

Path Guidelines

All residents will complete a screening with a staff member or intern prior to being accepted to the residence to deem if they appropriate for independent sober living. The policy of the Path is to provide a safe sober living environment for women who wish to live a life of recovery. Therefore, this screening process is necessary to assure that all the women are working toward the same goal-SOBRIETY. This screening is strictly confidential. Also, GOSSIP IS TOXIC AND WILL NOT BE TOLERATED AT THE PATH!

HOUSE REQUIREMENTS/RULES

WEEKLY 12 STEP MEETINGS/SPONSOR CONTACT

1. At least four 12 step meetings per week-open meetings and breakfast meetings are not included in the (4) meetings they are more for your social enjoyment than for working on your own program)
2. Residents are required to meet in person with a 12 step sponsor at least once a week for a for a minimum of two hours (other than the time they spend at 12 step meetings).

The Program Operator may alter the above schedule, as deemed necessary.

ATTENDANCE-HOUSE MEETINGS/COUNSELOR

1. Attendance is required for all scheduled meetings. We will do our best to schedule the in-house weekly community meeting around everyone's work schedule. However, that is not always possible. The community meeting is important and everyone is expected to be there. If it is impossible for you to attend a scheduled meeting you must inform staff at least 24 hours in advance.
2. If a resident is on the premises and a 12 step meeting is taking place it is expected that they support our in-house meeting.
3. If you are receiving outside counseling it is your responsibility to make and maintain your appointments.

EMERGENCY PHONE NUMBER LIST

All residents need to provide emergency names and numbers for our emergency phone list. It can be a family member, friend, or sponsor to name a few.

CURFEW

1. Sunday through Thursday: Curfew is at 11:00 P.M (if you have a specific purpose)
2. Friday and Saturday: Curfew is 12:00 A.M. (if you have a specific purpose)
3. This can vary depending on work schedule, there needs to be a curfew because this is community living, therefore people coming in and out at any time is disruptive to others. Also, those in early recovery (early recovery can be up to (5) years really have no need to be out after these hours unless there is a specific reason, and they can be discussed with staff). Overnights are allowed but a request must be made in writing at least 24 hours in advance and after (1) month of being in the house.

HOUSE DUTIES

1. Residents will have rotating house duties (independent living skills) All residents are required to cooperate with the staff in the orderly maintenance of the house and grounds.
2. Duties (chores) lists will be provided on Friday morning and as residents you will complete your chore and sign off on the check list provided in each unit.
3. In the event that a resident is unable to perform their chore, it is the resident's responsibility to ask a peer to fill in for her.
4. Each resident is responsible for the cleanliness and neatness of his own sleeping quarters and person. Personal property is allowed in only two Places---on your person or in your room. Do NOT leave anything lying around. You will empty your wastebaskets and all garbage cans DAILY.
5. Each bed will have: A fitted bottom sheet and a top sheet, a blanket, a bedspread, and at least one pillow with pillow case. Bedding is to be washed Bi-WEEKLY. Beds must be made daily.
6. The staff reserves the right to inspect rooms/apartments at any time.
7. Only residents of a certain bedroom are allowed in that bedroom unless all those who reside in that room are present.
8. There are to be no adult males on the premises. This policy will be strictly enforced. This is a woman's residence. There may be occasions when someone moves in and they are being helped by a man to move in, but we will know this in advance. If you have male family members who wish to see where you live please see staff to make special arrangements as well as discuss with roommates. Any males who pick you up or drop you off are to do just that, no sitting around in front in cars.

You are also responsible for daily personal hygiene, another important component of good mental health.

ILLNESS

1. If you are sick it is your responsibility to maintain your health responsibly.
2. If you are home more than 48 hours due to illness, you will be required to see a doctor. Information on medical services is available; any prescriptions brought into the house must be shown to staff.

COMMUNITY AREAS

1. No sleeping is permitted on the community furniture, such as sofas or chairs.
2. Nightwear for sleeping must be worn when sleeping at all times, no one is allowed to sleep in their "birthday suit" or underwear.
3. Cushions are not to be removed from the sofas or chairs.
4. Residents are asked to keep their FEET OFF THE FURNITURE.
5. Residents are asked to turn off lights when not in use.
6. ONLY the staff will adjust the THERMOSTATE. If you are uncomfortable ask a member of the staff to turn the thermostat up or down.
7. If there is suspicion that you have been using, or if staff does a random test you are subject to a breathalyzer or urine drug screen, failure to comply counts as a positive and you will be asked to leave for not complying with program guidelines. (cost of drug screen is \$20.00)

MEDICATIONS

You must inform staff of all medications you are taking, This includes all over the counter drugs, such as, Aspirin, Tylenol, Ointments, Cough Syrups, etc. Some residents have a history of abusing, even over the counter medications; therefore, we need to be aware of all medications in the house.

LAUNDRY FACILITIES

1. Residents will not utilize the laundry machines during any scheduled meetings or activities going on in the basement.
2. No dirty clothes are allowed in the laundry area. This is a walk way to the office and this area needs to be maintained at all times.
3. Clothes must be removed from the machines immediately after the wash/drying cycle(s) have been completed.
4. Residents are not to be hanging around in the laundry room, wait for your laundry in your apartment.
5. Residents will be assigned a laundry day.

TELEPHONES/TELEPHONE SCHEDULE

1. You are allowed to have cell phones, however, since it is community living be sure to turn down your ringer by curfew, so not to disturb others, same for talking on the phone after curfew, please keep your tone down not to disturb others.
2. A phone is available for residents with voicemail. There is a minimal fee for the phone.
3. Messages will be taken for current residents –only. If the requested resident is not in the House, take a Message and put it on the Message Board in the kitchen area. If you answer the telephone, you are responsible for contacting the person or taking the message.
4. DO NOT GIVE ANY INFORMATION OVER THE TELEPHONE REGARDING ANY RESIDENTS'S PAST OR PRESENT. If someone asks if a particular resident is living here and that person is not at home, say "I DON'T KNOW, BUT I WILL TAKE A MESSAGE AND POST IT ON THE MESSAGE BOARD".
5. Personal calls for residents WILL NOT be accepted on the office telephones.

TV/VCR-DVD/STEREOS/SCHEDULE

1. Radios and stereos are allowed in the residents' room but must be kept at a moderate level so as not to disturb the resident's roommates.
2. Radios and stereos will be turned off in the residents' quarters by 11:00 pm
3. No TV's allowed in bedrooms
4. No inappropriate DVD's or Videos allowed ie/ no pornographic materials, any drug related movies must be approved by staff first, since they can trigger some people early in recovery.

Sunday-Thursday: after curfew volume must go down

Friday: No Limitation, however turn the volume down if roommates are sleeping.

Saturday: No Limitation-same as above

Just use good judgment this is community living!

MAIL

Mail will be put in the mailbox by the mail man and retrieved by staff ; no one is to take mail that doesn't belong to you.

GUESTS

1. Residents may have female guests such as sponsors, children, family members to name a few, however, pre-approval from peers necessary. Community meeting is a good place to raise the issue of visitors.

2. No guests are allowed in the client's bedrooms. 3. Starting a new relationship with ANYONE especially those in treatment, in another sober living environment such as The Way Back Inn, Jack Clarks, or Bills Family, Grateful House, Yellow Brick Road, or in our facility (The Path) is not allowed. This can result in your IMMEDIATE discharge.

VEHICLES & PARKING

1. Residents must possess a valid driver's license and automobile insurance as required by Illinois regulations, in order to bring vehicles onto The Path property or to operate a vehicle while a resident. All vehicles must be parked on the street after 9am.

2. Resident must furnish the Business Office with a copy of his driver's license, current registration and vehicle insurance before he will be allowed to keep the vehicle on the premises.

GENERAL: STAFF WILL DETERMINE CONSEQUENCES OF INFRACTIONS OF HOUSE RULES

1. The use or possession of alcohol, illicit drugs or unauthorized medications by clients is forbidden. SUCH USE IS CAUSE FOR IMMEDIATE discharge. Additionally, no illicit drugs or alcohol are allowed on the premises, this too will result in discharge and the police being notified.

2. Weapons (handguns, rifles, mace, fireworks, knives, etc.) or any other object or substance which may be deemed by the Staff to be dangerous or injurious to living creatures or property shall not be permitted on the property of The Path. VIOLATION OF THIS RULE WILL BE CAUSE OF IMMEDIATE DISCHARGE-and the police will be notified.

3. Abusive or profane language will not be tolerated.

4. Smoking is allowed only in the in designated area. There is no smoking in the living areas and bedrooms or outside the doors to the building! This is a non-smoking facility!

5. Residents will ensure that lights will be turned off, TV is turned off and the windows are closed when leaving the building

6. Residents may not install posters or other decorations on the walls without asking house operator or staff first.

7. No money (cash) will be left in the rooms (drawers, clothes, pockets, etc.) We are not responsible for lost or stolen property.

8. The borrowing or lending of money is not permitted.

9. Gambling is not permitted

10. No pornography of any kind is allowed.

11. No mouthwash with alcohol is allowed.
12. Violence or threats of violence will not be tolerated.

If you are arrested or involved in any criminal activity, that comes to the attention of the staff while a resident it is grounds for discharge.

13. What happens or is said in this facility stays in this facility. (Staff does have to inform other residents when a peer relapses and has been asked to leave for the overall safety of the house and each individual resident)

FIRST AID/SANITATION/HOSPITAL

1. First Aid Kit available in each apartment.
2. For any accident involving bleeding, or other bodily fluids such as vomit, urine, etc., individuals attending to the injured/sick individual must use rubber gloves. Any person cleaning the accident area must also wear rubber surgical gloves, use disposable towels and rags. The accident area must be cleaned with hot water and bleach or sanitized. All towels and gloves used to clean the area must be placed in a disposable bag and immediately placed in the Dumpster in the alley.

SANITATION

1. Resident's are urged to wash their hands frequently, especially after using the toilet facilities, and before performing food preparation.
2. Resident's will use soap dispensers in the bathroom and kitchen, or personal soap.
3. No personal feminine products are to be thrown in the toilets. Wrap them up properly and dispose of them properly.

HOSPITALIZATION

1. Resident's requiring emergency treatment should go to the nearest Emergency Room
2. The Path will not assume responsibility for the cost of medical treatment.
3. If you relapse in the house or return to the house under the influence you will not have an opportunity to pack your belongings you will be taken by a staff member to the nearest emergency room where you may stay or have someone come and get you then you may make arrangements after 24 hours to pick up your belongings if you have an outstanding balance it is to be paid prior to getting your belongings.

EMPLOYMENT

1. Residents must be employed full-time, volunteering, or working part-time and going to school or a variety of above. No one is allowed to work as a bartender. Do not even ask!
2. No resident is allowed to just linger around the house all day and night if unemployed. If it is your day off work you are allowed to be home on your days off.

PUBLIC TRANSPORTATION

Toll-free bus and train information for suburbs: 1-800-972-7000

HOLIDAY SCHEDULE Will be posted in advance. Holidays can be a dangerous time, we want to be here for you at this time, therefore we will have guidelines, some of you may choose to use an overnight for a holiday or be on vacation with family, just get it approved in advance so we know you are making healthy choices-You've come too far!!!

Guidelines are subject to change, when you sign your agreement for residence, you agree to these guidelines.