The Anchor House Rules

Sober Living Residency Program

1. **Chore Responsibilities**: Residents are assigned weekly chores that must be completed as specified. Failure to comply can result in penalties, including restricted privileges, fines or termination.
2. **Mandatory Meetings**: Residents must attend weekly house meetings and financial coaching meetings. Residents are required to complete 90 AA meetings in 90 days, with required documentation such as signed meeting slips. A sponsor of your choice must be selected within 14 days. Church services, church groups and church programs are also acceptable meetings. After 60 days, educational advancement such as college, GED and certification programs can be discussed as options as well (schedules must be approved and not interfere with work, house chores, and curfew). After 90 days, must attend 4 meetings a week. House and financial meetings will continue to be mandatory.
3. **Property Restrictions**: No unauthorized furniture or items are to be brought into the house. Personal and communal spaces must be kept clean and tidy at all times.
4. **Substance Use Prohibition**: Zero tolerance policy for the use of drugs, alcohol, or any mind-altering substances. Random drug tests can be distributed at any time for any reason. Violations will result in immediate dismissal.
5. **Medication:** Controlled substances, prescription or not, are strictly prohibited. Should a resident undergo surgery and absolutely require medication, a Licensor agent, house manager or sponsor can work with resident on handling medication and administration of said medication.
6. **Quiet Hours and Visitor Rules**: Specific times are designated for quiet hours. Visitors are restricted and must be approved by house leadership in advance. No overnight guests are allowed.
7. **Employment and Activity Requirements**: Residents are required to be employed within 14 days of residency and maintain regular employment during stay. Regular updates on employment status must be provided to house leadership. If resident does not have a job secured, then you must be out of the house each day from 8-3 actively looking for a job.
8. **Curfew and Overnight Stays**: Curfews are enforced strictly at 10pm on weekdays and midnight on weekends. One overnight pass per week is allowed after a

successful 60 days has been completed. Overnights are subject to approval and are based on compliance with house rules, personal responsibility, and approval of house manager or Licensor agent. Resident may be subject to drug test upon return of overnight.

9. **Behavioral Expectations**: Respectful and appropriate behavior is expected at all times. This includes no violence, threats, or theft. Failure to behave accordingly will result in immediate dismissal.
10. **Smoking Restrictions**: Smoking is only permitted in designated outdoor areas. No smoking is allowed inside the house at any time.
11. **Personal Conduct**: Personal conduct should reflect the values of respect, integrity and responsibility.
12. **Privacy and Searches**: Leadership has the right to access personal areas and conduct searches to ensure compliance with house rules at any time without notice.
13. **Financial Responsibility**: Residents are responsible for managing their financial obligations, including timely payment of fees associated with living at the facility. Residents agree to provide open transparency including check stubs and bank statements in entering financial counseling program as part of the house agreement.
14. **Incident Reporting**: Any violations of house rules or concerning behavior by other residents must be reported immediately to the staff or house manager.
15. **Service**: Residents will be required to serve quarterly, whether that is at a church, AA hall, or other non-profit. Must get slip signed for service. 1-2 times per year, serve day will be held at the house as we work together and participate in the care of the property we use. Serve day costs and materials will be covered by the Ministry leadership.
16. **House costs**: Rent is due weekly at the predetermined amount of your signed agreement. Ministry leadership will provide cleaning supplies for the house, a house phone, and some basic food items for newcomers that are within first 14 days of residency. Beyond that, groceries, toiletries and additional wants such as TV/phone/internet services are at the discretion of the resident.
17. **Morning Meditation:** All residents must be up at 5am and present at morning meditation from 5:15 to 5:30, focusing on page 84-88 in the Big Book of AA. Beds

must be made each morning before attending morning meditation and may be subject to check by house manager/leadership.

18. **Relationships:** Wives are encouraged to participate with the husband in recovery. However, contact outside of marriage is prohibited for first 90 days.
19. **Living Arrangement and Term**: This is a sobriety recovery house with the intent of the program to give you the tools to be a responsible, productive member in society. This is not a rental house and should not be entered as such. This is a temporary program with a deep emphasis of Christ centered values, Alcoholics Anonymous steps and teachings, and self reflection and improvement. The goals is to become self sufficient and pass on to the next newcomer as we experience God's grace, mercy and provision in our daily lives. The program can last from 6 month+ but is dependent upon discretion of leadership and resident based on goals, continual steps, milestones and improvement.

Licensor Signature: _____

Licensee Signature: _____

Date: _____