell phones on silent until 9 AM*/. Emergency calls should come into 706.754.0102.
- 21) Everyone in bed and lights off by midnight. Everyone up by 9 AM with beds made neatly.
- 22) Please be monetarily accountable to the person driving you to and from work/appointments. The cost for rides after you are employed is \$5 each way.

23) No unauthorized medications are allowed. All medications must be kept locked in the office and monitored by staff. All medications will be discussed prior to admission.

Resident Signature: _____ Date: _____

Staff Signature: _____ Date: _____