



Tranquility *Home*

We are a supportive recovery home committed to providing a strong and healthy environment. This home was begun and is led by fellow recovering addicts who understand how hard but rewarding it can be to take the next steps in recovery after treatment. Resilience, courage and commitment will be the keystones as we continue to grow into responsible and successful women. Through mutual respect and understanding we can build a beautifully healthy support system that can last a lifetime.

Member Contract and House Expectations

Please initial and sign to indicate that you have read, understood and accept these expectations

1. _____ The first and most vital expectation is to maintain sobriety. Members will be required to submit a negative drug and alcohol test upon move-in. Any potential new members who are unable to do so will be rejected.
2. _____ Random UA's will be given at each weekly house meeting as well as at the manager or director's discretion. If a member's test is positive for any substance, they will be immediately expelled. If a member is requested to submit a sample they will have to do so immediately and cannot leave the premises until they have. Failure to do so will be considered an admission of guilt and they will be expelled and required to leave immediately.
3. _____ Being able to hold each other and ourselves accountable for our actions is extremely important to the strength of Tranquility Home. If any member has knowledge of another member's use and does not immediately notify the house manager, they can and will be immediately expelled from the house as well.
4. _____ Move-in costs will be one week's membership fee of \$150.00 and a deposit of \$200 equaling to a total of \$350.00. All payments for the following week will be collected every Sunday at the house meeting and can be made by cash or money order payable to **Texas Tranquility Home**. The week starts Monday and late fees will be applied at a rate of \$5 per day until your membership fee is paid in full including all late fees. No member will be allowed to remain at Tranquility Home if more than one week late on their membership fees. The Sunday following non-payment of membership fee, the delinquent member will be expelled from the house.
5. _____ The \$200 deposit can be refunded after one year **ONLY** if the member is in good standing with membership fees, if the member gives a 30-day notice with the house manager in writing and as long as the member leaves their area with no damages. If at any time a member breaks or damages anything, they may be responsible for replacing it.
6. _____ Weekly house meetings are vital to keeping clear lines of communication in the house. This will be a time for each member to express any concerns, ask for help and overall to communicate where they are at in their

recovery. House meetings are mandatory, absolutely no exceptions will be made unless otherwise agreed to by the house manager. Tardiness will be addressed and could result in a fine or expulsion from the house.

7. _____ Every member will be required to attend at least three Recovery Meetings a week and be actively working with a sponsor. This is mandatory and is a vital part of our recovery. It becomes very noticeable through attitudes and behaviors when a program of recovery is not being taken seriously. Please communicate any help you may need finding meetings and other resources.

8. _____ Each new member will be required to complete a thirty day probationary period. During that thirty days the member will not be allowed any overnights out and will have a curfew of 11pm, Sunday-Thursday and 1am, Fridays and Saturdays. The member **MUST** communicate with the house manager if any issues arise and they are not able to make it home on time. Failure to do so can result in immediate expulsion at the manager's discretion.

9. _____ After the mandatory probationary period, members will be allowed 2 overnight passes per week. Members are required to sign out with the name and contact number of the person they will be staying with. Please remain reachable at all times, failure to do so may result in expulsion at the house manager's discretion. Each member will be tested and breathalyzed after each overnight stay out of the house.

10. _____ Overnight guests will **NOT** be allowed at Tranquility Home with the exception of children (under 18). We find that rebuilding the relationships with our children is extremely important in recovery and will support this as long as it is not taken advantage of. Please communicate during the weekly house meetings when you will want to have your children visit to respect your roommate and the other members of the house. If any emergencies or last-minute needs arise please communicate with the house manager.

11. _____ Healthy and supportive family and friends are also extremely important and welcomed if it is not abused. You are responsible for the company you keep and they will be held to all of the same expectations as you. At any time if there is suspicion of a guest being under the influence they will be asked to leave and this could result in your expulsion. This is for the safety of the house as a whole and respect for the other members. **GUESTS ARE NOT ALLOWED IN BEDROOMS FOR ANY REASON!** Please communicate when having **ANY** guests over, failure to do so could result in expulsion.

12. _____ Respect is required, do not touch any other member's belongings without permission for any reason. Do not go into another member's room without permission. If any member is found to be using, eating, taking, etc. **ANYTHING** that belongs to another member, they **WILL** be expelled. Tranquility Home has a **ZERO TOLERANCE** policy on stealing no matter how small you may

think it is. If you need anything at all, just ask and almost all of the time someone will be able to help you out.

13._____Chores will be assigned and rotated weekly at the house meeting. These will be required to be completed Sunday evenings before 10pm and signed off by the house manager. Failure to do your assigned chore can result in a fine or if shown to be a continued behavior, expulsion.

14._____Cleanliness is a necessity in any community living situation. You will be expected to clean up after yourself at all times. We only expect that you show your fellow house members respect by not making them live in your mess. Repeated inability to do so can result in a warning, then fine and if continued can result in expulsion at the house manager's discretion. We are all grown women and your mother does not live here!

15._____There is only a limited amount of space for each member to store their food. Please keep your shopping only to what you can fit in your assigned space. Anything you would like to donate to the house as "community" can be put in that designated space and be used by any members of the house. Unity cooking is strongly encouraged and can be a fun way for all members of the house to come together.

16._____The same rules apply to the bathrooms as above. We suggest purchasing a shower tote to carry your items back to your room. Only a small space will be designated to each member in their assigned bathroom. Anything left behind will be donated to community use for indigent members. Shower usage must be kept to a minimum at no longer than 20 minutes at a time. Please do your makeup and hair in your bedrooms as these things usually take the longest.

17._____Each member will only have a limited space for their personal belongings and those items will be restricted to their bedrooms. Excessive amounts of clothing and other belongings will not be allowed. Rooms must be kept neat at all times. NO FOOD OR CANDLES are allowed in the bedrooms due to pest control and fire hazards.

18._____Any personal property left behind by any member will be gathered by the house manager only. The member will have 7 days to arrange to pick up their items at the house manager's discretion or the items will be donated to charity. We do not have the capacity to store any belongings for longer than the set period of time so please do not ask.

19._____Each member of the house is expected to obtain a job and continue to maintain employment while at Tranquility Home. If not employed, you will be required to be out of the house during the day actively looking for a job, volunteering, going to meetings and/or working with your sponsor. Continued

job turnover will raise red flags for relapse behavior and will be addressed by the house manager. Being productive results in a very rewarding feeling and will give you pride in the accomplishments you make. Please let us know how we can help in any way. The house manager has many resources for job placement, volunteer opportunities and a variety of service work options.

20._____ Quiet time will be between the hours of 10pm and 8am. This is a respectful rule for the members that have to work early hours. Please do not have the TV loud and be respectful of your voice during these hours.

21._____ Each member of the house is required to respect every other member. We know that personality conflicts arise but it is important to address those issues immediately whether directly or through mediation with the house manager. Violence and threats **WILL NOT** be tolerated. Members participating in this behavior will be immediately expelled. Gossip is immature and can be very harmful. Spreading rumors and causing conflict will not be tolerated as well. The house manager will address these issues and each member is encouraged to bring any concerns to her.

22._____ The front door and patio doors are to remain locked at all times. This is for the safety of the house as a whole. Failure to do so will result in a \$25 fine and if continued can result in expulsion.

23._____ We must be extremely respectful of our neighbors. Loitering in front of the house, talking and/or cursing loudly or any other disrespectful behavior will not be tolerated. Parking will only be allowed in designated areas and shown to you by your house manager.

24._____ Narcotics will not be allowed at Tranquility Home for ANY reason. If for some reason you are prescribed any narcotic please communicate with the house manager.

25._____ Personal hygiene is required to be maintained. Showers are required daily, as well as use of deodorant and cleaning clothes regularly. Dirty laundry will not be allowed to take over your personal space.

26._____ Smoking and vaping are allowed outside **ONLY**. Cigarette butts **MUST** be disposed of properly at all times. Please be respectful of the neighbors.

27._____ Members are required to provide their own linens including bath towels and bedding to fit a twin-size bed.

28._____ If any member of Tranquility Home is expelled for any reason, including a positive urine analysis or breathalyzer, behavior, non-payment of membership fees, etc., they will have only a maximum of one hour to leave Tranquility Home property. If a

member is expelled that action will be considered a criminal trespass warning and the member will not be allowed back on to the property without manager approval.

29._____Each member is required to respect the house manager. She is there to help and give you guidance through her experience, strength and hope. Arguing and any other disrespectful behavior WILL NOT be tolerated. The house manager and director reserve the right to deny continued membership at any time if it is felt that a member is showing defiance of the house expectations and a general lack of respect for other members.

Member Signature _____

House Manager Signature _____

Date _____