

# **SANCTUARY HOMES**

## **GUIDELINES FOR SOBER LIVING**

### **\* *Rules Agreement for: "Guest"***

#### **Requirements for Guest**

- To remain drug and alcohol free; periodic testing
- Follow the 12-Step Program and work with a sponsor/spiritual advisor
- Attend at least 5 to 7\* meetings each week plus in-house programs
- Work a lawful job, volunteer, or attend school
- Follow the rules
- NO MEN at women's house and NO WOMEN at men's house unless with BZ or approved by BZ. Exceptions for EVENT nights. Women are allowed at Men's house within curfew hours unless on restriction by House Manager's.
- NO Romantic or Sexual Relationships BETWEEN Men & Women's Home nor WITHIN Home.

#### **General Agreement**

\_\_\_\_\_ Agree & understand that a condition for being a Guest at Sanctuary Homes Sober Living is to be gainfully employed, actively seeking work, in treatment, attending school, or other activities to enhance my future. Sitting at home all day is NOT an option.

\_\_\_\_\_ Agree to complete abstinence from drugs and alcohol of any kind. All prescriptions and over-the-counter drugs must be approved.

\_\_\_\_\_ Agree to work a Twelve Step program and obtain a Sponsor, which is suggested for sobriety. Sponsor to be obtained within first 30 days.

\_\_\_\_\_ Agree to attend all house meetings and a minimum of 5 (You must attend 7 meetings a week if this is your 1<sup>st</sup> month in House) Twelve Step meetings weekly. (a Bible study can be substituted for two of the Meetings)

- \_\_\_\_\_ Agree to an 11:00pm curfew on Sunday through Thursday and 1:00am curfew on Friday and Saturday. Overnight passes with approval after 14 days.
- \_\_\_\_\_ Agree to drug/alcohol testing and/or room search at any time. Failure to comply could result in immediate discharge.
- \_\_\_\_\_ Agree to not use house address for anyone currently incarcerated.
- \_\_\_\_\_ Agree to rise at a reasonable time based upon work/school schedule, be dressed, make bed, clean immediate area, and to have house chores completed as scheduled.
- \_\_\_\_\_ Agree not to enter another Guest room/area without permission. No contact with Ex-Guest that have been discharged due to relapse infraction.
- \_\_\_\_\_ Agree to no romantic or sexual relationship with another guest of Sanctuary Women's Sober Living...AS WELL AS SANCTUARY **MEN'S HOUSE**, and understand that to do so results in immediate discharge.
- \_\_\_\_\_ Pornography, Sexually explicit magazines, posters and clothing are unacceptable.
- \_\_\_\_\_ Agree to not have any association with any known drug or alcohol offender(s), nor frequent places where drugs are sold, used or are accessible.
- \_\_\_\_\_ Agree to no threats, physical violence, possession of weapons, stealing or vandalism of house/guest property, and will not use vulgarity on the premises.
- \_\_\_\_\_ Agree to be respectful of others upon entering Sanctuary Homes Sober Living.
- \_\_\_\_\_ Agree that if I leave Sanctuary Homes Sober Living for more than 24 hours, I am subject to discharge, my guest fees are forfeited and personal belongings held for only 30 days (excluding food products) then discarded or donated to charity.

\_\_\_\_\_ Agree to drive only with a valid driver's license, current registration, and minimum auto insurance required by California law. No parking in front of garages.

\_\_\_\_\_ Agree to a guest policy that limits them to COMMON areas ONLY. No guests AFTER curfew. No honking for ride pick-ups to maintain a low profile in the residential neighborhood.

\_\_\_\_\_ Agree not to alter, fix, or hang items on House property without permission. There will be a repair fee for each item hung on the wall or other locations of Sanctuary Homes Sober Living.

\_\_\_\_\_ Agree to be responsible for own personal property; maintain immediate area with a limited amount of personal items, pictures and knickknacks.

\_\_\_\_\_ Agree to make an effort to be compatible with other guests. If behavior becomes unacceptable, it could result in my immediate discharge from Sanctuary Homes Sober Living.

\_\_\_\_\_ Agree to attend at least one Women's ONLY meeting a week.

\_\_\_\_\_ Attendance at Sanctuary Gathering on Monday Nights is mandatory unless approved by BZ. (Women are excused on last Monday of the month for Pac Hills Alumni Meeting).

\_\_\_\_\_ Agree not to bring "Any" pet of "Any" kind on premises.

I have read and agree to the terms stated above. My failure to comply with any of these rules will result in immediate expulsion from the property as well as loss of Monies for the current month. I agree to these terms willingly as I wish to be responsible for my personal sobriety as well as do my part to not affect the group as a whole.

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Guest (sign)

Guest (print)

Date

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House Manager

Date

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Witness

Date

### **SANCTUARY HOMES SOBER LIVING**

Our Vision is to provide a safe environment in which Sobriety is encouraged and supported while building a strong, lasting foundation. We value the 12-step recovery programs of Alcoholics Anonymous, Narcotics Anonymous and their cohorts because it has been proven that they work. It is our hope that the guest will be able to use the time at this home to grow fellowship in the program as well as work the 12-steps. It has been our experience that the 12-step recovery program is the best hope of the Alcoholic/Addict to achieve sobriety and from this grow in a relationship with his Higher Power.

We are a Christ centered facility and as such ask that all guests would conduct themselves in accordance with Christian values and principles. Being a Christian is not a requirement for being a guest of Sanctuary Homes, nor is it a requirement for AA sobriety. We respect the rights of the individual, however, in the interest of fostering the strongest possible sober foundation we value a Christian living environment.