



## **PROGRAM & SOBER LIVING HOUSE RULES**

1. House rules are subject to change at management's discretion.
2. Any of the following activities may result in immediate eviction with no refund:
  - a. Relapsing
  - b. Stealing
  - c. Violating your curfew
  - d. Fighting
  - e. Excessive loudness or disruptive behavior
3. No illegal behavior of any kind is permitted on the property or elsewhere while you are a McShin participant.
4. When you leave McShin, your belongings leave with you. If you do not take them, they will be bagged by a staff member and taken to the COO's office for a 24-hour period. If not picked up within 24 hours, they will be discarded.
5. Mobile phones will be taken for the first 28 days of your residency and given back at the discretion of the McShin Staff. (Program Rule)
6. The use of mobile phones is not allowed during 12-step meetings, groups, house meetings, or in church. Violation of this prohibition will result in confiscation of your phone for an undetermined period of time.
7. Embracing a pathway of recovery is required.
8. You must attend at least one recovery meeting every day.
9. You must complete an exit plan upon exiting a McShin Foundation recovery residence.
10. You must find a sponsor or mentor within two weeks of residency.
11. You must find a home group within two weeks of residency.
12. Whenever possible, you must sit in the front row at every Hatcher meeting. Men sit with men and women sit with women.
13. Relationships with anyone at McShin are not allowed. This includes same-sex relationships. Consequences for relationships will include loss of cell phone and/or weekend plans or dismissal from the program.
14. Gambling and the use of pornography are not permitted while on McShin property or while you are a McShin resident.
15. You cannot leave your McShin residence or Hatcher unescorted for at least the first 30 days. When escorted, you must be with an individual of the same sex who is from McShin and has more than 30 days of recovery time – or you must be with your sponsor/mentor. (Program Rule)
16. Expect random drug testing. Refusal to submit to a testing is an admission of guilt and grounds for immediate removal from our housing and program with no refund of any kind.
17. During your first 30 days at McShin, you have a curfew of 10:00 PM.
18. No loud noise (stereos, TVs, phones, computers, video consoles, etc.) in or near your McShin residence after 11:00 PM.
19. You are not permitted to have any guests at your McShin residence. If someone is giving you a ride, they must remain outside the residence in their vehicle. (Program Rule)
20. No women (residents or non-residents) are permitted in the men's houses. No men are permitted at the women's houses.

21. All food must be stored in the kitchen. Eating outside the kitchen or the eating area is not permitted.
22. You have 30 minutes after you have finished a meal to clean up all your dishes.
23. Do not eat (steal) food that is not yours; ask permission first.
24. House chores must be completed as they are assigned and at the time scheduled.
25. House meetings at your residence are scheduled by the house leader. Attendance is mandatory. Emergency house meetings can be called at any time. Don't be late.
26. Limit calls on the house phone to 10 minutes (5 minutes if someone is waiting to use the phone).
27. Your personal area, such as the area in and around your bed, must be kept clean.
28. Do not leave your clothes in the washer or dryer after the cycle has finished.
29. Do not fraternize with neighbors.
30. Be prepared to take positive criticism and to give it in a respectful, helpful manner. In general, be kind, caring, and compassionate with other residents.
31. Your program dues and bed fee must be paid on time weekly (see contract for details).
32. If you owe McShin money, it is mandated that you work at McShin on the weekends. There should be someone there at all times from 12 to 5 PM. See the assigned weekend staff for duties.
33. If you are employed, go to work. If not, you must report to Hatcher Church/The McShin Foundation by 8:30 AM every weekday.
34. There is a mandatory House Meeting on the first Sunday of every month in the chapel that all participants must attend immediately following the Spiritual Service.
35. No skateboarding or football in the parking lot at Hatcher.
36. No headphones/earbuds or Bluetooth while at the foundation.
37. Do not bring non-recovery literature to the foundation.

**MEDICATION:**

1. Participant must self-administer medication as prescribed by a physician.
2. Participant must not discontinue medication for any reason without a physician's order.
3. Participant may not be prescribed narcotic medications or any other controlled substance. Exceptions can only be made by senior staff.
4. You will volunteer to store certain medications at the foundation. Take home medication will be secured in a lock box and made available to the participant as prescribed.
5. Medication cannot be stored in plain view of other participants.
6. All medication left behind when you leave the program will be destroyed.

ANY DISREGARD OR BLATANT DISREPECT OF THE HOUSE RULES OR SPIRITUAL PRINCIPLES WILL RESULT IN IMMEDIATE EVICTION WITHOUT ANY REFUND. IT IS YOUR RESPONSIBILITY TO KNOW AND ABIDE BY THE RULES.

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Printed Name

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Date

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Signature