

SERENITY RECOVERY NETWORK

“SHELTER FROM THE STORM” AGREEMENT

COMPULSION REDUCTION

This program was originally designed to assist prospective residents who were unable, due to their powerlessness over addiction, to maintain the period of abstinence required to enter the Serenity Recovery Network appropriately.

Many individuals who are interested in living at the Angie’s House of Freedom & Miracles or Serenity House show a desire to stop using and state that they are willing to go to any length in doing so; however, because of their compulsion, are unable to remain abstinent on their own accord long enough to follow our interview and screening process.

“Obsession – that fixed idea that takes us back time and time again to our particular drug, or some substitute, to recapture the ease and comfort we once knew.”

“Compulsion – once having started the process with one fix, one pill, or one drink we cannot stop through our own power of will. Because of our physical sensitivity to drugs, we are completely in the grip of a destructive power greater than ourselves.”

Basic Text, Narcotics Anonymous, pg. 84

We concur that, once the obsession to use has presented itself and been acted upon, the compulsion then sets in and the individual remains powerless for at least two to four weeks to stop using and remain abstinent on their own. It is during this time that prospective residents find it most difficult to follow suggestions necessary to enter the Serenity Recovery Network. Since we are truly about assisting others to find life-long recovery, it became necessary to develop a program to help individuals get through this period of compulsion in a safe recovery environment. We call this program...

“SHELTER FROM THE STORM”

This program affords a safe place where addicts/alcoholics (not in need of medical detoxification) can reside while they work through the compulsion of their disease. These are individuals who have demonstrated that, although they are not able to stop using for any significant length of time on their own, do have a sincere desire and strong willingness to do whatever it takes.

As it has proven to also serve as an excellent foundation for new residents, everyone who enters the Serenity Recovery Network will begin their residency in the *“Shelter from the Storm”* (SFS) program. The duration of the program is based on individual need - typically between two and four weeks. During this time, residents agree to abide by the following policies:

1. SFS residents will attend NA/AA meetings daily with prior staff approval.
2. SFS residents will attend both Morning and Evening Meditation as scheduled.
3. SFS residents will sign-out on the resident sign-out / sign-in board any time they leave the property for any reason giving specific information as to time out, location, and estimated time in. Residents in SFS need to have staff approval anytime leaving the property other than to a recovery meeting with other residents.
4. SFS residents will get a sponsor and begin working the first step with that sponsor immediately.
5. SFS residents will commence reading the first 103 pages of the NA Basic Text and/or the first 164 Pages of the AA Big Book.
6. SFS residents will journal daily in a journal given upon arrival, and commence documentation of meetings attended daily.
7. SFS residents will absolutely not drive a vehicle. This means no driving. There will be no need, as rides to meetings are easy – all you have to do is ask (but ask early). Getting to work is also not a problem as you will not be working during the SFS program. However, if you are admitted to the program while currently employed, a compromise will be considered.
8. Sponsors are encouraged to visit with prior staff approval. SFS residents will not have any other visits with anyone without staff approval at least 24 hours in advance.
9. SFS residents will be up and dressed “ready to go” no later than 8:30 am, with beds made, rooms clean, and chores completed prior to Morning Meditation.
10. SFS residents will have access to the house telephone, between morning and evening meditation. There will be no access to personal cell phones or laptops for SFS residents. The expectation is that SFS residents will spend most of their day in the common area of the house – not “hiding out” in bedrooms.
11. SFS residents will respect one another and notify staff if there are any personal issues in regards to themselves or others. This is a very dangerous time for all residents in this program. Please allow your humility to show by working on your honesty and trust especially with the staff. This is so we can help you to the best of all our collective ability.
12. While in SFS, Serenity Recovery Network policies need to be complied with in full. Please become aware of all policies, including the chore policy. Do not feel or believe that you understand the implications of each of these policies without asking staff. If you are not entirely sure, please ask. There are no excuses for violating any policy after an explanation has been given.

Resident - Angie’s House of Freedom & Miracles / Serenity House

Date

Director - Angie’s House of Freedom & Miracles / Serenity House

Date