



LifeHouse Rules and Expectations

**Rules subject to change*

Please read the following before applying with Carlsbad LifeHouse, Inc.

House Rules

- No drugs or alcohol use
- No drugs or alcohol in possession *including* drug paraphernalia and any product containing alcohol
- Residents can be drug or alcohol tested at any time. Residents may be observed while providing urinalysis
- Residents' rooms, belongings, and person may be inspected at any time
- Any resident found in possession of drugs, alcohol or any paraphernalia or failing a drug or alcohol test may be automatically and immediately removed from the program.
- No fighting or bullying
- No threatening harm of any kind to other residents or anyone else
- No weapons at house or in possession
- No gang related activity or paraphernalia
- No gambling (including lottery tickets)
- No Pornographic material
- No inappropriate room decorations (at the discretion of director or house manager)
- No loud music, TV, or noise
- No music, TV, or other material that is offensive in public areas. (No content that relates to drugs, violence, or sexually explicit material)
- Residents may not have tv's in personal rooms.
- No smoking in house – Smoking only outside in designated backyard area
- No loitering in front yard
- No animals in the house
- Residents must be fully clothed when in public areas
- Residents may not be in a relationship with any resident of any Lifehouse facility. Spouses and significant others may not be in Lifehouse facilities concurrently.
- Residents must notify House Manager of location and activity at all times and receive permission when required based on phase in program
- Residents must be at house by 9 PM every night unless approved by house manager or director. Exception: Friday nights curfew is 10:30 PM if with sponsor or AA group
- No overnight or out of town trips with permission from director. Requests must be submitted in writing in advance. Residents in phase 1 will not be allowed to leave town overnight unless required for legal or medical reasons. Residents in phase 2 and 3 will

receive a credit for 24 hours out of town for every 4 weeks that they complete all of the weekly requirements. Use of these credits must still be approved by the director.

- Residents who are behind on fees or have not completed weekly requirements in the last 2 weeks may not leave town or be gone overnight.
- Residents may not take or have an open prescription for any schedule 1-4 medications. This includes Suboxone, Methadone, Medical Cannabis, Benzodiazepines, and narcotic pain medication.
- Residents may not be treated with any prohibited medications even at a medical facility without prior approval by director.
- Residents must notify Lifehouse anytime they start taking a new medication.

Guest Policy

- Guests are any individual that doesn't reside in the house permanently. Exceptions: Lifehouse Staff and board acting in that capacity. Lifehouse Volunteers acting in that capacity. Resident 12 step sponsors acting in that capacity. Individuals providing professional services related to recovery to residents.
- All guest must be approved in advance by the director.
- Minors may not visit the house without their parent or legal guardian.
- Guests (other than minor children of residents) must stay in public areas. They may not be in resident rooms.
- Guests may be asked to leave at any time by house manager or executive director.

Vehicle Policy

- Residents may have a personal vehicle.
- Residents may not obtain a new vehicle if they are behind on fees.
- Residents must show proof of valid legal driver's license, insurance, registration, and any other legal requirements before using a vehicle.
- Any vehicle not used or functional for 30 days may be towed.

Expectations of Residents

House Meetings

- Director house meetings, Life Skills classes, and Bible Study are mandatory for all residents.
- Parenting classes are mandatory for all residents with children or expecting to regain custody of children.
- Residents are expected to give full attention and participate in house meetings. Residents may not have cell phones during house meetings.
- Any resident who misses a mandatory house based meeting must make it up with 2 meetings. Being more than 5 minutes late or leaving early is considered being absent.
- Every evening at 9 PM residents are required to participate in house devotional gathering unless working.

Outside Meetings

- Weekly meeting requirements can be met with house meetings, AA, NA, Celebrate Recovery, and church worship services or bible studies. The number of weekly meetings required is determined by the residents phase in the program.
- Residents are expected to pay attention and participate in meetings. Cell phone use is prohibited.
- A meeting does not count if resident is more than 5 minutes late or leaves early.
- The resident must have their meeting sheet signed by the chair or leader of the meeting at the time of the meeting to get credit. Church worship services do not require a signature, but must still be recorded.
- Each resident will submit a weekly report of their meeting attendance and sponsor contact.

Sponsor

- All residents must meet and work the 12 steps weekly for a minimum of one hour with a sponsor from AA, NA, or Celebrate Recovery.
- Lifehouse Residents may not sponsor one another.
- Sponsors must be the same gender as the resident.
- Sponsors must have completed the 12 steps with a sponsor of their own.

Budgeting/Finance

- All residents with any income or spending whatsoever must complete a weekly budget. The weekly budget will include expected/planned spending for the upcoming week as well as the actual spending from the prior week. (This does not include EBT expenditures)
- All residents must maintain a transaction register of all income and expenses to be reviewed every week. (This does not include EBT expenditures)

Expected contributions to house

- Each resident will share in house chores as assigned weekly by house manager.
- Each resident will cook dinner at least once weekly as assigned by house manager.
- Dinner should be ready to eat between 5 and 6 whenever possible. All residents should eat together unless working.
- Residents are responsible for washing their dishes after cooking and storing left overs properly.
- Residents are responsible for washing all of their personal dishes.
- No food or drink is allowed outside of kitchen and dining areas.
- Each resident will share in grocery shopping at least monthly as assigned by house manager.
- The grocery budget includes all consumable supplies for the house, but does not include any house maintenance costs.

- The weekly budget for house grocery shopping will be \$35 per adult resident and \$25 per minor resident above the age of 1. If residents exceed this budget on average over several weeks, all residents may be required to make an additional fee payment.
- Residents may not purchase soda and junk food with the house grocery budget funds.
- Residents may not use EBT cards of other residents.
- Each resident is responsible for keeping their personal room clean.
- Each resident will be responsible for personal transportation when needed.
- When a room is vacant residents will have the opportunity to move into that room based on seniority in program.
- After completing orientation each resident will be given a personal code for facility entry. This code may not be shared with anyone under any circumstances.
- Each resident is responsible for their own cell phone. A cell phone is not required.
- After two weeks in the program residents are required to have full time employment (30+ hours). If residents aren't employed they must spend at least 20 hours a week seeking employment or doing community service.
- Residents must be awake and out of bed by 8 each morning unless they are ill or have worked a night shift past midnight.
- Residents are encouraged to not isolate themselves in their rooms or spend excessive time in isolation.
- Residents should keep all personal belongings in personal room and keep rooms closed when not occupied. Residents will be expected to respect the personal space and belongings of other residents.
- Residents will be supportive and encouraging of other residents.
- Any concerns and questions should be addressed to the house manager or presented at the weekly house meeting with the director. Further concerns can also be taken to the board at its regular meetings.
- The house manager and one house representative from each house may attend board meetings.
- Residents who are removed from or leave the program must collect their belongings within 48 hours of leaving or being removed.
- Residents must be sober to collect belongings.
- Residents must make arrangements with house manager or director to collect belongings.
- Residents must enter the house alone to collect belongings.
- Items not collected will be bagged and left on porch for an additional 48 hours. (Lifehouse is not responsible for any missing items.)
- After 48 hours on porch, items will be donated or discarded.

Fee Policy

- Residents will pay a weekly house fee of \$125.
- Residents will pay a weekly grocery fee of \$35 (can use EBT).

- Additional grocery fees may apply if residents exceed weekly shopping budget.
- Resident's payments will only be accepted at house meetings. Residents may pay through the Lifehouse website at any time. Service fees will be deducted from online payments (~2.5%).
- Payments are due for the upcoming week at each house meeting.
- A resident's first week is considered the week from the time of entry into program to the first house meeting.
- Residents may have unpaid house fees during the first 4 weeks forgiven if they complete requirements for appointments, goal setting, and job searching.
- During a resident's first 4 weeks in the program, residents will pay 50% of any money earned or in their possession until they have paid fees for that week.
- Residents more than \$500 behind on house and grocery fees may be required to appear before the board to determine residency and payment options.
- Residents are responsible for paying any unpaid fees even after leaving the program. Unpaid fees may be pursued through Magistrate Court.
- Residents may seek cash assistance with rent through the Income Support Division. Residents may only receive house fee assistance from a private charity once.
- If a resident leaves the program by choice while owing back fees, the resident must make payment arrangements before they leave.
- If a resident is removed from the program while owing back fees, the resident must make payment arrangement within 7 days of removal.
- Residents who do not complete obligations of payment arrangements for 14 days or more may have papers filed with the magistrate court. These residents will be responsible for any fees incurred for legal filing and court fees in addition to fees already owed.
- Residents who do not give 7 days notice before leaving the program will be required to pay the fees for an additional week after they leave.
- Upon completion of the program residents will receive \$125 for each 3-months in program.

Parents with Children Policy

- Residents are solely responsible for the care of their children.
- Residents may not ask or have other residents provide care for their child.
- Children must be attended at all times
- Children may not have toy weapons
- Children must use car seat or booster seat when required by law
- House fees for children are \$25 per week
- Grocery fees for children over the age of 1 are \$25 per week
- Resident parents will be required to submit a plan for custody of children if unable to care for children
- All children residing at Lifehouse facility must be current on all vaccinations

- Children may not be in other residents room.
- Children should not play in hallways.

Pre Orientation Guidelines

- New residents will receive an orientation as soon as possible after moving into the house. However, before an orientation is completed residents must follow these guidelines.
- Residents must come directly from previous treatment/incarceration facility unless otherwise approved by the director.
- Residents may not leave the house alone for any reason.
- Residents must receive permission from the house manager to leave the house for any reason.
- Residents will not receive a personal door code.
- Residents must attend daily 12 step or church meetings accompanied by another resident.

Contact us with any questions:

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