



## *NewPerspective Sober Living*

### **Program Guidelines**

The following guidelines and policies are intended to promote safety, accountability and an environment for clean and sober living. Residents are expected to conduct themselves in a manner consistent with the NewPerspective Sober Living guidelines. Violations of any of these guidelines may result in fines, loss of privileges or expulsion from the program.

1. Total abstinence from the use of drugs and alcohol for the duration of your stay at NewPerspective Sober Living.
2. Submit a drug test and/or a breathalyzer when requested by either the director or resident manager. Random urinalysis is administered at no expense to the resident.
3. Residents must be employed a minimum of 20 hours per week OR be actively involved in volunteer work OR be enrolled in and attending school.
4. Employment at locations which involve the sale and consumption of alcohol, and/or hours of employment beyond curfew, such as strip clubs, bars and graveyard shifts, are not acceptable places of employment. All residents are required to be on the premises before 5:00 a.m. and after curfew.
5. Mandatory attendance at the weekly accountability group facilitated by licensed therapist on Sunday from 5:00 p.m. thru 6:30 p.m. At the meetings, each program resident's level of commitment to recovery is evaluated and discussed by the group, chores are delegated, and grievances and disputes discussed and resolved.
6. Adhere to the programs curfew policy: Violations will result in a mandatory urinalysis and/or Breathalyzer at the resident's expense (\$50). Additional consequences may include additional chores, loss of privileges or dismissal from the program.
7. Program Phase guidelines must be adhered only exceptions that will be make is if unforeseen circumstances require accommodations for medical reasons.

During the first month, phase 1:

- Abide by the 30-day curfew; 11:00 PM Sunday – Thursday, midnight on Friday and Saturday
- Overnight passes are not available for residents with less than 31 days
- Must have a sponsor within the first 7 days of admission. Report the name of your sponsor to Administrator. Must be willing to sign a release of information for your sponsor if requested.

During phase two include:

- Residents with 31 days or more can request up to two overnight passes per month



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- Curfew is extended to midnight during weeknights (Sunday – Thursday), and 1:00 AM on Friday and Saturday night)
- An overnight request form must be submitted to the house manager at least 48 hours in advance of the request date.
- All fees must be paid and chores completed prior to leaving on the overnight pass.
- The resident will be drug tested upon returning from an overnight stay.

8. During the first ninety days, sign-out when leaving the premises and sign-in when returning. When signing out, be specific about intended destinations, companions, and estimated time of return. Be courteous and call resident manager if the estimated time of return may be more than thirty minutes later than scheduled.

9. Assist in maintaining the NewPerspective Sober Living property by performing assigned chores. This responsibility is mandatory for all residents in the program. Daily chores must be completed by 10:00 p.m. and are subject to house manager inspection, if chores not completed in the times allotted, residents are subject to the revocation of privileges. Consistent noncompliance with this policy may lead to immediate discharge from NewPerspective Sober Living. No resident is permitted to pay another resident to perform his duties.

10. Keep a clean, safe and orderly living environment. The resident must inform NewPerspective Sober Living staff of any problems within the living quarters which may become a safety or hygiene issue. E.g., faulty smoke detector, torn bed linens, plumbing problems, etc.

11. Bedrooms: Keep bed neatly made, clothes washed, hung up and properly stored, dresser tops uncluttered, garbage emptied, and floors swept and/or vacuumed and mopped. Change and wash linens weekly, NO Chlorine bleach allowed. Color safe bleach only. No food allowed in any bedroom. Food is to be eaten in the kitchen or on the porch only.

12. Bathrooms: As these are shared facilities, clean and straighten up properly after use. Hang towels neatly on towel racks. Other than towels, no personal items are to be left in bathrooms. Keep personal items and toiletries stored in an easily transportable resident provided container stowed away in a bedroom drawer, closet. No nail polish or hair dyes allowed outside of bathroom area. Resident is responsible for any damage caused by such items. No cleaning products containing bleach is permitted

13. Kitchens: Counter tops must be kept free of clutter and wiped clean. No dishes of any kind (plates, glasses, cups, silverware etc.) are to be left in the sink at any time. Clean up and put dishes away immediately after cooking meals. The automatic dishwasher is only to be used to clean up following in-house dinner meetings.

14. All bedrooms, bathrooms, kitchens etc. are subject to inspection at any time. A failing inspection could result in a loss of privileges and/or a fine for each resident assigned to that room. Penalties may also be imposed individually in situations where a resident does not pick up after himself in the common areas. (Entertainment room, porches, yard, etc.).



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15. Any alteration of the physical construction of the premises and/or property damage is not permitted. The following expressly are not permitted without prior approval of the resident manager:
16. holes in walls; interior decorating; altering entertainment and/or communication devices; disabling smoke alarms. Penalties for violations could include cost of repair or replacement, a fine or dismissal from the program with forfeiture of prepaid fees. No duplicating keys. If you forget your door code or lose a garage key report it immediately to administrator
17. Smoking is not permitted inside NewPerspective Sober Living including vapes or electronic cigarettes. Smoking is to be done outside in designated smoking areas only. Cigarette butts are to be discarded in the ashtrays provided. A violation of this rule could result in a penalty including a fine and/or expulsion from the program and premises.
18. Treat the other residents and staff with courtesy, dignity and respect at all times. Respect the private property rights of other residents and staff at all times. Stealing from others within NewPerspective Sober Living may result in expulsion. No borrowing of money, cigarettes, clothing or personal items. If you are in need, see Administrator
19. Any resident who has been prescribed a non-narcotic medication by an authorized medical provider, shall provide the house manager with the name of the medication, and the medical provider who authorized the prescription. If a resident is taking a non-narcotic prescription medication, it is that resident's responsibility to be accountable for those medications, to store them in a concealed locked box; will be provided if needed. Narcotic medications, prescribed or not, are not allowed in NewPerspective Sober Living.
20. Sexual relations with other residents, consensual or otherwise, is prohibited while enrolled in NewPerspective Sober Living. Non-residents are not permitted inside NewPerspective Sober Living at any time. Only exceptions will be management approved; 12 step sponsors. Approved visitors are only allowed on outside patio and/or common living area
23. Residents should turn all the lights and appliances off when leaving any room, and house is to be locked and all doors secured prior to leaving. Residents are not permitted to tamper with the HVAC unit. Any service issues or malfunctions of any equipment should be reported to the resident manager.
24. Zero Tolerance. Exhibiting any of the following behavior shall result in the immediate termination of residency in NewPerspective Sober Living. Violators shall exit the premises, with all her property, within 30 minutes of said termination.
  - Acting violently or threatening violence in any way towards staff, clients or the neighbors;
  - Being in possession of any type of weapon or firearm;
  - Vandalizing or stealing any NewPerspective Sober Living or other resident's property



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- Being in possession of drugs, drug paraphernalia, and/or alcohol
- Being under the influence of drugs and/or alcohol
- Refusing to submit a urinalysis or breathalyzer test when asked

As a condition of residence in NewPerspective Sober Living, I agree to strictly abide by and follow the above guidelines.

\_\_\_\_\_  
Resident

Dated: \_\_\_\_\_