



New Bridge Sober Living **Sober Living Rules and Requirements**

Violation of the following rules and requirements may be cause for disciplinary action including immediate discharge from the program. If you are in doubt as to any rule, ask your House Manager. Rules and regulations may be changed at any time. Residents will be notified of changes.

Alcohol and Other Drugs

1. Residents will refrain from using or possessing alcohol, and/or other mind-altering chemicals, drugs or drug paraphernalia. This includes products containing alcohol such as mouthwash, cold medicines, etc. The use or possession of alcohol, and/or other mind-altering chemicals, drugs or drug paraphernalia will result in immediate discharge.
2. It is the responsibility of each Resident to help maintain the drug and alcohol free nature of the house. Any Resident with the knowledge of another Resident's use of alcohol or other drugs and who fails to report this information to the House Manager or other New Bridge Sober Living staff is subject to discharge.
3. All medications must be reported to the House Manager. Certain medications may be prohibited. Residents may take no medication that has not been approved. If approved, Residents must store medications in their top dresser drawer. Residents may not sell, trade, or give away their medication to another Resident or anyone else. Violation will result in immediate discharge.
4. Urine testing may be performed at any time, with or without cause. Residents must produce a specimen within one hour of request to do so or the test is considered positive.

New Residents

5. New Residents must spend at least 15 minutes individually with the other members to introduce themselves and give a brief autobiography.
6. New Residents must write an essay on "What you can do for the house and what the house can do for you." (250 word minimum). The essay is to be read by the author at the house meeting.
7. New Residents must memorize the House Manager's telephone number.

Resident Accountability and House Restriction

8. Residents will sign in and out on the sign out sheet whenever leaving the premises. Residents may not sign for each other.
9. Residents must be signed in and present in the house no later than 11:00 PM Sunday through Thursday and 2:00 AM on Friday and Saturday.
10. Residents may be placed on house restriction as a consequence to rule infraction. House restriction means the Resident will not leave the premises for any reason. Specific exceptions may be made with specific approval by the House Manager.

Mandatory Meetings

11. In addition, Residents are required to attend three 12-step meetings per week (such as NA / CA / AA / Alanon). An attendance card must be signed and available for review. Residents must obtain a 12-step sponsor.

Visitors

12. Residents may have up to two visitors at a time. No visit shall start before 7:00 AM or extend beyond 11:00 PM.
13. Visiting must be confined to the common areas of the facilities. Visiting in bedrooms is prohibited.
14. Residents are not permitted to engage in overly romantic or sexual activities with visitors.
15. Any visitor under the influence of alcohol or other drugs will be asked to leave and not permitted to return. Any Resident who invites and is responsible for a visitor under the influence of alcohol or other drugs may lose visiting privileges.
16. All visitors must sign in and out.

Illness

17. Residents must immediately report any illness, injury or hospitalization to the House Manager of Counseling Staff.

Housekeeping and Other Facility Requirements

18. Residents are responsible for a daily housekeeping chore or chores. The chore is to be completed exactly as described between the hours of 7:00 AM and 10:00 PM each day. Residents may be required to redo any chore deemed unsatisfactory by the House Manager.
19. Bedrooms and all other areas used by Residents will be maintained in a clean and orderly manner at all times. Beds are to be made immediately after getting up in the morning.
20. No food or drink is to be consumed in bedrooms. Personal food items purchased by the Resident may be stored in the bedroom if they remain factory sealed in their original container and out of sight. Once opened, food items must be properly covered and stored in kitchen.
21. Residents may use the washer and dryer between 7:00 AM and 10:00 PM. Laundry must not be left unattended. Any unattended laundry may be removed.
22. No showers are to be taken after 11:00 PM. All towels, wash cloths, soaps, shampoos, razors are to be removed and put away. Paper rolls are to be replaced when empty. The sink and counter are to be wiped dry after every use.
23. The kitchen may be used anytime before 11:00 PM. All dishes and cooking utensils must be washed and stored. The kitchen must be cleaned including stove, microwave, sink, floor and countertops.
24. Residents are responsible for ensuring the outside doors are locked and the house is secure.
25. Residents agree to comply with room assignments made by New Bridge Sober Living. Residents may be required to change bedrooms periodically, however, Residents are not permitted to change bedrooms unless directed to do so by the House Manager.
26. Furniture, window coverings and other room amenities may not be moved or rearranged. Residents may not attach anything to windows, doors, walls, furnishings or any other part of the facility.
27. Each Resident is responsible for their assigned linens. Linens must be returned at the time of departure.
28. Residents are responsible for reporting to the House Manager any unsafe conditions or items needing repair or replacement.
29. Resident agrees to immediately assume the full cost of repair to facility and/or the full cost of replacement or repair to furnishings caused by accident, misuse or negligence.

Dress and Hygiene

30. Personal hygiene is required at all times.
31. Residents are required to remove or change any clothing, makeup, hair style or color, jewelry, or other adornments that are deemed by Staff to be offensive, a distraction, or inappropriate.
32. Residents must be fully clothed at all times, including shirt and shoes. Pants must be pulled up to waistline. Gang attire is not permitted. Drug and alcoholic beverage logos are not permitted.

Personal Items

33. New Bridge Sober Living reserves the right, at its sole discretion and determination, to deny certain personal items into the facility on the basis that they are inappropriate, dangerous, offensive, problematic, or take up too much space. Any clothing or other personal items that cannot be stored neatly in provided closets, drawers, or shelves is not permitted. Personal furniture without prior approval is not permitted. Pets are not permitted.
34. Residents grant New Bridge Sober Living permission to inspect, at any time, all belongings, personal items and general living space for any liquor, drugs, or drug paraphernalia, weapons, or items determined by NBSL to be dangerous or in appropriate. In addition, Resident grants NBSL permission to remove and dispose of any such items found during inspection.
35. New Bridge Sober Living is not responsible for lost or stolen items. Upon discharge, Resident agrees to remove all personal property immediately. Resident understands and agrees NBSL may dispose of any and all personal property left on the premises for 24 hours following discharge. Upon discharge, Resident is encouraged to submit change of address to the United States Postal Service. NBSL assumes no responsibility for mail delivery and Resident understands mail will not be held or forwarded on their behalf.

Confidentiality

36. Residents are required to maintain confidentiality with respect to each other and persons outside the program. Violation of another Resident's confidentiality will result in disciplinary action, which may include discharge from the program. No information about any Resident or New Bridge Sober Living is to be given out by phone or to any visitor at anytime.

Behavior

37. Abusive language and abusive uses of profanity will not be tolerated. Fighting, violence and threats of violence will result in a police report and immediate discharge.
38. Loud music or television is not permitted. Incoming and outgoing calls before 7:00 AM and after 11:00 PM are prohibited if they disturb any other residents.
39. Theft of any kind including borrowing or using another resident's personal property will result in immediate discharge.
40. Residents may not enter another resident's bedroom without permission.
41. Residents are not permitted to over-associate, develop romantic or participate in sexual relationships with each other. If the Staff feels that this rule is being broken, the Residents involved may be discharged.
42. Residents are to remain respectful and courteous to neighbors, visitors, people walking by and each other.

Other Prohibited Items and Activities

43. Smoking, and burning incense or candles is not permitted indoors and will result in immediate discharge.
44. Gambling of any kind is not permitted.
45. Possession of pornography, accessing pornographic websites or the download of pornography is prohibited.
46. Loaning money or personal items is prohibited. There will be no recourse for any person making a loan that is not returned.
47. Residents are prohibited from possessing weapons of any kind. Violation will result in immediate discharge.
48. Residents are prohibited from giving or receiving tattoos or body piercing on facility premises.
49. With the exception of NBSL "House Pets", Residents will refrain from harboring, feeding, handling or allowing any animal inside, outside, on or about the premises.

Letter Requests

50. Requests for letters of progress or completion must be submitted five (5) days in advance.

Transportation

51. Residents are responsible for supplying their own transportation.