

Blue Bear Houses

bluebearhousesmi@gmail.com

CODE OF CONDUCT

SERENITY HOUSE GUIDELINES are provided to help you understand exactly what the minimum expectations for participation in **Blue Bear Houses** are. Carefully review and fully understand the rules before you make the choice to stay in **Blue Bear Houses**. 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. If you cannot abide by this code of conduct, you may not be ready to live in **Blue Bear Houses**.

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.

PLEASE INITIAL AFTER READING AND AGREEING TO EACH SECTION AS OUTLINED.

_____ Initials

Blue Bear Philosophy:

Blue Bear Houses is a safe place for people new in recovery to live while we learn or relearn to be who we want to be in the world. We are here to BUILD each other up.... NOT tear each other down!

SERENITY HOUSE MANDATORY MEETINGS:

- House meetings will be held **on SUNDAY** at 10 am when announced in advance.
 - ◆ The objective of these meetings is to provide support and bring issues to the group for discussion and resolutions. Guests are encouraged to discuss things with the group and together find ways to maintain a peaceful and successful setting in the house.
- The House Manager may call for any additional gatherings to address important issues that may arise throughout the week.
- Everyone will have a limited time to discuss problems experienced during the week. Problems that require extensive discussions will need to be discussed with management prior to the weekly house meeting.
- Guests are required to attend a **Daily Reflection gathering** every morning at 8am. (This helps to get everyone on a daily routine and interact with each other - only 10 minutes long)
- Guests are required to attend AA/NA meetings outlined by the House Manager. Guests are required to attend 4 Recovery Meetings per week. We highly suggest more in early Recover. **Blue Bear Houses** is designed to support men and women in recovery based upon the *Alcoholics Anonymous* model but guests who are better serviced by other meetings such as NA, AI Anon, etc. are free to attend those meetings.
- Guests are required to obtain a SPONSOR within 2 weeks of moving in. If you decide to change sponsors during your residency, you are REQUIRED to inform the House Manager immediately with their name and phone number.

_____ Initials

CLEANLINESS AND ORDER OF THE SERENITY HOUSE: Chores are to be done DAILY! Chores will be assigned to each guest after 1 week of residency. Assignment of chores will be assigned to each guest by the House Manager. Guests are asked to shower and change clothes daily. Clothing will always be neat and clean., Part of our path to live with sobriety is to always maintain healthy grooming habits.

_____ Initials

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

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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 than you found it!

_____ Initials

FOOD

- Each Guest is responsible for her 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.

Initials _____

LIVING/DINING ROOMS

- Pickup after yourselves immediately after using the common areas.
- NO personal items on tables when you leave the rooms.
- The furniture in the common areas is NOT for sleeping!

_____ Initials

BATHROOMS

- Each Guest is responsible for making sure the counters and floors are left clean and dry after each use.
- Each Guest is responsible for making sure the toilet is clean and dry after each use.
- If you START the LAST roll of toilet paper, make sure you replenish the stock in that bathroom.
- Bath towels are to be removed from the bathroom after each use.
- Pickup after yourselves immediately after using the bathroom.
- Personal items are to be put away after use.

_____ Initials

WEEKLY CLEANING

- Each Guest will participate in weekly cleaning tasks as assigned by the House Manager to maintain the house for themselves and others.

_____ Initials

DRIVEWAY/GARAGE USE

- Each Guest is allowed one vehicle on the property. This vehicle MUST have current plate/registration/insurance and be in good working condition.
- All vehicles must be parked in the driveway. There is NO street parking! It is important that the Guests using the driveway communicate with others using the driveway to ensure access in and out as needed! DO NOT BLOCK GARAGE DOOR! Do NOT BLOCK other vehicles from entering or exiting! NO EXCEPTIONS!

_____ Initials

VISITORS

- NO visitors that are under the influence of alcohol and/or drugs are strictly prohibited from being on the property at any time.
- Visiting hours are no more than 2 hours between 12 NOON and 8pm.
- Visitors are NOT allowed in bedrooms at ANY time!
- Probation agents will have access on demand.
- Sponsors and other sober members of the recovery community are welcomed for recovery meetings.
- ANY cost associated with damage incurred by a Guest's visitor(s) will be the sole responsibility of the Guest and will be expected to be paid in a timely manner.

_____ Initials

MEDICINE

- ALL medicine taken by Guests MUST be disclosed to the House Manager and the Housing Director!
- Guests are responsible for the security of their medications.

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NIGHTS SPENT OUTSIDE OF THE HOUSE

- If a guest wants to sleep ANYWHERE outside of the 'Sober House' it must be approved by the House Manager in advance! _____ Initials

LIGHTS OUT!

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

_____ Initials

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 Managers discretion.

_____ Initials

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! 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.

_____ Initials

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 guests to remain. If a Guest is uninterested in doing chores or attending meetings, the Guest will be required to find another place to live.

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 and devoted to improving their lives. Your time here is your opportunity to help yourself and your loved ones as you take steps each toward 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 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.

Guest Signature

Date

Blue Bear Houses Representative

Date