

Blue Bear Houses

Code of Conduct

House Rules are provided to help you understand exactly what the minimum expectations for participation in a Blue Bear House are. Carefully review and fully understand the rules before you make the choice to stay in a Blue Bear House. If you choose to participate, it is important for you to be committed and adhere to the lifestyle we are trying to create. The house rules may change as the dynamics of the house change. Management reserves the right to enforce rules geared for specific persons and situations. If you cannot abide by this code of conduct, you may not be ready to live in a Blue Bear house.

Blue Bear Philosophy:

Blue Bear Houses is a safe place for people new in recovery to live while we learn or learn again to be who we want to be in the world.

House Rules and Code of Conduct:

House Meetings: _____

- House meetings are mandatory for all house guests.
- Our weekly house meeting is every Sunday at 1:00 PM. If reasonable conflict with your schedule arises let manager know asap if you will be unable to attend (family, work, prior commitment, etc.)
- The objective of this meeting is to provide support and bring issues to the group for discussion and resolutions.
- Everyone will have a limited time to discuss problems experienced during the week.
- Our meeting is essentially an AA meeting, with all the readings from the AA literature, with a period of time at the end to discuss house issues with all residents, manager, and director.
- Sponsors and support from the recovery community are welcome and encouraged to attend this meeting.
- Problems that require extensive discussions will need to be discussed with management prior to the weekly house meeting.
- One on one meetings with manager may be scheduled and once scheduled must be attended.

Peer Recovery Support Meetings: _____

Guests are required to attend 3 Peer Recovery Meetings per week. We highly suggest more in early Recovery. Blue Bear Houses is designed to support men and women in recovery based upon the Alcoholics Anonymous model but guests who are better served by other meetings such as NA, Alanon etc., are free to attend those meetings.

Learning to live in a clean orderly environment is an important part of sobriety. All guests are expected to demonstrate pride in the house by keeping it neat and clean. The overriding guide of the house is leaving all areas of the house clean or cleaner than you found it.

Blue Bear Houses

Code of Conduct

Chores are to be done daily: _____ Chores will be assigned to each guest and need to be done daily; chores are from Sunday to Monday. Assignment of chores will be assigned by the house manager.

The following guidelines for each room are as followed:

Kitchen:

- Dishes and/or food are to be put away and removed from counters.
- Floors and counters are to be kept clean.
- Wipe clean appliances (microwave, stove/oven, sink) and wash dishes following use.
- Leave the kitchen cleaner then you found it.

Food:

- Each guest is responsible for his own food.
- Personal food is to be stored in the kitchen and not in the bedrooms.
- Do not eat food belonging to others without permission.

Living-dining room: There should be no personal items on tables when you leave these rooms. Pick-up after yourselves immediately after using the common areas. The furniture in the common areas is not for sleeping.

Bathrooms: Each time you use the bathroom:

- The counters and floors should be left clean and dry
- The toilet must be wiped clean
- Personal items are to be put away after use.
- Please, look at the toilet after you use it. Wipe the seat, scrub the bowl if needed. All cleaning supplies are provided and included with your room charge.

Weekly Cleaning: All guests will participate in weekly cleaning tasks *as assigned* to maintain the house for themselves and future guests.

Respect for Yourself: _____

1. Part of our path to live with sobriety is to always maintain healthy grooming habits.
2. Guests are asked to shower and change clothes daily.
3. Clothing will always be neat and clean.
4. Beds should be made and rooms kept neat and organized.

Respect for Others: _____

1. Guests are expected to take pride in themselves by demonstrating that they are a polite and courteous person.
2. If saying "please" "thank you" "you're welcome" is not a habit, make it one,
3. Anyone who does not consistently show respect and courtesy to others may be told to leave the facility.

Blue Bear Houses Code of Conduct

Driveway/Garage Use: _____

1. All vehicles must be parked in the driveway. There is no street parking.
2. Each guest is allowed one vehicle on the property. This vehicle must be in good working condition.
3. It is important that the guests using the driveway communicate with others using the driveway to ensure access in and out as needed.

Transportation: _____

1. There are a limited number of bicycles available for guests' use.

Visitors: _____

1. Please approve all visitors with manager in advance.
2. Visitors are not allowed in bedrooms at any time. Probation Agents will have access on demand.
3. Sponsors and other sober members of the recovery community are welcomed for recovery meetings.
4. Visitors that are under the influence of alcohol or drugs are strictly prohibited from being the property at any time.

Medicine: _____

1. All medicine taken by guests must be disclosed to the Housing Director.
2. Guests are responsible for the security of medications.

Curfew: _____

1. Curfew is 10:00 pm on weekdays and 12:00 am on weekends.
2. Extensions may be granted on a case by case basis with advanced prior consent and permission from the Manager.

Nights away: _____

1. Guests will be eligible for overnight passes after 30 days.
2. Overnight requests will be submitted to Manager at least 24 hours in advance, and are subject to approval

Lights Out: _____

1. At 11:00pm bedrooms will be used as a sleeping environment. Please be courteous to your roommates if you choose to read in bed.
2. Common area TV and radios are turned off at 12am during the week and 1am on weekends.

Blue Bear Houses

Code of Conduct

Relapse Policy

Any relapse, dirty test, DUI, or cheated test will result in immediate removal from the house. 1st time offenders of this policy may be subject to reinstatement after 72 hours at the house manager's discretion.

YOU ARE NOT A TENANT. UNDER STATE LAW, YOU RECOGNIZE AND ADMIT THAT INSOFAR AS OUR ABILITY TO REQUEST THAT YOU LEAVE THE HOUSE FOR ANY REASON, WE DEEM NECESSARY TO MAINTAIN THE HOUSE ATMOSPHERE AS ONE CONDUCIVE TO SOBRIETY, THAT YOU ARE NOT LEGALLY A TENANT INSOFAR AS TRADITIONAL LANDLORD-TENANT RELATIONSHIPS GO. This effectively means that you have no recourse under the law protecting your housing rights as they would normally apply to a traditional tenant under a typical lease agreement. There is a good reason that the fee you pay to stay at such a house is called a *room charge*, and not rent.

DISCIPLINE POLICY

- Blue Bear Houses are a place to live where we learn to be good citizens again. *If a guest's behavior and attitude is such that the management feels the guest is unwilling to learn and practice this behavior*, it may be determined that Blue Bear Houses is not the best place for guest to remain.
- If a guest is uninterested in doing chores or attending meetings, *the guest will be requested to find another place to live*.
- Insubordination is grounds for disciplinary action and possible dismissal.

Damage Repair Costs: _____ Any cost associated with damage incurred by a guest or guest's visitor(s) will be the sole responsibility of the guest and will be expected to be paid in a timely manner.

Help: _____ If you ever have a question, please do not hesitate to ask. If you need help, tell your house manager. We are dedicated to helping people who are sincere about improving their lives. Your time here is your opportunity to help yourself and your loved ones as you take steps each day towards a better life. Each guest is accountable for their own behavior.

Guests who observe behaviors that are in direct conflict with the above rules are required to inform Blue Bear Houses management immediately. Support of behavior in violation of House Rules in a fellow guest can result in immediate suspension or expulsion. We are in recovery together and must hold one another accountable.

Guests are responsible for their recovery as well as the common good of the house. By signing here, you are agreeing to strictly abide by these rules.

Signature _____ Date: _____

Management Signature _____ Date: _____