

HOUSE RULES AND COMMITMENTS

Treat Everyone with Respect	Be kind and don't cross personal boundaries. Like you, there may be things that others don't want to talk about such as triggers or personal issues. All residents are free to excuse themselves from such conversations. Communicate your needs with courtesy; BE KIND.
Have a Personal Service Plan and a Relapse Plan	Your Personal Service Plan addresses specific needs, goals, strategies, and limits to ensure you remain well and active in your recovery. Your Relapse Plan will give us a detailed plan that you would like us to follow in the unlikely event of a relapse. Both plans are completed when you move in with our team.
Respond to Relapse with Care	You agree that relapsing while in our program breaks your residency agreement. Residents will be supported to get back on track, but repeated relapse or unsafe behaviour may result in discharge from the program.
No Substances or Paraphernalia	No alcohol, substances/drugs (including all derivatives of cannabis) are allowed on the property. Possession of such substances/paraphernalia may result in alcohol/drug testing, and you may be asked to leave the program.
Expect Bag Checks and Searches	To prevent theft, find weapons, and to keep substances and paraphernalia off the property, a resident's personal property may be searched at any time by the staff – this ensures the safety of all residents in the home.
No Smoking/Vaping or Open flames	Smoking is only allowed in designated areas. There is absolutely no smoking indoors of any kind, this includes vaping. NO open flame (i.e. candles) in the bedrooms or bathrooms.
Secure Belongings	You are fully responsible for all your personal belongings. We suggest not bringing any belongings or property of value to the House that requires being locked up. Please take all your belongings on discharge. NOTE: any items left behind will be kept for pickup for 14 days. After 14 days items will be recycled or locally donated.
Respect Personal Space	Physical contact must be non-romantic and non-sexual in nature.
Right to Privacy	All residents have the right to privacy – as such you are not permitted in the personal space of another resident without permission.
Regular Hygiene	Keep it Clean! Weekly laundering of clothing and bedding (per sign-up sheet) is mandatory for maintaining a clean and sanitary house. You will need to practice personal hygiene daily or when asked to do so by staff.
Keep it Neat and Tidy	Residents will follow the weekly assigned House cleaning schedule and will keep their rooms/personal spaces neat and tidy. There will be daily room checks and residents are required to tidy their rooms daily (making the bed, picking up items on the floor, getting rid of any garbage)
Medication Stays in the Office	All medication must be stored with staff in the office and must be blister packed. You will take your prescribed medication as it is directed by a physician/pharmacist or package labeling.
No Transactions	Don't buy, sell, or trade anything with other residents, staff, or visitors. This includes sharing or selling cigarettes, things and services, trading favours, doing work, lending money, or any other similar transactions.
Be In by Curfew	Curfew is 10:00 p.m. if curfew is missed, staff will try to contact you and your emergency contact. If we cannot reach you or confirm you are safe, we are required to let the RCMP know that you are missing. Being late for curfew, for any reason may result in discharge.
Quiet Time is 11pm-7am	All residents will retire by 11pm to their rooms for the night.
Coming and Coing	You are REQUIRED to advise the staff when you leave the house and when you may return.
Follow Food Guidelines	No food in bedrooms. Eat meals in the dining room only. Supper is served at 5:00pm. You will always have full access to food in the house and are welcome to use your own food when you choose to buy your own.
Visitors	Visitors are not allowed onsite. You may meet family or friends in the community.
No Pets	Pets are not allowed. Talk to staff if you have a pet and need support.
No Violence or Threats	Possession of any weapons, property damage, theft, verbal/physical/sexual abuse or harassment towards staff or other residents will not be tolerated. Violations may result in immediate discharge and contacting law enforcement with possible criminal charges.

MANDATORY MEETINGS & PLANNING

- **Morning Reading and Check-in:**
 - Monday-Friday 9 am with Staff
 - Weekends 10am with Staff
- **Weekly House Meeting:**
 - Fridays @ 10 am
 - Discuss any concerns or needs
 - Create NEW weekly program plans and post on bedroom door and **follow it**
- **Group Sessions and programming (days and times subject to change)**
 - Mondays 10am - 11am Reading Group
 - Mondays Chaplain available
 - Tuesdays @ 10am - 12pm –Relapse Prevention Session
 - Wednesday @ 10 am – 1130 am Group Counselling Session with Clinician
 - Thursday 10 am- 1130 am Group Activity Life skills /Recreational
 - Thursday @ 1230pm – 130pm Smart Recovery
 - Fridays @ 12pm – Lunch and Learn – Topics vary
 - 1X per week individual counseling with onsite clinical counsellor

RECOVERY COMMITMENTS

- **Sponsor:**
 - Obtain a sponsor within 3 weeks of arrival
 - Contact them at least 2 days per week to work on your plan
- **Home Group:**
 - Join a home group within 4 weeks
 - Attend a minimum of 5 recovery meetings per week as per Personal Support Plan (PSP)
- **Phone List:**
 - Collect lists from each meeting during your first 4 weeks
 - Call 1 person per day for the first month on the lists to check in and get support/connection

TRANSPORTATION & VEHICLE RULES

- **Rides to Meetings:**
 - Arrange rides with people from meetings
 - Ensure you have a plan during outings
- **Personal Vehicle:**
 - Allowed if you provide:
 - Current insurance
 - Vehicle Registration
 - Valid driver's license
 - Some restrictions may apply

I have reviewed and agree to follow the above rules and understand that my residency may be terminated immediately if I am unable to follow these House Rules. A change in privileges may include adjustments to my Personal Service Plan with my recovery team, increase in searches, a therapeutic break from the House or a safe discharge/exit. I also agree that these rules are subject to change with a minimum of 15 days' notice.

Resident signature: _____

Date Signed: _____

ICCS Staff Signature: _____