

**NEW BEGININGS
IS A JOURNEY
NOT A
DESTINATION**

**LINCOLN HOUSE
CLEAN AND SOBER LIVING
PROGRAM RULES**

GEVEN SUTHERLAND
PROGRAM DIRECTOR
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509-218-2331

RSO Lincoln House Requirements

The list of Lincoln House Requirements is in place to help insure a safe and sober environment for all participants to work on their continued recovery from alcohol and or drug addiction.

Successful recovery takes team work, this means be your brother's keeper, by keeping your brothers accountable.

Code of Conduct:

"Put your recovery from addiction first, and the rest will follow into place"

All Areas will be inspected by Program Director and or Building Manager

- 1. NO GUESTS ARE ALLOWED AT ANY TIME FOR ANY REASON.**
- 2. NO SMOKING ALLOWED, EXCEPT DESIGNATED SMOKING AREAS.**
- 3. PHYSICAL VIOLENCE IS AN IMMEDIATE PROGRAM TERMINATION.**
- 4. HOUSE CURFEW 9 PM TO 6 AM, STRICKLY ENFORCED. YOU MUST HAVE PRE-APPROVAL FROM PROGRAM DIRECTOR AND DOC.**
- 5. NOBODY ALLOWED OUTSIDE BETWEEN MIDNIGHT AND 5 AM.**
- 6. NO WEAPONS ARE ALLOWED ON PROGRAM LOCATIONS.**
- 7. NO ADULT OR PORNOGRAPHIC PARAPHERNALIA ALLOWED**
- 8. NO ALCOHOL OR DRUGS ALLOWED ON OR OFF OF THE PROGRAM PROPERTY.**
- 9. NO COMPUTER DEVICES ALLOWED WITH OUT PRIOR APPROVAL**
10. Noise must be kept at a respectful level at all times. Quiet time is 9:00 pm to 8:00 am.

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11. Program Participant are expected to sign in and out, with destination and time.
12. If anything gets broken, fix it, replace it, or if need be, notify the Program Director.
- 13 All Participants are required to stay every night at the Program Location.
14. All participants' rooms are private and should be respected as such. They should be kept neat and clean at all times.
15. Good personal hygiene is expected while you are living in the house and you are expected to dress appropriately
16. No overnights outside of the program without approval in advance by Lincoln House Program Director and you're CCO. (Department of Corrections)
17. **If you are gone longer than 48 hours without notifying DOC and or the Program Director, you will lose your housing with Lincoln House.**
18. Respect other participants personal boundaries, treating them as you yourself would like to be treated.
19. **I understand that in order for Lincoln House to serve as many clients as possible it may be necessary during my stay to share a room with another resident(s) each room can become a two-man room at any time.**
20. **This is a Transitional living arrangement. The period of transition is expected to be 6 Months. A participant can stay longer if arranged for in advance. Two week notice to move is expected unless it is out of your control. You will be required to stay at least 90 days**

**FAILURE TO COMPLY WITH PROGRAM RULES WILL RESULT IN IMMEDIATE
TERMINATION FROM THE PROGRAM.**

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Recovery Housekeeping: Expectations

1. Do chores as assigned by the house manager completely and in a timely fashion.
2. If you make a mess, clean it up. You are expected to clean up after yourself.
3. Mark all your food items with your initials
4. be courteous to participants who have already started cooking, wait your turn.
5. Reduce hot water use by taking 10 minute showers and clean bathroom after use.
6. Remove laundry from washer or dryer when it is done.
7. Lights, televisions, stereos, etc., should be turned off when not in use.
8. Thermostat should be kept at 70 degrees for both heating and cooling.
9. Any participant starting work before 7 am has priority to kitchen and bathrooms
10. All Bedrooms will be kept clean and orderly

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Recovery House: Expectations

MEDICATIONS

1. You must have a prescription from your physician for medications. They must be approved by Lincoln House, housing specialist before entering the house.
2. If you are prescribed medications by your doctor, you must stay on those medications until the doctor takes you off of them and provide notification from your doctor when you no longer need them.
3. All medicines are to be kept in your own personal living area out of view of other house members and must not be shared with other residents.

MEETINGS

1. House members will develop a personalized recovery plan that will include engagement in community programs that will aid you in your recovery process. Lincoln House participants are expected to engage in property improvement until obtaining full time employment. You are expected to engage in all stipulations required by your CCO. Updates about your progress will be shared with the Housing Specialist.
2. Lincoln House meetings are mandatory. Lincoln House decisions are made at this time and you are responsible to be there. The only excuses are for work, hospital, or prearranged absences. You must call if you will not be attending or will be late no less than 15 minutes prior to the meeting as the phones will be shut off during the meeting times.
3. Lincoln House has in house program meetings at Lincoln House Program locations. Please respect the privacy and confidentiality of the meeting and do not interrupt unless absolutely necessary.
4. **These expectations are subject to change as needed without notice. Once any changes are implemented, participants will be notified of these changes in a timely manner.**