



MEN'S HOUSE RULES

Can be Cause for Immediate Discharge

(all decisions are individually based and at the discretion of It Is Possible)

1. Use of substances-We have a zero tolerance policy for the use of substances, including use of drugs or alcohol, possession of any illicit drugs including inhalants, or the use of prescription narcotics or controlled substances without prior approval. We provide all participants with assistance into a higher level of care when necessary including coordination and transportation if applicable. Re-admission is at the discretion of the Program Director or his/her agent and requires a minimum of 72 hours substance free.
2. Possession of weapons of any kind.
3. Threatening or intimidating behavior or violence including prejudice or racist comments or behaviors.
4. Malicious destruction of property.
5. Harassment.
6. Violations of any federal, state, or local laws including theft- Residents may be reported to authorities.
7. Aborting Housing- Any participant who is absent without prior approval or knowledge for 24 hours, overnight, or longer is considered to have abandoned housing and may not re-enter the buildings or property without being accompanied by either the House Manager, Program Director, or his/ her designee. All referral sources will be notified immediately should a participant leave. The personal property of said participant shall remain on the premises no longer than 72 hours, after which time, it will be donated or disposed of. We are not liable for any participant's personal property at any time and strongly suggest that participants use caution when storing items in the houses that we manage.
8. Curfew- Any attempt to manipulate curfew, including sneaking out, will be considered grounds for immediate discharge.
9. Sharing confidential information- Participants are not allowed to give the door access code out to any other person, including other participants unless under direction of the House Manager, Program Director or his/her designee. For the safety of all participants and their personal belongings, clients are not permitted to take pictures on program property or of other client's under any circumstances.
10. Contacts with the Women's House Participants- Participants in the Men's House are not permitted contact with the Women's Home participants in any form at any time. The women require space to work their own program and any actions that subvert this rule could result in dismissal from the home. Participants may struggle with relationship issues and may require assistance in this area and It Is Possible is more than willing to assist any person who is identified in their assessment as needing this support. This cannot however be an excuse for endangering another's recovery and must be a goal to work on prior to interactions. Asking questions is encouraged and supported and no participant will be discharged for inadvertent contact.
11. The use of baby wipes, sanitary wipes, or flushable wipes in any of the homes is strictly prohibited. These are disallowed items and are not permitted on any premises. DO NOT flush anything down the toilet other than toilet paper.

Cause for Sanctions or Discharge for Repeated Violations:

(Many rules in this section are meant for the participant in his initial stages of housing and may change as he progresses through his goals and individualized treatment plan.)

1. Abuse/misuse of prescribed medications- It is common that a participant may need medications for co-occurring disorders or medical conditions that require medications or supplies such as syringes. We will work with participants who may need medications. Use of all medications must be approved by the Program Director prior to bringing it to the house. Participants are responsible for keeping all medication and supplies in a lock box that is supplied by them. The manager must be given the code and/or a copy of the key for access. It Is Possible does not dispense medications.
2. Admissions - Participants coming from inpatient or residential services should be admitted the same day as their discharge from that program if possible, but may be given time for transportation or obtaining personal property. The program director or house manager may wave this rule if circumstances warrant however in most cases we will make ourselves available to conduct an intake to avoid this very dangerous time of transition for our participants. We want all participants to make it safely to our home.
3. Searches of personal property- All personal property will be searched at the time of admission and is subject to search at any time by the House Manager the Program Director and his or her designee for the safety of the participants in the household. Clothing shall be brought in plastic bags ready to be washed per the "bed bug policy." All clothing will be washed, vacuumed, or come professionally dry cleaned for the safety of the participants from bed bugs.

4. Contact with Family and Friends- It may be determined based on a participant's individual assessment that unhealthy relationships are hindering their recovery or endangering their sobriety or safety. It is possible to ask a participant to restrict contact with any person based on their individual needs and their safety of themselves and their housemates. Contact may also be restricted due to COVID-19.
5. Completing Outpatient Treatment- All participants are required to attend and complete outpatient substance abuse and/or mental health treatment as their diagnosis and assessment dictates. Milford Counseling has funding that may pay entirely for the participant's outpatient treatment. However, we are not always a person's outpatient provider. Participants' income will be used to establish eligibility. All activities mandated by outpatient treatment or programming by MCI or another treatment provider are requirements.
6. Minimum 90 day attendance requirement- A commitment is secured from each participant for a minimum attendance in the house of 90 days. Typically the stages that will ensure long term recovery will consist of a longer investment. We will explore with and promote each individual to make an investment in their recovery by following through with every step on the way to a sustained recovery program which could last much longer. There is no maximum stay. Each person will progress at their own rate.
7. Drug Testing- Participants are required to submit to random drug and alcohol testing at their own expense. We have made a commitment to reduce costs to under \$30.00 per week for testing regardless of the frequency or type of testing needed. Typically testing will decrease in frequency and expense the longer a participant remains in housing and the further they progress in their goals. We will provide testing results for legal entities if required.
8. Payment for Services- Payment for any and all services is required at the time of service. We promote reliable and responsible actions and exceptions to this may enable addictive behavior. Program fees are due on or before Friday by 4:00pm when the office is closed.
9. Use of cell phones, computers, tablets, or any other electronics for internet access, communication, or social media are generally allowed however may be restricted based on an individual's assessment if there is a need to protect their sobriety or mental health.
10. Previous or current convictions of behaviors- Because of our residential home location, we do not accept participants who are convicted sexual offenders or active fire starters, and may refuse other violent offenders or other convictions. We are within yards of a public school and a central park.
11. Giving out the house phone number or address to anyone except for employment, sponsors, supports or benefit purposes is prohibited for the safety of the house members. House members expect to have their individual privacy.
12. Disrespectful behavior- Participants and program requirements shall be respectful of religion, spirituality, culture, and sexual orientation of each other, staff and the community.
13. Attending Support Groups- AA/NA/CA or support group meetings participation is required at least 5 times weekly and verification through meeting sheets is required. Attending more than 5 times weekly is allowed and encouraged. Meeting requirements may lessen as individuals progress through stages and goals and based on their needs. Online attendance may vary due to COVID-19.
14. Male Sponsorship- Participants are required to obtain and verify the active use of adequate sponsorship. Participants must find a sponsor (can be a temporary sponsor) within 2 weeks of entry into the program. Staff will assist you in finding someone to work with. We will also equip you with information on meetings that are strong with male sponsors for support.
15. Full time activities- Participants must maintain full-time activities, which can consist of a combination between employment, school, and volunteer work. Two weeks are given to a new participant to obtain employment, during which time the participant is required to engage in full-time job seeking which may be verified by their Case Manager. While all house participants must have full-time activities, they are limited to working no more than 45 hours per week. Adjustments will be made for any disabled clients so that they may contribute to the community or help in the maintenance of the home or program.
16. Job search- Job searching may only be done during the day and on weekends when groups, dinners, and other household activities are not in play. The men that have been in the house longer may assist you in finding a job quickly by showing you around the town and making you feel welcome.
17. Household chores- All participants will be given chores on a weekly basis. All chores must be performed daily regardless of participants' schedules. It is up to the individual to manage his time with the program rules in mind.
18. Passes- passes must be filed at least a week in advance and turned in at the Sunday house meeting to staff. Passes must be approved before they can be used. Initially passes need to be used for overnights. Passes help the individual pre-plan depending on each participant needs as they progress through their own stages of recovery. This may also be restricted due to COVID-19
19. Sober support visits- Sober male supports may visit the house at any time outside of curfew, organized house activities such as the house meeting, or step study. Please be courteous of your housemates with this rule. This may also be restricted due to COVID-19
20. Lights out- Initially curfews are 10pm Sunday through Thursday and 12am on Friday and Saturday. After a month of trust building, the House Manager may increase curfews by one hour as a reward for demonstrating reliability. All lights need to be turned off, TV and internet devices must be off, and participants must be in bed and quiet within one hour after curfew. Initially smoking is not permitted between 11pm-6am week days and 12am-6am weekends (with the exception of those leaving for work earlier). Each participant will progress at his own rate through various stages of his goals which will include increases in curfew.
21. House phone- A house phone is provided for participants to initially obtain employment, contact sponsors and supports (socialize), arrange rides, or any other program requirement. It is also on the premises in case of an emergency. Participants are expected to answer the phone anytime they are on the house premises. Only emergency phone calls are permitted after curfew.
22. Wake up times- Participants are required to be up and out of bed by 7:30 am Monday through Friday and 9:30 on Saturdays and Sundays. If a participant has his day off from employment on a weekday, that participant may sleep until 9:30 am on that day with prior approval. No returning to bed, bedroom to hangout, or sleeping after the out-of-bed time is permitted. Good behavior may be rewarded with naps or "sleep-in" passes which can extend these hours where applicable.
23. Meditation- Morning meditation may be a group activity where all participants can share with each other. It is encouraged to be done daily with housemates at an agreed upon time. Multiple times may be advantageous due to work schedules.

24. Overnights- Initially passes for overnights off premises become operative only after one month of residency if allowed by referral or funding source. Sanctions for rule violations may prohibit eligibility for passes. Participants may be allowed single-night passes to start once eligible and with approval from the House Manager, Program Director or his/her designee and a written itinerary. That itinerary must include contacts and meeting attendance as well as relapse prevention strategies. All experiences while on pass shall be addressed in weekly house meetings and with primary individual therapist and group, if applicable. Further approvals for passes will be based on participant's progress and implementation of relapse prevention strategies. Passes are due a week in advance and must be turned in Sunday evening at the house meeting. COVID-19 restrictions may prohibit or limit these.
25. Failure to adhere to clothing rules- All participants are required to be completely dressed during out-of-bed times and while in communal areas. Clothing or a robe must be worn to and from the bathroom to respect the staff and housemates. Participants are required to dress appropriately. No clothing that advertises or glorifies the use of alcohol or drugs. No gang related clothing or colors or sexually provocative dress.
26. Participation in sexual relations- No sexual intimacy with others is permitted on premises.
27. Noise- Noise must be kept at a reasonable level so as to never be heard outside the house or disturb other participants.
28. Inappropriate and repeated use of profanity- Profanity is strongly discouraged.
29. Use or possession of pornography- No pornography or use of digital pornography is permitted on premises.
30. Room assignments- Participants are not allowed in bedrooms other than their own at any time unless in an emergency, with the exception of the House Manager or under direction of the house manager or other staff.
31. Burning or Fire- The burning of anything such as candles, incense, or a fire in a fireplace is strictly prohibited. We do not allow the use of E-cigarettes inside of the home.
32. Possession or use of alcohol in personal items- No personal items that contain alcohol will be allowed in the houses, including perfumes and colognes and alcohol based mouthwashes for the protection of those in the home.
33. Laundry- Participants will be assigned reasonable laundry times at least once weekly based on the participant's work schedule. Participants will be provided with laundry detergent and dryer sheets, but may also use their own provided it is HE (High Efficiency) detergent.
34. Smoking - Smoking is not permitted in any other area other than outside designated location, this includes any tobacco product such as chew or e-cigarettes.
35. Loitering- Hanging out, socializing or otherwise loitering is never allowed in front of the houses. Hanging out in cars on the street or in driveway is not allowed.
36. Neighbors- There is no contact permitted with neighbors except when in a program related activity. Neighbors are not always safe.
37. Hygiene – Participants are responsible for maintaining good personal hygiene and personal hygiene products. Regular showering will be required as it is important to both the individuals' health, but also for communal living.
38. Room Cleanliness- Rooms must be clean, bed made and free of anything on floors or dressers each day at the out-of-bed time. It is expected that participants clean their room daily along with completing their assigned chores.
39. Food and Drink - No food or drinks are permitted outside of the **dining room or kitchen** to maintain house cleanliness for all. No food or drinks are permitted inside of bedrooms or living rooms at any time.
40. House Cleanliness- Participants are responsible for picking up and cleaning up after themselves immediately. It is not permitted to wait to clean dirty dishes or surfaces until later. No personal items are allowed to be left in communal areas after use; all items must be stored in bedrooms where they may be properly stored. This will benefit and promote healthy living and healthy interactions with peers.
41. Groceries- Participants will be provided with individual space for both refrigerated and dry goods, however there will have to be limits based on availability especially where refrigerated liquids are concerned. We want each participant to have the opportunity to save money and eat healthy which means we must take the communal space into consideration.
42. Unauthorized consumption or use of food- Participants are restricted from eating or otherwise using other participants' food. Participants may only use food that is their own or designated communal. Participants are urged to mark their individual food to avoid confusion.
43. Failure to attend household dinners- Dinner is a house activity and is scheduled at 5:30 pm Sunday through Thursday unless scheduled for a group session or excused by House Manager, Program Director or his/her designee. **ONLY After** a participant progresses through his stages (phases up) and goals, a participant may choose to attend less "family" house dinners to allow more time for work based on his individualized plan.
44. Failure to adhere to shoe/bare foot rules- Outdoor shoes or footwear must be removed when entering the house. Socks, slippers or house shoes must be worn inside. No bare feet will be permitted inside the home.
45. Unauthorized use of the thermostat- The thermostat must not be touched. Any manipulation of heat or air conditioning by a participant is strongly prohibited.
46. Failure to maintain cleanliness of outside grounds- The grounds are just as important as the inside of the house and must be maintained and left free of debris and participants' belongings just as the inside communal areas. This includes the organization and maintenance of the grounds as well as outdoor furniture.

Visitors:

Residents are eligible for visitors only after the first two weeks of residency and if in good standing without sanctions for rule violations. Visiting is only allowed in the communal areas and never in bedrooms. Visiting may be supervised by the House Manager, Program Director, intern or peer based on circumstances. Visiting hours are on Saturdays between 12:00 pm and 4:00 pm. Visitors may be asked to leave if they appear intoxicated or their behavior is considered to be contrary to the rules or spirit of recovery. All persons on the premises will be expected to adhere to all house rules. No women are allowed in men's houses and no men are allowed in the women's houses, at any time, except for family members and spouses of residents. Children may be an exception to visitation rules and schedules. Each participant's individual circumstances will be taken into consideration as they construct a plan to address their visitation needs. COVID-19 may restrict this.

Children:

Visitors may include family and children under the circumstances described above. Children under 18 are exempt from the rule prohibiting members of the opposite sex from visiting a house. Children may not live on site with a resident. This may also be restricted due to COVID-19.