



RAD: Rising Above Disease

Empowerment Housing Orientation Phase

(Please keep this page for future reference.)

Your initial 'orientation phase' of residence in the RAD house is the time to learn everyone's name, learn the house agreements, house chores and overall house operations. It is an opportunity to begin developing the support and structure in your life, and within the house. It is an opportunity to pause, get a new perspective and refocus on better life choices and start making some new habits and routines. The completion of orientation will be approved by at least two members of the staff after you have turned in your completed orientation checklist. Inability to follow the guidelines, rules or house chores can lead to an extension of orientation or discharge from the house. Should you become non-compliant with the employment, recovery participation requirements (sponsor, 12 step meeting attendance, etc.), your individual outside treatment/program requirements or house agreements at any time, you will be returned to orientation until you are once again compliant in that area.

Plan to remain at the RAD House/on property for the first 24 hours.

During the first 24 hours you may leave to go to a 12 step meeting, with staff approval and if accompanied by a staff/volunteer member. You are to return immediately after the meeting. You may also leave to attend any outpatient or medical treatment appointments, with documentation of those appointments. Use this initial 24-hour period to get settled in, meet the residents and begin to make some plans for your job searches and new life routines. RAD staff will be happy to assist you in doing this.

Orientation phase restrictions and expectations:

- You may leave the property only if you are:
 - looking for work, or working
 - going to treatment or 12 step meetings
 - attending to medical needs or legal obligations
 - attending religious services

Your first weekend in the house will be reserved for 12 step meeting attendance and other recovery related activities only. Your sponsor, once you obtain one, can meet with you at the RAD House during the orientation phase. Your sponsor (same gender) is not subject to visiting hours—they may come meet with you at any time.

ANY and ALL other activities that take place off the property must be submitted for staff approval during the orientation phase. This includes, but is not limited to: going out to eat, going to the movies, shopping, tanning/hair/nail appointments, walking around town, going to the gym, etc. The focus of your attention needs to be on the basics of recovery and building a foundation for a new life during this time.

The goals check list below must be completed before you are moved out of the orientation phase: *(you will remain on orientation for 2 weeks, or until all of these goals are completed, whichever comes LAST.)*

1. Obtain and maintain employment. You must maintain a minimum of 24 hours per week to start. You are responsible for letting your employer know that you are unavailable during any outpatient treatment program sessions, house meetings and not after curfew. Complete and provide RAD staff with an employment information sheet and your work schedule. If you are on disability or unable to work, you will need to volunteer at least 20 hours per week. RAD staff can assist with guiding you to a volunteer opportunity.
2. Obtain and maintain a relationship with a 12 step program sponsor. It is suggested that the sponsor have at least 2 years clean/sober, have worked at least the first 3 steps, and is visible in their fellowship (regular meeting attendance, service work, etc.) You must choose a sponsor of the same gender. If needed, you may choose a temporary sponsor while you get acquainted with the members of the 12 step fellowship you are involved with. RAD house staff may not sponsor residents while they are living in the RAD house.
3. Complete a 12-step meeting attendance log. You will be expected to attend 12 step meetings at least once daily and complete a “90 in 90”. The form will indicate which meeting, time/date, chairperson signature and topic of that meeting, with any reflections you had about the meeting. This will be reviewed with RAD staff during our one-on-one check-ins with you at least weekly.
4. Read and comply with the house agreements. You are expected to know and follow the house agreements at all times. Ask RAD staff to clarify anything you do not understand. It is better to ask than to have a misunderstanding that may prevent you from moving out of the orientation phase.

5. You must be current on all rent payments and other fees that may be due to the RAD house.
6. You must have a monthly budget in place that outlines your anticipated income and monthly expenses. RAD staff will review your budget with you, and assist with this process.

Again, orientation phase is to assist you in getting focused and involved in the recovery process, bettering your life skills and gaining structure in your life overall. The limitations and increased structure during orientation are in place to help you accomplish this. The RAD staff will assist you with achieving these goals where possible, however, the successful completion of orientation is up to you and your level of commitment to building this foundation and moving forward.