

## **River of Hope House**

**503-250-4852**

**Non-Profit Organization**

Tax id # 83-1609058

**Hope House**

(Milwaukie)

**Joy House**

(West Linn)

### **CONTRACT/RULES**

This is a recovery house. God has called us to love & help his people.  
With that comes healthy boundaries/rules

This is not just a sober living house. It's a Christ centered recovery house. If you are willing to admit your wrongs & willing to face them & allow God to change you through the help of others by being accountable, then this house might be for you.

#### **What we are providing**

Safety & accountability. Relational Healing, Spiritual Development, and Maturity

#### **Expectations:**

**Honesty Open Mindedness & Willingness.** That's HOW it works.

\*Honest about our brokenness & our need for help. Honest about our past & present. And about our need for God.

\*Open mindedness – allowing input & direction from others. Practicing humility. Allowing God to speak. Looking in the mirror – spiritually, emotionally, mentally & physically.

\*Willingness – is a quality that comes from brokenness & is essential to recovery. Accepting suggestions, accountability & actions.

**Prayer & meditation** in the morning. Starting our day with God. Asking for his direction. His will Not mine. Pausing when agitated thru-out the day & turning to God. And thanking him at night.

**Admitting** our powerlessness. Asking for God's help and accepting it.

**Sponsor is required** – weekly or bi-monthly meetings including working the 12 steps, and when done with the steps asking for other assignments.

**Mentor** is highly recommended – ask if you need help finding one.

**4 meetings a week.** Which can include Sunday church service, recovery meetings, & issue specific classes. However, you must have at least two meeting that are your specific issue. For example, if you are an alcoholic or addict then AA or NA meeting is required or a Christian 12 step recovery. Meeting with your sponsor, mentor, and one on one's with management can count as a meeting if they consist of 45 minutes or longer.

**Housework** – Picking up after yourself in consideration of others. Cleaning up the kitchen after cooking, putting dishes in the dishwasher, leaving any room you use as clean or cleaner that it was before you used it. We also assign weekly chores that need to be done before our weekly house meeting, failure to do so will result in having two chores the following week.

Monthly house guest **dues \$475 - \$575 a month for a single room** due by the 1st of each month. There is a \$35 late fee if not paid by the 10<sup>th</sup>.

**Limited TV time.** Don't spend too much time watching tv/movies or games. Recovery is the priority. However, there is a place & time for rest & entertainment.

**Avoid isolating** in your bedroom for long periods of time. We are learning to thrive in community.

We will have some evening meals together as it works out with everyone's schedules.

Weekly **house meetings** are at \_\_\_\_\_ This does not count as one of the 4 weekly meetings.

As a courtesy & accountability – keep us informed of your whereabouts when you're not home.

**Curfew** – 11pm Sunday – Thursday and Midnight Friday and Saturday. Please communicate with the house manager if you are going to be late or working past curfew. If you are working swing or graveyard, please discuss with house manager.

**Visitors** – All visitors must be cleared with manager. Who and how long (hours of visitation). Visitors are only allowed in the common areas.

**Prescription Drugs** – Please let us know if you are taking any prescription drugs. Name and amount. Keep all medications put away and do not share them with anybody. If you need to be on any Narcotics you must be accountable with your sponsor and house manager.

Clean & Sober is an essential part of living in this home. **If relapse happens** there will be 3 nights out of the house. During your three out you must contact Dave or Cheryl to complete a relapse prevention plan. Upon return we will UA you and if it is clean you may stay; however, we will decide on an individual basis whether you stay and continue recovery or if it's time for your departure.

AA recommends **no new relationships** for the 1st year of sobriety. We believe this is really important so no relationships for the 1st year of sobriety while living here. After a year - no overnights. Either here or there. We are trying to honor God with this house and that doesn't. If you fall and want help in this area just ask. We've made these mistakes and would like to help you avoid them.

After a year if you find yourself in a relationship then they are only allowed at the house 3 days a week for up to 3 hours each time.

To be clear – honoring God means if you're not married no sex.

**Goals setting** – quarterly or monthly with designated person.

**Bi-monthly check in meetings** with Dave, Cheryl, or house manager.

**Disruptive behavior** will be grounds for immediate dismissal. Disruptive behavior such as: Violence or threat, verbally or physically, "chronic" bad attitude, destruction of house property, possession of weapons, refusal to provide a drug/alcohol test, Not informing

management when you know another member is using drugs or alcohol, and refusal to pay monthly dues or is constantly late on payment.

No stealing or lying.

No methadone, Adderall, or Ativan.

For each failure to follow any of these rules there will be verbal/written warning by the house manager.

Three strikes and you're out. Warnings expire after a year.

We have the right to perform random drug & alcohol tests.

Rooms are subject to inspections at any time.

Length of stay: up to 2 years.

For anyone on disability or those that are retired, or not working for long periods of time, there will be a required number of hours for community service work. The number of hours will be discussed with Dave &/or Cheryl.

There is no storage except your room. After you leave if any of your stuff is left at the house after 30 days it will be packed up and donated, this includes cars which will be towed.

These are the house rules & if you choose to not follow them, then you have decided that you are living in the wrong house. We will discuss your departure.

There is a 90-day trial period. If you are a good fit, then you will stay but if we feel that it's not working you will be asked to leave (no explanation is required).

By signing this, I agree that I have read and understand these rules and expectations. I have had the opportunity to ask questions and have my questions answered. I agree to abide by these expectations and understand that these expectations are fluid and are subject to change.

Member signature \_\_\_\_\_ Date \_\_\_\_\_

Contact info; Phone # and Email address: \_\_\_\_\_

Staff signature \_\_\_\_\_ Date \_\_\_\_\_

11/12/2022