



## Resident Expectations

In order to facilitate personal growth, the recovering person must be willing to learn certain responsible behaviors for their recovery journey. The staff at Pathways to a Better Life, LLC, which may be referred to as Pathways, do our best to mentor our residents toward this healthy lifestyle. These expectations are a guideline to help keep Pathways a place of safety, support, and learning for all.

Failure to comply with these expectations may result in discharge or a referral to another level of care.

- Use of mood-altering chemicals/drugs, including alcohol, is not allowed on or off the premises. **Violation of either of these will result in immediate removal from the premises and suspension from the program until your treatment team can meet and develop the most appropriate intervention, up to immediate discharge.**
- Random alcohol and drug screening is standard practice and compliance is necessary for any resident. There is a Drug Screening Consent form for you to sign as this practice is part of your treatment plan. Refusal will be considered a positive result and will lead to discharge from the program.
- Violence or threats of violence (including verbal abuse) to other clients or to staff members will result in discharge. Your right to confidentiality, by Federal and State law, will not protect you when you commit or threaten to commit crimes on Pathways premises or against Pathways personnel. These will be reported to the police.
- Weapons of any kind will not be allowed. This includes but not limited to; knives, bow and arrow, guns of any kind (paint ball, bb/pellet, bullet, blowguns, etc.), and any other instrument that could be used to harm another. You will also be expected to sign a specific acknowledgment based on an understanding that this policy supersedes the Wisconsin Conceal and Carry law.
- Romantic relationships between clients are found to result in poor treatment outcomes and are strongly discouraged and will result in disciplinary action.
- Sexual and romantic relationships with staff members will not be tolerated due to the potential for abuse and are unethical.
- Harassment of any kind (emotional, behavioral, verbal, and sexual) will not be tolerated towards other clients or staff. This also includes attempts to undermine professional and paraprofessional staff by displaying disrespectful behaviors.

- Gambling of any kind is strongly discouraged and may result in disciplinary action.
- It is expected that clients honor the confidentiality and privacy of the other clients. This means not disclosing the identity of fellow clients to others outside of the facility. This includes disclosing information regarding fellow clients within the recovery communities and other personal or social networks.
- It is expected that everyone is considerate and respectful of the rights of fellow clients and staff and that everyone is treated with dignity and respect.
- Clients are strongly encouraged to sign the necessary releases of information to promote continuing care. Best practice service delivery includes outside persons including sponsors, parole and probation agents, child service workers, family members, friends, and anyone else you and your treatment team deems appropriate.
- Each client is expected to follow the program schedule of Pathways. Scheduled programming generally begins at 7:45 a.m. and runs through 5:00 p.m. All residents are expected to be dressed and ready by 7:45a. Programming also includes a minimum of four 12-step meetings a week, including weekends.
- Leaving the facility is not recommended, but does occur from time to time. You must seek prior approval from your counselor (24 hours' notice), sign in and out of the facility, and arrange for transportation.
- If you need transportation for an appointment, you will need to make arrangements with a taxi service, family member or a volunteer. All appointments need to be approved by a counselor with at least 24 hours in advance. Pathways may provide transportation, if available.
- Clients are expected to carry the Pathways office phone number when away from the facility in case of an emergency, to contact staff. Business cards are available from the Administrators or any staff member.
- Each peer will be introduced to a senior peer to help them get acclimated to these expectations and house procedures.
- Smoking is allowed outside in the designated areas only. Cigarette butts are to be disposed in the container provided.
- All medications must be accompanied by the physician's signed order. This includes but is not limited to all over the counter medications, vitamins, cough drops, and pain relievers. All of these are kept in a locked box that is assigned specifically to you. Staff will grant you access to your medications as you need them. While we are not responsible to remind you to take your medications, we do observe and document that we witnessed you taking them. Medications of any kind are not allowed to be kept with you (except under special circumstances), in your room, or anywhere on the site other than your assigned lock box.
- All visitors are encouraged to visit during visitation hours and outside of the programming activities. Visiting hours are Saturdays and Sundays 2:00pm-5:00pm. With respect for the privacy and confidentiality of the other residents, visitation is limited to the designated areas. During the orientation phase, your visitation is limited.

- Please refrain from having visitors in your room. If you require privacy with a family member, please notify your counselor prior to the visit so arrangements can be made.
- Dinner is between 5:00pm-5:30pm. We serve a family style dinner for all residents. If you cannot be here for evening meal, please let the staff and resident responsible for cooking, know that you will be absent. Breakfast and lunch are both self-serve.
- It is expected that you clean up after yourself in both the kitchen and the dining areas.
- You will be involved in cooking groups with other peers during your treatment at Pathways. Learning to plan for and prepare meals is an important living skill and considered part of our programming. In order to meet state regulations, you will be required to log temperatures at various times through the cooking process. You will need to go through a food service training program with our dietary staff in order to learn state regulations that our licensure requires we meet. Part of this expectation is that all food be kept in an airtight container labeled with name of item and date it was opened.
- We prefer all eating and drinking take place in the dining area.
- Personal belongings and rooms may be checked, at any time, by the staff at Pathways, if there is suspicion of contraband or problematic materials. We make every effort to be respectful of your personal belongings during these checks.
- In order to provide safety and security, and to ensure no contraband inadvertently enters the premises, staff will check luggage or packages. Staff will make every effort to do this with respect and with the resident present.
- Residents acknowledge that Metro Drug Canine Unit may do a house search, including assigned areas, at any time, even if you are not present at the time of search.
- A phone is available for resident's private use. Please limit the phone calls to two (2), ten minute personal calls, so that other residents have equal opportunity to utilize the phone. Residents in orientation phase have limited phone access and should check with staff prior to placing a call. We request phone usage be only in the group room or living room. This is for the safety of residents and program integrity due to the potential of engaging in negative behaviors with people who may not support your recovery.
- Personal cell phones are not allowed in this program.
- Personal laptops are not allowed as part of this program. Should a resident need the use of a computer for a job search or recovery related research, a request can be made to a staff and a time may be arranged on a staff computer with supervision.
- Pathways is not responsible for resident's money and valuables. We will supply a lock box placed in the office for those items.
- Residents and staff of Pathways may not purchase goods or services for another client or the facility in general. This includes but is not limited to; cigarettes, soda, laundry items, and or personal gifts. Clients and staff may not lend or give money to other residents.

- Part of programming at Pathways is to learn healthy living skills, and part of that includes keeping your living space clean. There is a chore list completed each week and as a client, you are assigned specific areas of responsibilities throughout the facility during your stay. If you are not aware of the proper cleaning methods for your assigned area, staff is available to assist and instruct you. It is also your responsibility to clean your own bedroom area.
- Please have all chores completed by the end of the day. This allows you to have time for relaxation and mingling with peers prior to bedtime and may enhance your ability to have a more restful sleep.
- All residents are expected to maintain their personal appearance and hygiene.
- For the purpose of hygiene, we request that residents wear footwear at all times when not in your rooms.
- It is appreciated if beds are made daily and your room remains tidy.
- Television and radio devices may be used anytime treatment programming is not in session. The volume on these devices must be kept reasonable and not be disruptive to staff or peers.
- Please be in your room and have lights out at 11:00pm. This allows staff to account for you and reduces any disturbance to other residents.
- When exploring the surrounding grounds, it is asked that residents remain in pairs or a group of three to avoid opposite sex pairs. This is for your safety, and reduces the likelihood of accusations between residents.
- Clients are expected to demonstrate respect for Pathways and its furnishings. This includes, but not limited to; changing bedrooms in any way (for example; nailing into the walls), cleaning up after yourself, and keeping your shoes off the furniture.
- There is a limited storage space available for residents. When you are discharged or asked to leave, you will have 30 days to claim any personal belongings unless other arrangements have been made through your Counselor or the Administrators. After 30 days, belongings will be donated to a non-profit organization. We will not be responsible for lost or stolen items. Medications are an exception and you must take them with you.
- Please remember to keep the laundry room available for staff between the hours of 2:00pm and 4:00pm to maintain items for Pathways.
- Pathways provides a Family Program for a portion of the day each Saturday. We request you to be present even if your family is not there. It is an opportunity for you to understand the family dynamics of addiction and enhance your recovery.
- The counselors and staff of Pathways are well aware of the struggles faced by individuals in early recovery. As such, our counselors and paraprofessional staff are available 24 hours a day for counseling in the event that you need support. Clients are encouraged to use the staff at Pathways for support for ongoing recovery. **WE ARE HERE FOR YOU!**
- At discharge, all items given to the client at admission; bedding, towels, books, pillows, baskets, clock, etc.; must be returned in good condition.

I have read and understand the Client's Expectations of Pathways to a Better Life, LLC in its entirety. I agree to the terms of the agreement, and to abide by the rules and policies set forth by the agreement.

I am aware that any violation of any of these expectations and rules could result in discharge from treatment.

Print Name:

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Signature:

\_\_\_\_\_ Date: \_\_\_\_\_

I accept the forfeiture of my right to possess or carry a concealed weapon on the premises of Pathways to a Better Life, LLC.

Print Name:

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Signature:

\_\_\_\_\_ Date: \_\_\_\_\_

Revised: 10/2016