



Welcome to New Life

Whether you are new to recovery or have been around for a while, New Life will probably be a different experience than you've ever had before. We operate in what we call a "family" atmosphere, where everyone in our program is part of a recovery community who may have very different backgrounds & circumstances, but all share one very important thing in common: The need, and desire, to learn to live a clean & sober life.

MISSION STATEMENT

Our number one mission is to provide a safe, affordable, drug & alcohol free Home-Style atmosphere for people where they can establish a foundation of recovery in order to live a productive and meaningful life. The idea is to offer a bridge between treatment and independence.

We are a 12-Step based program that is operated by people whose lives had been shattered by drug and alcohol addiction – only to be transformed through the power of working the 12-Steps. Our program, the structure and accountability we provide, the suggestions and advice we give, are all SUPPORT for the intensive, one-on-one work you will do with a sponsor while taking the 12 Steps.

New Life promotes individual recovery by providing an environment that allows members to develop personalized recovery programs and become self-supporting. We do require all members to become actively involved in the 12-Step process. Although we do not dictate their program to stay clean and sober, we do expect each member to exhibit certain minimal actions which include attendance at 12-Step meetings (AA/NA), getting a sponsor, working the steps and getting involved in recovery related activities.

Learning to live a positive lifestyle is not difficult, nor does it take an extremely long amount of time. What it DOES take, is someone who is willing (has the desire to change), honest (will open up and talk about what's really going on inside you), and open-minded (someone who doesn't think they already have all the answers). If this describes you, then you just may have what it takes to get clean and sober – and stay that way!

New Life is not for everyone. We are not the place for someone who is not 100% serious about long term success. We interview each potential resident and assess their willingness, character, and determine whether or not they will be a good fit for our program. In the event that New Life is not the place for you, then we will give you some referrals to other programs.

Entrance Qualifications

New Life Recovery has several houses for male and female but none of them are co-ed. To be considered for admittance into our program, each prospective member must conduct a phone interview, and meet the following criteria.

1. Must be at least 18 years old.
2. Must be willing to commit to a minimum of 3 months. You may stay longer.
3. Must agree to background check. (no violent crimes or sex offenses)
4. Must consider yourself an addict or alcoholic who needs help staying clean and sober.
5. Must be willing to submit to drug/alcohol test at any time.
6. Applicants are chosen on a case-by-case basis.



Minimum Expectations

Complete abstinence from all mind & mood altering substances. This includes illegal drugs, Kava, alcohol, prescription drugs, or any other substance used to alter your mind or mood. We do drug & alcohol screening 2-3 times per week. We do not accept residents that are taking Suboxone, Subutex or any other maintenance program. We ensure that you will have a safe and sober place to recover, and we discharge immediately with zero tolerance for a failed drug or alcohol screen.

You must be willing to get a "sponsor", which is a person who will guide you through the 12 Steps of recovery. We expect everyone to have a sponsor within 2 weeks of entry. One-on-one work with a sponsor is the most important part of your recovery. We will help you learn what to look for in a sponsor, and assist you in finding one if needed. Active participation in all groups, step-work with your sponsor, and attendance of 12 Step meetings is mandatory.

Attendance of no less than 5 meetings per week is required. New Life strongly suggests 90 meetings in 90 days. There is a weekly house meeting that is also required. There may also be other mandatory meetings, retreats, and functions throughout the year. You will be expected to adjust your schedule to accommodate all required meetings or functions.

Each member is also required to obtain a "home group", which is a meeting that you do service work such as helping to set up chairs, making coffee, and chairing the meeting. We expect everyone to have a home group within 2 weeks of entry.

You must be employed, going to school, or volunteering. Each member must have a minimum of 30 hours per week of work, school, volunteering, IOP, or a combination there of. Even if your fees are being paid by your family or outside resources, you will be required to be productive at New Life. Members are not allowed to work in bars, clubs, concert venues or 3rd shifts. If you are unemployed, you must be out of the house from the hours of 10am to 3pm Monday thru Friday actively searching for employment.

Complete willingness to follow all rules and directions is a must. New Life is a structured living environment that provides all residents with the opportunity to live life to the fullest, while learning to live with structure and accountability. We will discharge anyone who does not follow the rules, for the safety and well being of those who are serious about long term recovery.

Policies and Procedures

ZERO TOLERANCE POLICIES

1. Relapsing or failure to submit to a drug or alcohol test, this includes abuse of prescribe or over the counter medications.
2. Violence, threats of violence, acts of aggression, or possession of weapons.
3. Committing a crime either on or off property (including stealing of food).
4. Bigotry of any kind.
5. Sexual activity on property and/or a visitor in your bedroom. (phase 1 & 2)
6. Knowledge of another member who has broken a Zero Tolerance rule and not informing management.
7. Willful and purposeful disregard for house rules and or blatant disrespect towards management.



RECOVERY EXPECTATIONS

1. A minimum of five (5) 12 step meetings per week.
2. Every member must obtain a home group within 2 weeks of entry.
3. Every member must obtain and utilize a sponsor within 2 weeks of entry.
4. Being actively involved with the 12 step process is mandatory.

Groups/Meetings

New Life offers a variety of groups and meetings for the clients to take part in. These groups are conducted by a Certified Substance Abuse Counselor. We will also help set up further aftercare for clients that need or want it. We have a wide range of referral sources to help our clients. If a client is going to be participating in IOP or Aftercare, we try to set it up before the client arrives so that we have a continued flow of treatment.

We also have daily morning meditation meetings, and weekly house meetings to where the clients can share with the group on how they are doing, ask for help if they are having a hard time, or give gratitude for being clean and sober. This group is very helpful for the clients to “get real” with each other.

Drug & Alcohol Screens

All members are required to submit to drug and alcohol screens. Drug screens will be conducted 3 times per week. A positive drug screen or refusal to submit to a drug screen will result in immediate discharge. Once a member is informed that they are to be tested, they are not allowed to leave the property for any reason. During the test, the member will remain in the presence of the staff at all times. A staff member will witness the test to validate specimen. New Life uses a third party laboratory for all drug and alcohol testing, providing for the most accurate results.

Curfews

Curfews are earned and are not guaranteed. PHASE 1 curfew for the first 30 days is 10:30 PM; you will not receive any overnight passes. PHASE 2 curfew is 12 midnight, 2 overnight passes (with prior approval) are allowed. When overnight passes are being applied for you must fill out the proper paperwork and have it turned in 24 hours in advance of pass. PHASE 3 curfew is 2am and they are allowed 3 overnights per week.

Food

Members are responsible for purchasing their own food. We will assign you cabinet space for dry goods, and the refrigerator/freezer is shared. In a shared living environment, it is an exercise in cooperation and respectfulness to ensure that each person eats only the food they buy. Stealing of food will result in discharge. If the community wishes to have a community meal and purchase food as a group, then everyone should agree on what is to be bought and work together to contribute equally in purchasing, preparation and cleaning up after every meal.

Transportation

You are responsible for your own transportation expenses including work. Transportation to doctor appointments will be provided by New Life. Our houses are located within walking distance of public transportation. Members who want to have their vehicles must be legally able to drive. No other member is allowed to drive your vehicle.



Visitors / Guests

Visitors are allowed on property from 10am to 10 pm only. No visitors are allowed in any of the bedrooms at anytime. You cannot associate with anyone who is actively using or anyone who was discharged from the house for relapsing. Guests are not to be left alone at anytime while on property. You are responsible for your guest's behavior.

Medical Policies

You must be capable of maintaining and administering your own medications. A list of all medications you take will be completed in this packet and kept in your file. If your medications change, you must immediately notify the House Manager. There are certain medications that are not allowed at New Life, and you should speak to the staff if you have any questions regarding medication you are taking. Failed drug screens due to prescribed medications we are not aware of are grounds for immediate discharge. The following medications are not allowed at New Life: **Suboxone, Subutex, Vyvanse, any benzodiazepine, any scheduled medication, Ritalin, any opiate pain medication, and others**. Please ask the staff about any medication you are unsure of. All medication must be taken as prescribed, New Life reserves the right to conduct a random pill count with you present, and any abuse of prescribed medication will be considered a relapse.

Sickness

If you are sick, inform Staff as soon as possible. You are also expected to inform a house manager of any medical appointments prior to the appointment, and provide any requested paperwork after the appointment. This includes dentists, eye doctors, ER visits, etc. You must also inform Staff of any prescribed medication before you fill it.

Personal Belongings

Any valuables such as money, jewelry, stereos, pictures, etc. are the responsibility of the member, and should be secured at all times. New Life is not responsible or liable for your personal belongings. Members are not permitted to share clothing, personal property, loan money to each other, and/or drive another resident's vehicle. We have limited storage space for each resident, so we suggest that you pack as lightly as possible – keeping in mind that you can always go back to get more things if you find you need something. **New Life reserves the right to search all personal belongings including cars and phones**. Any belongings left in a New Life residence after discharge will not be kept for more than 72 hours and will be disposed of at the discretion of New Life staff.

Personal Cleanliness and Chores

You are responsible for keeping your room in a neat and orderly fashion. This means you will keep your bed made, carpets vacuumed, floors swept, and clothing washed and put away. You are required to clean up after yourself in the kitchen, bathroom and all common areas. Please do not leave personal items such as phone chargers, book bags, laptops unattended in common areas. You will be assigned a chore that is expected to be done every day. Normal personal hygiene will be expected.

Respect and Consideration

Members are responsible for being considerate of the rights of other residents. Members are responsible for noise control within their residence. You are responsible for being respectful of the property of other members, other members of the house, the neighborhood, the home itself, and of New Life as a whole.



Additional Guidelines

1. Phase 1 members will have a 10:30 pm curfew and will not have any overnight passes for 30 days.
2. Phase 2 members will have a midnight curfew and may have 2 overnight passes per week.
3. Each member must work, go to school, IOP, or volunteer. (no 3rd shift jobs)
4. No member will be allowed in bars, clubs, or concerts for any reason.
5. Attendance at weekly house meeting is mandatory.
6. No smoking, burning candles or incense in the houses. Smoking is permitted outside only.
7. Each member will be assigned a daily chore, and must keep their personal areas clean.
8. NO FOOD will be allowed in any of the bedrooms.
9. No one is allowed in any other member's room for any reason.
10. Visitors are allowed only between the hours of 10am and 10pm.
11. No sharing of personal property, loaning money, borrowing vehicles or gambling.
12. All medication being taken (prescribed or OTC) must be made known to management.
13. Disruptive behavior that affects the atmosphere in the house will not be tolerated.
14. Failure to pay weekly fees may result in discharge.

These guidelines are designed to ensure that all members understand what is expected of them. This is not a complete list of all the possible rules and or violations that may occur, so please do your part to use common sense when it comes to either doing or not doing something.

Noncompliance with the rules/regulations and/or management's directions will result in corrective action that may include but not limited to house restriction, curfew reductions, essays, or other punitive actions as seen fit by management. Continued rule violation may result in discharge from New Life.

Financial

The entrance fee (\$750) and first four weeks of fees (\$700) are due up front in order to give the members time to find employment and to eventually become self-supporting. New Life will assist members find employment, but the member must be willing to put in the leg work. **The weekly fee is \$175 due every Friday by 7pm.** If you are unable to pay on time or the full amount, you must communicate with a management as soon as possible in order to make payment arrangement. Communication is very important at New Life, we know that times are hard and we are willing to help out as much as we can. We accept Credit/Debit Cards, Cash, Check, and Money Orders. Any fees (including prepaid weekly fees) paid to New Life will not be refunded for any reason.

Cost:

Entrance Fee (nonrefundable)	\$750
<u>First 4 weeks due up front</u>	<u>\$700</u>
Total Due upon entrance	\$1,450



At New Life you will:

- Become a member of a close knit family
- Have the chance to examine all aspects of your life.
- Discover a clear vision of who you are, utilizing the 12 steps of recovery.
- Be able to apply the 12 steps in all areas of your life.
- Learn how to live life on life’s terms, without the use of drugs or alcohol.

What to expect from New Life

- ✓ Structured and supportive environment
- ✓ Access to a Certified Substance Abuse Counselor
- ✓ 12 step focused atmosphere
- ✓ A minimum of 3 drug test per week
- ✓ Weekly house / peer meetings
- ✓ Free long distance phone/cable/wireless internet/house computer
- ✓ Laundry facilities/detergent
- ✓ Employment assistance and professional counseling referrals
- ✓ Centrally located to 12 step meetings, grocery store, and public transportation
- ✓ All amenities provided except for food, personal hygiene, and bedding.
- ✓ All utilities are included

<u>Items you Must Bring</u>	<u>Items you can Bring</u>	<u>Items NOT to Bring</u>
Bed Linen	Laptop	Narcotic Medication
Personal Hygiene	Vehicles (must be legal)	Clothing with alcohol pictures
Towels	Pictures / Posters	Weapons of any kind
Prescription Medicine	Cell Phone / Radio / TV	Mouthwash or meds with alcohol
Form of ID	Recreational Equipment	Things that cannot be replaced
Alarm Clock		
Enough money for food		