Center for Community Engagement at Chestnut Health Systems

RECOVERY HOME SAMPLE RULES

Recovery homes provide structure and support for individuals with substance misuse disorders while they transition to independent, sober living. Recovery homes should have rules in place that encourage safety, accountability, and long-term sobriety. The National Alliance for Recovery Residences (NARR) requires certified homes to keep documented house rules.

Here are some examples of common recovery home rules:

- **Zero-Tolerance Policy:** No drugs, alcohol, or substances allowed
  - Drug testing may be required
  - What is banned? Illegal drugs, alcohol, medicine without a prescription, and any substance prone to misuse
  - Prescribed medications must be documented and properly stored
- **Curfews and Schedules:** Residents must follow set curfews and daily activities
- **Rent and Bills:** Residents need to manage their finances and pay rent
- **Household Chores:** Residents must help with cleaning and maintenance tasks
- **Recovery Meetings:** Residents must regularly attend recovery programs such as 12-Step or SMART Recovery
- **Conflict Resolution:** Residents will follow procedures for resolving disputes among residents
- **Work or School:** Residents are required to take part in employment, education, or training
- **Personal Growth:** Residents should focus on life skills, goal-setting, and wellness activities
- **Relapse Protocol:** There should be steps in place to address relapses while keeping up community safety

Disclaimer: These sample rules are provided for informational and educational purposes only and do not constitute legal advice, regulatory guidance, or a substitute for professional consultation. Recovery residences should adapt these rules to meet their specific program needs and comply with all applicable federal, state, and local laws. These are key rules to keep in mind when starting a recovery home, and the next page provides an example of Sample Sober Living House Rules that can be signed by Sober Living House residents

Sample Sober Living House Rules/Contract:

General House Rules: By signing this form and initialing by these rules, you indicate your understanding and agreement to follow these rules. Your success and continued presence in this environment are determined by your consistent cooperation and good choices. By signing this form, you agree to be courteous and completely avoid contact with illicit drugs and/or alcohol. Please initial beside each statement to indicate your willingness to follow these rules.

__ Consuming or possessing alcohol in any form is prohibited

__ Using or possessing illicit drugs in any form is prohibited

__ Lying, cheating, and/or stealing will result in immediate dismissal from the house

__ Residents are required to submit to a drug or alcohol test at any time. A failure or refusal to provide a sample will be treated the same as a positive test result and will result in dismissal from the house.

__ Residents must maintain a working relationship with a Sponsor.

__ Residents must be employed or go to school. Residents must actively seek employment if they become unemployed or are not enrolled in school.

__ Behavior such as sponsorship, employment, dating, etc., between residents is prohibited

__ Smoking inside the home is prohibited. You must smoke at designated areas only. This is a smoke free residence.

__ Residents are responsible for their personal belongings and items.

__ Disruptive behavior, including profanity and slurs, will result in dismissal after warnings

__ Overnight guests are not allowed

__ Guests are only permitted at the house before curfew and are only allowed in designated common areas

__ Guests cannot be in possession of or under the influence of illicit drugs and/or alcohol

__ Residents must abide by curfew: 6:00pm every night for the first 30 days. All others must be in by 10:00pm Sunday through Thursday and 11:00pm Friday and Saturday. Failure to return to the house on time will result in dismissal.

__ No shouting or loud noises such as music at any time

__ House Meetings are held weekly at a time determined by the House Manager. These meetings are mandatory for each resident

__ Residents may not enter any bedroom but their own

__ Chores are required to be completed daily

__ Keep your area neat, clean, and picked up at all times. This includes making your bed in the morning.

__ No pets are allowed in the home except for Service Animals

__Turn off lights, TVs, radios, fans, etc., when not in use

__ Residents must wear appropriate dress in common areas at all times

__ Residents or guests may not sleep in common areas of the house

__ Residents' medications must be managed in accordance with the residence's medication policy

__ Weapons (knives, guns, tasers, brass knuckles, ammunition, etc.) are not permitted at any time. These items (plus any others that House Managers deem dangerous) are subject to removal upon being found. Weapons found will be turned over to the police

Resident Name: _____

Signature: _____

Date: _____

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