



WELCOME TO NEW LIFE RECOVERY

Whether you are new to recovery or have been around a while, New Life Recovery Residence would like to welcome you to our program. We operate in what we call a “family” atmosphere, where everyone in our program is part of a recovery community. We may come from different backgrounds and circumstances, but we all share one important thing in common: the desire to live a clean and sober life.

OUR MISSION

At New Life Recovery Residence, our number one mission is to provide a safe, affordable, drug and alcohol-free atmosphere for people dealing with addiction. We aim to help our fellow addicts establish a foundation of recovery in order to live a full, productive, and meaningful life. Our program offers a bridge of accountability between treatment and independence, in a home-style setting.

OUR PHILOSOPHY

We are a twelve-step based program, run by people whose lives have been affected by drug and alcohol addiction. We provide structure, accountability, and recommendations to our members as they undertake their journey through recovery. Our goal is to create an environment that encourages members to develop a solid recovery program and become self-supporting. All members in our program are required to be actively involved in the twelve-step process, which includes regular meeting attendance and working the steps with a sponsor.

However, we believe that recovery should also be fun, and we encourage our members to take advantage of the great fellowship opportunities. We want our members to make the most of their new-found freedom from drugs and alcohol, while simultaneously practicing the tools of recovery. Through the spiritual principles of honesty, open-mindedness, and willingness, we’ve seen our members grow and become successful, productive members of society.

ENTRANCE QUALIFICATIONS

To be considered for admittance into New Life Recovery Residence, each prospective member will be interviewed by phone and must meet the following criteria. Applicants will be chosen on a case-by-case basis.

1. Applicants must consider themselves an addict or alcoholic.
2. Applicants must be at least 18 years old.
3. Applicants must agree to a background check (no violent crimes or sex offenses).
4. Applicants must submit to a drug/alcohol test upon entry.
5. Applicants must commit to a minimum of three months, although longer stays are encouraged.
6. New Life Recovery does not accept applicants that are currently taking Suboxone, Methadone, or any other form of maintenance program.



POLICIES AND PROCEDURES

These guidelines are designed to ensure that clients understand what is expected of them. This is not a complete list of all rules and/or violations that may occur; New Life Recovery Residence asks that clients use common sense and consult staff with any questions that arise during their stay. These policies and procedures are subject to change.

RECOVERY EXPECTATIONS

1. Every member must attend a *minimum* of five twelve-step meetings per week (phase 1 and 2).
2. Every member must join a twelve-step based home group within two weeks of entry.
3. Every member must find and utilize a sponsor in a twelve-step program, within two weeks of entry.
4. Every member must be involved in the twelve-step process *throughout the duration of their stay*.
5. Members are not allowed in bars or clubs, and must receive prior approval to attend concerts.
6. Morning meditation and weekly house meeting is mandatory, unless at work (phase 1 and 2).

ZERO-TOLERANCE POLICIES

1. Relapsing, including abuse of any medications.
2. Failure to submit to drug and alcohol screening.
3. Violence, threats of violence, acts of aggression, or possession of weapons.
4. Committing a crime on OR off property including theft of another member's food.
5. Bigotry of any kind.
6. Sexual activity on property and/or allowing a guest in your bedroom (phase 1 and 2).
7. Knowledge of a member breaking a zero-tolerance policy and failing to inform staff.
8. Willful and purposeful disregard for house rules and/or blatant disrespect towards staff.
9. Allowing anyone else to have, know, or use your personal door code/key.

DRUG/ALCOHOL SCREENS

All members are required to submit to regular drug/alcohol screens. Screening will be conducted a minimum of three times per week, and a positive drug/alcohol screen or refusal to submit to a drug/alcohol screen will result in an immediate discharge. Screening must be completed by 7 PM on the scheduled days, and may be sent to a lab for further analysis. Screening includes prescription/over-the-counter medications, and any abuse of these will result in immediate discharge.

Members must abstain from all mind and mood-altering substances. This includes (but is not limited to) illegal narcotics, alcohol, prescription-drug abuse of any kind, abuse of over-the-counter medications, kava/kratom, inhalants, hallucinogenics, K2/Spice, synthetic mind-altering compounds, CBD oil (or any form of marijuana derivative), kombucha tea, foods containing poppy seeds, etc. This is by no means a complete list of banned substances, and members should ALWAYS defer to management in any matters relating to medications or substances in question.



MEDICAL POLICIES

Every member must meet with New Life's Medical Director upon entrance and periodically throughout their stay to ensure compliance with continuum of care, drug testing requirements, and medication refill/management. Follow up appointments can be made to assist with minor health issues.

Upon intake, members are required to disclose ALL prescription medications they are prescribed. Members must promptly inform staff of ANY change in their medications (including change in dose). Before starting new prescription medications, members must inform staff; this should be done BEFORE filling a new prescription. You must be able to administer your own medications and medications are to be kept in their original containers with the label intact. Medications should ALWAYS be kept out of sight and staff reserves the right to conduct a random pill count, with you present. Abuse of any kind of medication will be considered a relapse.

Certain prescription medications (including scheduled prescription medicines) are NOT allowed at New Life Recovery Residence. The following list is an example of those medications that are not allowed. This is by no means a complete list and staff should be consulted for clarification on specific medications.

1. Suboxone, Methadone, or any other form of maintenance medication.
2. Amphetamines such as Vyvanse, Ritalin, Adderall, etc.
3. Benzodiazepines such as Xanax, Klonopin, Valium, etc.
4. Opioid pain medications such as Percocet, Vicodin, Oxycontin, Tramadol etc.
5. Muscle relaxants such as Soma, Baclofen, Zanaflex, etc.
6. Barbiturates such as Phenobarbital, Secobarbital, etc.
7. Certain prescription sleep aids such as Ambien, Lunesta, etc.

GROUPS AND COUNSELING

New Life Recovery Residence offers several weekly groups for members, conducted by a Certified Substance Abuse Counselor (CSAC). With topics like non-violent communication, conflict resolution, and life skills, groups are focused on issues important to early recovery. These groups are intended to provide members with extra tools and knowledge as they work the twelve-steps, and one-on-one counseling sessions with a CSAC are available to those who wish to sign up. New Life also conducts daily morning meditation meetings and weekly house meetings where clients can share, ask for help, and connect as a group.

PERSONAL BELONGINGS

New Life Recovery Residence is not responsible or liable for client's personal belongings. Valuables such as money, jewelry, and electronics are the client's personal responsibility and should be secured at all times. Members are not permitted to lend personal property/money, gamble, drive each other's vehicles, or enter an unattended bedroom. We have limited storage space for each member, so we suggest packing light and bringing further belongings as needed. For questions relating to specific personal items allowed at New Life Recovery Residence please contact management.



PERSONAL CLEANLINESS AND CHORES

Members are responsible for keeping their rooms neat and orderly. Beds should be made, personal belongings organized, floors clean, clothing put away, etc. NO FOOD will be allowed in any of the bedrooms and there is NO smoking or burning candles/incense inside the houses. Members are required to clean up after themselves in the kitchen, bathroom, and all shared areas of the house; personal items (book bags, keys, phone chargers, etc) should not be left unattended in any common areas. Each member will be assigned a daily house chore and basic personal hygiene is expected.

PHASE SYSTEM

New Life Recovery Residence uses a phase system to allow clients to gradually progress through the program. The goal of the phases is to present members with an opportunity to receive additional privileges as they abide by program guidelines and grow in their recovery. The following is a general guideline of the phases, and privileges may vary on an individual basis.

- Phase 1 - 10:30 pm curfew and no overnight passes for *at least* 30 days. Members may have visitors in the common areas of the house between 10 am and 10 pm. No visitors are allowed in the member's bedroom and no sexual activity is allowed on property.
- Phase 2 - 12 pm curfew and two off-property overnight passes per week with 24 hours prior written approval. Members may have visitors in the common areas of the house between 10 am and 10 pm. No visitors are allowed in the member's bedroom and no sexual activity is allowed on property.
- Phase 3 - Three overnight passes per week. Before an overnight is taken, all managers must be notified via text by 10:30 pm. Members may have visitors in their bedrooms and the daily on-property visitation curfew is extended to 12 am.

RESPECT AND CONSIDERATION

New Life Recovery Residence operates in a "family" atmosphere and clients are expected to be considerate of each other. Excessive noise and disruptive behavior will NOT be tolerated. Members are required to respect other member's personal property, the houses, the neighborhood, and the New Life community. Members are responsible for their visitors and visitors are expected to conduct themselves properly. Failure to meet these basic levels of respect could lead to consequences or discharge.

FINANCIALS

The entrance fee (\$750) and first four weeks of fees (\$700) are due up front to give the members time to find employment and to eventually become self-supporting. New Life will assist members find employment, but they must be willing to take suggestions and put in the leg work. If members are unable to pay on time or the full amount they must communicate with a management as soon as possible to make payment arrangement. We accept Credit/Debit Cards, Cash, Check, and Money Orders. Any fees (including prepaid weekly fees) paid to New Life will not be refunded. **The weekly fee is \$175 due every Friday by 7pm.**