

Resurrection Power of Washington, PA Recovery House Rights, Understandings, and Rules

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Resurrection Power seeks to provide a SAFE, supportive, structured and spiritually focused environment for recovery. Resurrection Power is a faith based, IRS 501(c)3 non-profit organization led by a Board of Directors made up of members of the community, many of whom are also in recovery.

We believe everyone should be given a chance regardless of age, race, sex, religion, ethnic origin, economic status, sexual orientation or gender identity or expression. While our older residential homes can present challenges for some with physical disabilities, we will seek to make reasonable accommodations where possible.

We firmly believe and affirm that there are many pathways to recovery. And one of Resurrection Power's Recovery Houses may be a good fit for your individualized recovery path and goals. We know we are but one option among many, and your choice for a Recovery House is an important one.

What we offer comes from our experience, strength, and hope. We are a nonprofit faith-based organization that offers peer-based, 12 step abstinent recovery houses for those who are open to that pathway of recovery. We recognize that we cannot be all things to all people, and that you have a right to work on your pathway to recovery by knowing what to expect and count on in the Recovery House you choose.

What follows are the evolving policies, understandings and rules that guide Resurrection Power's house communities.

A. Entrance as a House Resident

In order to be accepted as a resident in a Resurrection Power Recovery House requires the following criteria and commitments:

- a) A commitment to remaining drug and alcohol free is job NUMBER ONE!
- b) At least 18 years of age
- c) Attendance at a 12 Step meeting every day for the first 90 days is mandatory.
 - After the first 90 days, at least five meetings per week are mandatory.
 - Get a sponsor and start actively working the steps within 30 days.
- d) Be able to produce a clean urine test before moving into the house.
- e) Demonstrate a degree of stability in recovery and some 'clean time'.
- f) Must work, attend school, participate in outpatient treatment, or do community service for a TOTAL of 40 hrs. per week within 21days. Residents who are on disability may limit their hours to 25 hours per week.
- g) In order to help support your new spiritual journey, we require participation in a spiritual exploration process in the house that includes:
 - 1) weekly community meetings
 - 2) a daily devotion/meditation group
 - 3) A weekly Spirituality Group
- h) Payment of \$400 prior to, or on the day of arrival. **MONEY ORDERS ONLY.**
- i) Abide by rules of the house and any other instructions or direction given by Executive Director (ED), House Manger (HM), or the House Supervisor (HS)
- j) Serve a 30-day probationary period. Residents showing a low commitment to recovery, a negative attitude, or behavior generally disruptive to community life, will be interviewed to decide if our

house is the right place for you to achieve your personal recovery strategy.

- k) Manage basic activities of daily living (ADL) on your own, such as bathing, dressing, continence, eating, and evacuating the home during emergencies
- l) Manage instrumental activities of daily living (IADL) on your own, such as self-managing medications, finances, transportation, cooking, shopping, house cleaning, and laundry

B. Residents Rights

As a resident you have rights granted by the State of Pennsylvania which include:

1. Residents shall retain all civil rights that have not been specifically curtailed by separate judicial or administrative determination by the appropriate legal authority.
2. Resurrection Power may not discriminate against a resident on the basis of age, race, sex, religion, ethnic origin, economic status, disability, sexual orientation or gender identity or expression.
3. Residents have the right to inspect their own records.
4. Residents have the right to request the correction of information in their records on the basis that it is inaccurate, irrelevant, outdated or incomplete.
5. Residents have the right to submit a rebuttal to information in their records.
6. Residents may attend a treatment facility of their choice outside of the drug and alcohol recovery house. Resurrection Power may not require a resident to attend or prohibit a resident from attending a specific treatment facility.

C. Understanding and Avoiding Involuntary Disengagement from Community (IDC)

Recovery Houses operated by Resurrection Power are temporary and voluntary guest houses for its residents. Residents are committed to sober living through abstinence and working of the 12 Steps.

In order to keep a Recovery House a safe, drug and alcohol free community environment, requires that residents who engage in unsafe, risky, or using behaviors, must be removed from the community. It is possible this may only be temporary, if an IDC resident takes verifiable action to restore their progress in recovery. This disengagement keeps the house community safe from triggering influences, and allows a troubled resident space to re-evaluate their pathway to recovery and/or increase their level of professional treatment to meet their recovery goals.

A few things to understand to avoid the pitfalls of an IDC.

- 1) **This is NOT a landlord/tenant agreement.** An IDC is legal. Resurrection Power properties are RECOVERY HOUSES shared by residents with a substance use disorder and is protected under the American with Disabilities Act and the Fair Housing Act that REQUIRES that Resurrection Power and its agents (A) prohibit all residents from using or providing any alcohol or illicit drugs including synthetics (B) expel any resident who violates such prohibition. These Recovery House residency conditions are different from the normal due process afforded by landlord-tenant laws.
 - a) Recovery Houses operated by Resurrection Power are not a permanent residence or legal address. As a central part of your recovery program, you are accepting the invitation to be a **temporary resident at will** of Resurrection Power of Washington only for as long as the ED of Resurrection Power of Washington chooses, and in accordance to the rules and policies set forth in this document. You share the entire living space of the house and its property along with other residents seeking recovery, and do not rent or lease any segregated area of the house or property. In extreme cases as determined by the HS, you may be required to **leave with your belongings within 1 hour.**

- 2) **No one plans to return to using or receiving an IDC** – But this disease is cunning, baffling, and powerful. Therefore, during intake you will be asked to develop a crisis plan just in case you have an IDC. Such a plan might include a specific contact person for your support, designating a safe temporary place to shelter and the steps you will take to get back on track with recovery.
- 3) For the safety of the house, an immediate IDC is **REQUIRED** in the following circumstances:
 - a) The possession, use, sharing, or providing of alcohol, illicit drugs, or synthetics on or off the property
 - b) Incident of a failed drug screen test, or as determined by the HS
 - c) Refusal or inability to provide urine for a random drug screen testing within 1 hour of the request, while remaining within sight of HM or HS.
 - d) Refusal to allow immediate room or medication lock box inspection by staff or law enforcement personnel.
 - e) The possession of substance abuse paraphernalia or unapproved medications
 - f) Acts of theft, violence or criminal activity either on or off the property
- 4) Behaviors that **MAY** lead to IDC if uncorrected include:
 - a) Low commitment to recovery.
 - b) Ongoing negative attitude, disruptive, disrespectful, or insubordinate behavior as determined by the HM or HS.
 - c) Being aware that another resident has returned to using and not notifying the HS or HM.
 - d) Outbursts of rage, or threats.
 - e) Unpaid repairs for damage to house property.
 - f) Failure to comply with a behavioral contract.
 - g) Vitamins, herbs, minerals, supplements, or medication of any type brought into the house without prior approval of HS and not kept in your medication lock box
 - h) Not informing HS of new prescriptions or changes in prescriptions
 - i) Unpaid Program Fees as described in Rule #11
 - j) Having a visitor beyond the 1st floor common living area of the house.
 - k) Repeated rule violations as described in Rule #8
 - l) An undocumented hospital emergency room visit.

D. House Rules for Community Life:

1. The house staff includes the Executive Director (ED), House Manager (HM), and the House Supervisor (HS). The HS is accountable to the HM and serves as an overseer of the house. The HS seeks to serve the residents of the house by maintaining a safe recovery atmosphere and ensuring adherence to the rules. A more specific job description for the HS is posted in the house. The HS will be given the same respect and authority as the ED and HM by the residents of the house.
2. Curfews are in 3 phases:
 - a. Phase I - First 30 days of participation OR until you complete a successful 30 in 30 is a 10PM curfew.
 - b. Phase II - Days 31-90 is an 11:00 PM curfew,
 - c. Phase III - Day 91 following with a successful 90 meetings in 90 days will be midnight curfew.
3. Overnight passes may be approved after 30 days of residence. Overnight passes are limited to 1 per week and must be submitted in writing and require 48 hours *prior* approval by the HS.
 - a. Approval will NOT be given for residents under sanctions or whose program fees are not paid in full after the 5th day of the month.
 - b. Before leaving, residents must have their pass signed by the HS and pay for the drug test kit that

will be administered upon their return.

4. **Visitors** are permitted between Noon and 10PM with the approval of the HS. Visitors are limited to a maximum of 3 hrs. unless approved by HS. Only clean & sober friends & family are permitted to visit the house.
 - a. All visitors are to stay on the first floor in public areas.
 - b. All visitors must respect the House rules and respect all house residents.
 - c. A limit of 2 visitors in the house at any one time is permitted unless approved by HS.
 - d. Significant others may visit residents who have 6 months in the house twice a week for 2 hrs. in the common area.
 - e. No visitors are permitted for residents behind on program fees without permission of HS
 - f. Bringing a visitor into an unauthorized or non-commons area can result in IDC
5. Upon entering the Resurrection Power recovery house, new residents should follow a one week buddy system. During this week the following rules will be imposed whenever possible:
 - a. Attend 12 Step meetings with another resident of the same house.
 - b. Any other errands that you have, or if you need to go to the store for anything, you should be accompanied by a trusted member of the recovery community and be approved by your HS
 - c. For any appointments you have, you must bring back a verification form and give it to the HS. Verification form must include time, date, and location of the appointment.
6. Residents are NOT permitted to work the overnight/ midnight shift. We feel that it makes it difficult to participate in the 12 Step Community and the House Community.
7. **Contact the HS as soon as possible if you require hospitalization or emergency care.** Residents must provide documentation for any Emergency Room or Doctor visits where resident receives a pain medication or a controlled substance. However, we do encourage our residents to request non-narcotic medication.
8. All prescription and OTC medications must be kept in a combination medication lock box/safe secured by the resident at entrance/intake. The HS will be given the combination that will be added to the resident record. All medications are to remain secured and locked inside the lock box and it the resident is responsible of for any stolen, lost, or damaged medications. The HS with the assistant HS may examine and count the contents at any time.
9. Medications: Because of the ever-changing landscape of substances with ‘street value’ or potential for abuse or diversion, Resurrection Power shall maintain a list of prohibited medications with or without a prescription. If there is a question or conflict regarding a medication, a release shall be signed permitting communication with the prescriber regarding possible alternative medications or short term interventions.
10. Residents violating any rule or regulation, unless otherwise noted, will receive the following escalating sanctions:
 - a. A verbal warning to bring problematic behavior issues to a resident’s attention and to encourage motivation to improve as part of their overall recovery process
 - b. Other sanctions may be imposed for recurring infractions, or negative behaviors. Sanctions are at the discretion of the HS and may include, but are not limited to curfews, restrictions, reading/writing assignments, and additional chores. Violations will be re-visited 24 hours later and if it is uncorrected, additional sanctions will be levied and a written warning issued.

- c. A written warning with a written behavioral contract form developed with the HS and the resident.
 - d. If the negative behavior is not corrected, or is repeated, or if additional violations of any of the rules occur, an IDC will be imposed.
11. The HS may impose additional rules, tasks, or restrictions in order to enhance the recovery process for the whole house community or an individual within the house. Such changes shall be reported to the HM and evaluated within 24 hours.
12. Residents have the right to file a Grievance Form with the HM if they feel unfairly treated. Please refer to our grievance policy in the handbook and follow the steps accordingly.
13. **Program Fees:** (Subject to change)
- a. Your share of expenses for living in the house is a \$400/month program fee that is due on the first of each month. *Prior to, or on the day of admission* a \$400 Money Order payment is required that will be applied to your account for your first 30 days. If you arrive during the middle of the month, a daily rate of \$13.33 will be used calculate the Program Fee due to be paid for the *remainder of the calendar month following* your first 30 days so your Program Fees thereafter will always be due on the first of the month.
 - b. Failure to pay your program fee by the first of the month could result in IDC. We cannot allow resident to be behind in their program fee payments. The house depends on you paying your fair share. Economic insecurity is a major trigger for relapse. It is assumed that food and shelter are among life's top physical priorities for people in recovery
 - c. No overnight passes *or visitors* are permitted if you are behind on program fees or on restriction.
 - d. In special circumstances, especially related to health or a family crisis that takes you away from employment for an extended period, a written payment plan can be developed with the HM. On a case-by-case basis, scholarships may be available.
14. In the case of a positive drug screen test: **(See Understanding IDC p.2)**
- a. Return to using is grounds for immediate IDC, with law enforcement if deemed necessary by the HM or HS. Disengaged residents will have one (1) hour to remove their belongings from the house. Any belongings left past 2 days without written permission of the HM or HS, may be donated to charity.
 - b. IDC residents will not be permitted back on the property without permission from the HS. Other residents are not to permit admittance into the house, or give anything in the house to the IDC resident. The IDC resident is to be directed to the HS.
15. Our hope for an IDC resident is for you to discover your next step in your recovery process. If you desire to be re-admitted to the house you need to comply with the following plan:
- a. 2 weeks out of the house to be beyond the phenomenon of cravings, along with daily attendance at 12 step meetings with verification sheets signed
 - b. Receive an assessment by Washington Drug & Alcohol or another qualified Drug & Alcohol professional and follow their recommendations. A release must be signed in order for the HM to consult with your counselor.
 - c. A demonstration of willingness to take direction is a key issue for re-admission.
 - d. A community vote may be taken prior to readmission in order to advise the HS and HM.
 - e. Please understand, there is no guarantee of readmission and we cannot HOLD BEDS for persons outside the house with an IDC.

16. Periodic drug screen tests and room search/inspections are administered randomly or at the determination of the HM or HS. Other residents may anonymously request another resident to be drug tested. Residents will have 1 hour to give test sample upon request and must remain in sight of the house staff.
17. Residents are responsible to maintain care and security over their personal property at all times. Residents can request that small valuable items be locked in the onsite safe for up to 7 days. However, Resurrection Power of Washington is not responsible for any property, including medications that are lost, missing, damaged or stolen.
18. For everyone's safety, no weapons of any sort are permitted on the premises.
19. In consideration of others, residents will be responsible each day for showering and personal hygiene, making their beds, keeping their personal area clean, and for their assigned chores. If not done properly, sanctions may be imposed. Resident are also responsible for cleaning up after themselves throughout the house. Personal belongings should not be left in commons areas.
20. Residents may use tobacco outside. No smoking, vaping, or tobacco use is permitted inside the house. Butts are to be emptied into the designated container placed in smoking areas to avoid possible fire hazards. Chewing tobacco MUST be handled in a sanitary fashion.
21. Residents are not permitted to enter another resident's bedroom without the presence and permission of that resident and any roommates.
22. **I have read and received a copy of these House rules. I understand that I am a voluntary and temporary resident of a Resurrection Power House which is a Recovery community and under no circumstances is this a landlord/tenant agreement. I agree, and grant my permission by signing below, that violating these rules, as interpreted by the Executive Director or their agent, may cause my immediate Involuntary Disengagement from Community and its program and I will be a trespasser on the property. My continued presence in the house constitutes agreement with any future written changes to these rules.**

Signature Date

Witness Date