

HOUSE RULES

Individual and personal rights are important and respected; however, all Peers must follow some rules for living together in recovery:

(1) The NUMBER ONE RULE is that RECOVERY COMES FIRST, and “using” is not an option.

a. Drug use in any form, including alcohol, Kratom, CBD, Marijuana, and the misuse of prescription medication, can result in immediate dismissal from the program.

b. Drug tests are administered on entry, for cause, and randomly for the protection of fellow Peers, and/or to exonerate an individual from unfair charges or gossip. Refusal to take a drug test may be grounds for dismissal.

When Peers first move into the recovery home, they are directed to agencies that can provide emergency food/supplies and are encouraged and assisted to sign up for food stamp programs (SNAP) and other services for which they may be eligible. This helps until they can gain employment and get on their feet. Peers may also be directed to the Department of Rehabilitative Services (DARS), temporary employment agencies and recovery-friendly employers to assist them to obtain initial employment. You will participate in evaluation and recovery management planning to identify goals you wish to pursue to achieve your best health and wellness.

(2) RULE: Prohibited items and behavior

No alcohol or other drug use is permitted on recovery home property

All Peers must abstain from alcohol and/or other drugs while you are a in HGWRR Recovery Management Program. If you decide to use alcohol and/or other drugs, DO NOT ATTEMPT TO ENTER THE HOUSE!! Anyone thought to be using alcohol and/or other drugs will be subjected to a drug test and if positive result, may not be allowed on HGWRR property. If illegal drugs are brought into the house, HGWRR may notify law enforcement.

Tobacco use is permitted only in designated areas outside the properties. Smoking violations may be cause for dismissal. All Peers will be encouraged to attempt recovery from tobacco dependence as

part of their overall recovery and health plan.

Absolutely NO weapons are permitted on any HGWRR properties.

This includes firearms, knives or other objects that could be used to cause harm to others. Swiss Army knives and similar small multi-tools are permitted, knives that are work tools may be in your possession but please do not wear or display them around the house or recovery center when you are not working. Individuals with a history of self-harm shall not be in possession of any of the abovementioned items.

(3) RULE: Be a responsible member of HGWRR program by observing the following:

- Weekly house meeting attendance is required. Any absence from your house meeting must be discussed in advance with your House Manager.
- All residents must sign in and out when leaving the residence.
- Each Peer will share in daily and weekly chores around the house.
- Each Peer is responsible for providing their own food, however if you need help, we will obtain food for you from our food pantry partners.
- Do not eat or tamper with anything that does not belong to you.
- When you cook, please be sure to wash your dishes and clean the stove and you're eating area. Please do not bring food into your bedroom.
- Please be considerate of others with your bathroom use. Keep the bathrooms clean, including cleaning the sink and tub after each use. Do not leave towels or personal hygiene products in the bathroom (they may disappear).
- Please turn off all appliances while not in use. This is a safety matter as well to cut down on the electric bill. This includes lights, televisions, computers, radios, etc. Please do not overfill washers and dryers; they will break down.
- All televisions, computers, radios, and other electronic devices, unless you have headphones, are to be turned off at 11:00 p.m. each night.

- No Peer is permitted to sleep in any of the common areas, sofas, chairs, and other furniture.

All Peers are required to keep their rooms clean. There will be random room and house inspections, as well as drug tests.

- Please do not leave any personal belongings in the common areas, (i.e., bathrooms, living room).
- Each Peer is expected to keep their belongings in their room. HGWRR is not responsible for lost, stolen or damaged belongings!
- No dating other HGWRR Peers.
- No personal vehicles may be parked on HGWRR property if Peer does not have a valid Virginia driver's license. Vehicles must be currently inspected, insured, and registered in Virginia.
- Visitation by family members, significant others, and friends may occur on days and at times approved by your House Manager. Visitation will occur in common areas ONLY, not in your bedroom. No overnight visitation is allowed. If any visitor causes disruption or problems in the house HGWRR reserves the right to ask an individual to leave and may prohibit their return to the property.