

Psalm 23 Transition Society

“Transitional Living Phase”

Program Levels 1 & 2

RESIDENTS CONTRACTURAL HOUSE RULES OF AGREEMENT

****PLEASE CAREFULLY READ THE FOLLOWING REGULATIONS****

(It is your responsibility to know the rules and all requirements of your program)

PRINCIPLES and PRACTICES – any of the following infractions may result in the dismissal from Psalm 23 Transition Society.

GENERAL

1. Psalm 23 Transition Society is a supportive Christian community and actions that disrupt the recovery or peaceful enjoyment of others will not be tolerated.
2. Violence, threats of violence or verbal abuse to other residents, staff or visitors will not be tolerated.
3. Any evidence of a rebellious attitude and/or lack of recovery progress as observed by the staff.
4. Refusal to comply with the “house rules”.
5. Lack of attendance, promptness, participation or performance in scheduled activities, and/or house chores.
6. Psalm 23 Transition Society has a zero tolerance for alcohol and/or drug use.
7. Psalm 23 Transition Society is a Christian Program and all forms of pornography, occult material, improper slogans and sayings on clothing, no **heavy metal or rap music** and any other practices contrary to generally accepted Christian ethics are prohibited.
8. Theft or destruction of Psalm 23 Transition Society property or other personal property.
(NO BORROWING OR LENDING MONEY)
9. No food is to be kept in bedrooms (Health Board Code)
10. Nothing is to be put up on the walls or on the doors without the approval of your counselor or Ministry Support Worker.
11. a) **Curfew is** 9:30pm Sunday thru Thursday & 11pm Friday and Saturday
...(* *Extensions are available through your Counselor or Operations Manager*)
b) **Wake up time** is 7am (Sunday - Friday) - 8am (Saturday)
***NOTE - (If you are sick we will take you to see the doctor)**
12. TV HOURS – **Monday – Friday** - (7am to 8am), (11:30 to 12:30pm), (4pm to 11pm).
Friday Evening* – 1 am shut off.
Saturday Evening* – 12 am shut off
Evening* – 11 pm shut off
Sunday
***NOTE** – (*As long as it doesn't interfere with other residents trying to sleep*)
13. NO SMOKING IN THE HOUSE – Each facility has a designated smoking area. No smoking in the front yards of the houses. (*Rolling cigarettes must be done in the smoking area, NOT in the bedrooms or house*)
14. **Some classifications of over the counter or prescription meds are not permitted in**

Psalm 23 Transition Society

the facility. You may be asked to stop certain medications or be refused to take them while you are in the program. You must communicate to your counselor any medication or vitamins that you are using or are wanting to take in the future! – (ALL MEDICATIONS MUST BE HANDED IN. MEDICATIONS WILL BE DISTRIBUTED DAILY)

15. Any possession or use of alcohol or drugs (prescribed or street) will result in immediate dismissal from the program.

ABSENCES AND VISITORS

16. Absences exceeding past curfew hours must be pre-approved by your Counselor or Operations Manager
17. Visitors must be pre-approved by your Counselor or Operations Manager at all times (**No women allowed on property unless approved by staff. Also no relationships allowed with women in other recovery or treatment houses**)
18. When leaving the house you must communicate through writing on the sign-out sheet where you have gone and estimated time of arrival back to the house. This is for accountability and in case someone needs to get a hold of you!
19. Overnight absence without prior permission will result in immediate dismissal from Psalm 23 Transition Society.
20. NO visitors are permitted to be in resident's bedrooms.

RESIDENTS PROGRAM

RESIDENT'S MAIN PRIORITY WHILE IN THE PROGRAM IS THEIR PERSONAL RECOVERY!

21. You have to be actively pursuing work or school. (*If you are not in school or working you will have a weekly program to follow consisting of Stepwork, early group classes and a six week educational program held at Triangle Resources*)
22. Participate in a minimum of 3 recovery meetings per week.
23. Attend Church on Sunday mornings. (You must bring home the church bulletin)
24. 8am Daily personal devotions (*e.g. Daily Bread, As Bill Sees It, Just For Today, Daily Reflections...*)
25. Bi-weekly counseling sessions (also available weekly for those who need)
It is your responsibility to book your counseling sessions. This is mandatory.
26. -Upon your arrival to Psalm 23 you will be assigned to attend either an Alpha Bible Study or Early Discipleship Bible Class. The days and times of these classes will be given to you upon your intake orientation.
– Attend bi-weekly house meetings. –
Attend evening check in sessions (Sunday – Thursday @ 9:30pm). – **Attend other groups as scheduled by the President, CEO - (including community outreach volunteering, work therapy & monthly Psalm 23 breakfasts).**
27. Upon working you will develop your budget planning with your counselor or other staff person assigned by the President, CEO. (THIS IS A MANDATORY DEVELOPMENT OF YOUR PERSONAL RECOVERY PLAN...ANY REFUSAL WILL BE DEEMED AS NON-CONFORMING).
28. Be actively working on your Stepwork (NOTE) there is an Assessment phase, Maintenance phase and a Transition phase within the program. Each phase will have a

Psalm 23 Transition Society

program attached to it. The programs will consist of designated stepwork time and early group classes. Each person will work with the Operations Manager and then be given their personal recovery plan. This will be based upon where you are in your Recovery / Spiritual walk.

29. Belong to or join a recovery home group.
30. Have an active working relationship with your recovery program sponsor. (If you don't have a sponsor, then you will work toward achieving one)
31. Participate and complete your daily, weekly and monthly house chores. Daily house chores are to be completed before 8pm.
32. Keep your bedroom tidy (bed made in the morning, no clothes on the floor, keep a tidy desk, clean dresser and night table, dust and vacuum all areas, wash windows & blinds, wipe and wash your walls, baseboards and doors).

ACCOMODATIONS AND PROCEEDURES

33. Psalm 23 Transition Society is fully furnished for the residents.
34. Upon arrival to Psalm 23 Transition Society the staff reserve to right to search rooms and personal belongings as a part of the intake process and to do spot room searches any time thereafter.
35. Staff also reserves the right to administer random alcohol and drug testing throughout a residents stay.
36. Refusal to submit to alcohol or drug testing will result in immediate dismissal from Psalm 23 Transition Society.
37. ***Psalm 23 Transition Society reserves the right to periodically revise and change program guidelines.***
38. You will have access to do laundry twice per month. You will have a schedule and it will have to be followed. If you would like or need your laundry done more often, then you will have to arrange to take it to an outside laundry facility. ***(Your bedding will have to be done at least once per month).***

*** NOTE - YOU MUST GIVE PSALM 23 TRANSITION SOCIETY 1-MONTH NOTICE OF INTENT TO MOVE.**

***NOTE – IF YOU ARE ASKED TO LEAVE BECAUSE OF A VIOLATION OF HOUSE RULES, YOU WILL HAVE ONE HOUR TO PACK AND LEAVE THE FACILITY!**

I _____ have read and understand the
RESIDENT CONTRACTURAL RULES OF AGREEMENT and agree that maintaining my
residency in Psalm 23 Transition Society is conditional upon keeping the principles and
practices above at the discretion of the staff.

Date

Signature of Client

Date

Signature of Witness