

 Humble House Recovery

Recovery housing and coaching for men

 ***Humility Strength Unity***

Welcome to Humble House

“The attainment of greater humility is the foundation principle of each of the 12 steps. For without some degree of humility, no alcoholic/addict can stay clean and sober.” “The goal is to help them discover a chink in the walls their ego has built, through which the light of reason can shine through.” “Breach the walls of ego”

**Our mission:** To inspire hope, willingness, and enthusiasm towards recovery in a sober, safe, and comfortable atmosphere where residents can continue to foster their humility, strength, and new relationships.

 The transition from active addiction or treatment into a new life of recovery is often times the most vulnerable time in recovery. This is a time when we build a foundation that hopefully is strong enough to carry us into long-term recovery. Its what we at Humble House like to call “The Tunnel of Weirdness”. It is filled with so many feelings, emotions, and experiences. Often times new, weird and uncomfortable. Living with a group that is also going through the same things helps normalize those feelings and provides immense support. Since recovery is a “WE” operation we believe this is crucial to long-term success.

“Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure” AA 12&12 pg. 77

Living in a home with many and varied personalities can be challenging. But it will add to the brick and mortar of your foundation. It gives us time to forge new and healthy friendships based in something other than using. In a quality sober living home, one continues to build new habits and strengthen life skills, with the goal of creating or returning to a fulfilling and productive life. Humble House wants to give you time to continue working on stabilizing your recovery in a safe environment with supportive people. The ability to live life on a daily basis without drugs or alcohol may seem scary, but a quality sober living home is designed to help us learn and practice the principles and tools learned in a 12 step program. The support and structure of a sober environment allows the resident’s a safe haven to experience and share the feelings and emotions that go along with early recovery. Many times, even after inpatient drug or alcohol rehab has been successfully completed, extra time and support are needed to step back into the daily routine of life. The statistics say a large percentage of addicts who go through inpatient care without a solid aftercare plan will relapse back into addiction. Support for recovery in a solid sober living home can strongly decrease the odds of relapse and highly increase long-term success. Recovery homes provide an extra helping hand needed by many. It frees them from the grip of drugs or alcohol, while providing an environment that enables the person to put the principles of a sober life into action as they build a new life. While we want to help, there are some things you need to know and rules you will need to follow:

* SEARCH if the staff deems necessary, your room and personal belongings may be searched for alcohol, drugs, or other contraband.
* DRUG TESTING is mandatory. Upon request for a urinalysis, you will be given one hour to complete this task. If UA is not completed within the allotted amount of time the resident will be asked to leave immediately. If the results are positive or the Guest refuses the test, the person will be immediately discharged. No refund of rent will be given for any violation of policies.
* CURFEW is at 10 p.m. Sunday-Thursday and 11pm Friday and Saturday for all new residents in their first 30 days of occupancy. After 30 day curfew review, you curfew will be extended to; 11pm Sunday -Thursday and 1am Friday and Saturday nights. These times are only allowed if you remain in good standing with all house rules which includes being current with rent. Call if you are running late and ask 2 days in advance for an extension.
* OVERNIGHTS require a request 48 hours in advance and/or at the house meeting, and having an approval from the house manager or program director. All residents may request an overnight pass after being at the Humble House for at least 30 days, a two-day pass after 60 days. Guest must be compliant with all other requirements for approval. Guests must take a urine at their cost ($10) on return.
* HOUSE MEETING is each week on Monday at 9:30 pm. No exceptions. You are expected to be at the meeting. Any infractions will result in consequences and possible behavioral contract or discharge. All violations will be noted. Our House Meetings are CLOSED meetings. Only members of HH are not allowed.
* INTAKE FEE is $390.00 – this includes a $90.00 non-refundable deposit and your 1st and last weeks rent of $150.00 per week. Rent is $150.00 per week thereafter; any late rent payments will have a $20.00 late fee added. Rent is due Fridays. A prorate of $25 a day will be used when needed.
* HOUSE CONSTANTS We want a house to run efficiently and we all have rules to follow in life, like them or not. We ask that you respect everyone in the house, the property itself and our surrounding neighbors. Please be mindful of noise and cleanliness. Show respect to all. We practice a good neighbor policy.
* DEPOSITS will not be returned if Guest is asked to leave for rule any violation. Personal items left behind for 3 days after vacating will be considered abandoned and will be disposed of. Guests must take their belongings when they’re discharged, unless they are under the influence, then they can arrange a time for pick up
* GOOD NEIGHBOR-Be considerate of the neighbors and your house mates. The volume of television, music and your voices need to be considered at all times, especially between 9pm and 6am. This includes inside or outside the property. Keep all doors and windows locked. Your personal belongings are NOT covered by insurance.
* Humble House will not be responsible for any lost or stolen items. When leaving the House, Please turn off any fans, lights, televisions, and radios etc. since excessive power bills could potentially force higher rental fees for you or a fine.
* CHORES - Chore list will rotate every week at the house meeting and your assigned chore must be done every Monday and Thursday by 10pm: fines will be imposed if not completed. If you ask someone to cover you are still responsible.
* SMOKING/VAPING inside the House is **not permitted**. Ashtrays are provided on the back porch and need to be cleaned daily. No littering of cigarette butts on or near property.
* Attitude of Gratitude is required. Dishonesty, undermining or attitude of negativity towards; house managers, rules, or other house mates, and enabling are grounds for immediate discharge. Enabling another house mate to break a rule may have the same consequences as breaking the rule. All guests must follow house rules, you are responsible for anyone you have over.
* Transportation is the Resident’s responsibility. The house manager will determine parking. **You may not wash or vacuum out vehicles on site.** Possession of a vehicle is prohibited without tags, a valid driver’s license and insurance policy.
* All guests must be employed, actively seeking employment, or attending school within the first 30 days of occupancy. If guest is not employed full time (35 hours or more per week) or a full time student, he will then be asked to seek full time employment from 9am-4pm Mon-Friday and be out side the house during that time. You are encouraged to utilize the library and social services career center.
* VIOLENCE OR THREATS OF VIOLENCE directed at you, another person or Humble House property is grounds for immediate termination. In addition, any language or gestures determined by a manager to be consistently negative, abusive or threatening may be grounds for termination. It is expected that tenants will not engage in enabling behavior. Enabling is defined as helping another house member break rules, to supply with the means, knowledge, or opportunity; make able to skirt around, bend or break the rules. Illegal activities are not condoned by Humble House and are grounds for termination and prosecution.
* BATHROOMS Bathroom time must be kept to a minimum. be mindful of the other men in the House! Bathrooms are to be used in your areas of the house only. Toiletries will not be left in the bathroom; you must carry your personal items with you when you shower. If you leave your personal items in the bathroom a $10.00 fine will be added to your rent if these rules are broken. DO NOT USE any other razor but your own.
* BEDROOMS You are not allowed alone in another bedroom besides your own. Only the Director, House Manager and house mates who live in that bedroom are allowed in that bedroom. Beds must be made unless you are in it. There will be random bedroom checks for cleanliness. Female guest are NOT allowed. Rooms need to be cleaned weekly i.e. trash empty, vacuumed, and dusted. Make your bed as soon as you get up and keep your clothes, shoes, toiletries and other belongings organized. Rooms need to be tidy at all times.
* GUESTS – Male guest or Family are allowed in the common areas of the house ONLY, they are never permitted in the Guests bedrooms at any time. They may visit Monday – Friday.
* LAUNDRY ROOM Laundry time; please be mindful of keeping your loads within reason. Your clothes should be completely out of the laundry area when you are done, and the laundry area free of your trash. There will be a $10.00 fine added to your rent if these rules are broken. ¬ Only use cold water for laundry and wash loads that are full (but not overly stuffed) Clean up after yourself.
* KITCHEN Each guest will be assigned a cabinet for storage of there food. Refrigerator and freezer space will be shared. Under no circumstances are you to take or “borrow” food from another guest cabinet. Dishes and appliances are provided for your use – please be mindful of this amenity and care for them properly. When you are using the kitchen clean up after yourself meaning: wash your dishes, put all food away, and also wipe down counters and stove and microwave once done. DISHWASHER IS NOT TO BE USED! There will be a $10.00 fine added to your rent if these rules are broken. ¬ Clean up after yourself. Wash your dishes immediately in order to prevent roaches and other insect problems. Place garbage bags in the garbage containers outside. Trash pick-up is every week, day is on the board. **No cooking oils, or grease down the drains.** Let it cool and empty into a water bottle and place it in the trash.
* FURNITURE You are not allowed to remove or move any furniture or fixtures from the House or from room to room. Do not bring any of your furniture in the House; you will be supplied with furniture. All items in the House or hanging on the walls are Humble House property. You may bring family pictures or recovery items only. These items are allowed ONLY in freestanding frames or on the corkboard provided for each guest. No wall hangings allowed. Ask the House Manager if you want to donate something to the House with the understanding that the item stays after you move out. No changes, improvements, decorations or repairs are to be made to any part of the property without the manager’s approval.
* RECOVERY Meetings are required 7 days a week for 30 days and a minimum of five times per week after that if your in compliance. Residents must get a slip signed for 90 days and then with permission can stop. The slips must be signed by the secretary of that meeting, (NO OTHER HOUSE MATES CAN SIGN YOUR MEETING SLIP). You must have a sponsor, home group and service position at your HG. You must be working the 12 steps in any fellowship you choose with a sponsor. Each guest will have 30 days to be actively working the steps with a sponsor, have a home group, and service position at said home group. If a resident is non-compliant with these requirements after 30 days at Humble House their curfew will be at 10 pm Sunday-Thursday and 11pm on weekends, and they will not be advanced to the next curfew level. Also they will continue to go to a meeting daily. This is a requirement for each house and if there is a healthy alternative is must be discussed with your assigned House Manager and the Program Director. ¬ You must stick to your recovery plan and attend any scheduled appointments i.e. IOP, probation, drug court. This also includes twelve step meetings.
* HOLIDAYS All house rules and requirements are to be followed (this includes 12 step meetings) during all holidays.
* MEDICATIONS Prescriptions are allowed only if they are prescribed to you by a doctor and are taken as prescribed. Residents are responsible for taking care of their own prescribed medications. Humble House will not administer medications, but must be notified that they are on the property. All guests are expected to provide an accurate accounting of the medications they bring into the House. All medications must be listed on Tenant Medication Record with other pertinent information. At any time a manager deems necessary, medications may be counted to confirm the accuracy of dosages taken. Any changes in the dosage must be confirmed in writing to the House manager from the issuing doctor. Do not leave medications out where they are in the open or unprotected. You are responsible for the control of your medications and any deviations are considered abuse. Abuse of medications will be considered a relapse and you will be terminated from HH. You may not consume anything nor bring to the property anything that contains alcohol, including but not limited to, over the counter medications and mouth wash. The use of any unauthorized mood-altering chemical is not allowed, either on or off the premises. Continuous sobriety is necessary for Guests of Humble House. Should a guest resume usage, he will be terminated immediately from residency. If you think another guest has been drinking or using drugs, inform your House manager so that he can confront the person in a sensitive way and appropriate action can be taken. Anonymity will be respected. USE THE LOCK BOXES FOR MEDS
* PHONES and DOOR Please answer the phone by saying “Hello”. Do not give out any information to the caller or let the guest in. After thoroughly looking for the person being called or requested, if he is not home, take a message. Write the message and post it on the board in the kitchen, and include date, time, who the call or visitor was for, the caller or visitors name, and phone number. Info for the house should be referred to the Director.
* FINEABLE OFFENSES/ DISSMISSABLE OFFENSES ¬ If the following rules are broken you are subject to a $10.00 fine and or unsuccessful discharge for repeated insubordination: Breaking curfew. Entering another resident’s room unaccompanied by individual of the room. Eating another guests food, “borrowing” or taking a fellow house mates belongings. (Guests who are successfully or unsuccessfully discharged have the consent to come back to retrieve their belongings within a 72 hour period but must notify house manager. If it is found that a remaining guest has removed or consumed discharged residents food, taken any of their belongings, or tampered with residents belongings, said guest will be IMMEDIATELY DISCHARGED. If assigned chore is not done by assigned time on the assigned day, you will be issued a $10.00 fine and the chore still must be completed if fine is issued. Bedrooms must be tidy at all times, there will be room checks regularly- (bed must be made, personal belongings organized etc.) if your bedroom is not in compliance with these standards you will be issued a fine. Repeated insubordination of requests by your house manager or Director will result in fine. Eating in bedroom or living room will result in a fine. Leaving personal belongings in any area other than your room will result in fine.
* RELAPSE If a house mate experiences or facilitates (any improper drug abuse) or relapse they will be terminated and re-entry determined on an individual basis. Prepaid rent monies will not be returned if the individual was asked to leave for rule violation or relapse. The use of any unauthorized mood-altering chemical is not allowed, either on or off the premises. Continuous sobriety is necessary for house mates of Humble House. Should a person resume usage, they will be terminated immediately from the program. If you think another house mate has been drinking or using drugs, inform your House manager so that he can confront the person, and appropriate action can be taken. Anonymity will be respected.
* CHANGE -You must be open to change! House rules aren’t meant to be broken or bent to fill the needs of the residents. Manager may at any time add, change or alter rules from this form. Life is not always a matter of black and white we will have gray areas. It can be tempting to see rules, regulations and expectations as restrictive or punishing, but like any of the new tools you’ve been learning in recovery, you should know that when we make a point to work with it, not against it, we benefit from personal growth. It would be impossible to list every rule or situation, so some common sense must be used. Understand, this is community living and the community comes first. Any group of people living together requires organization and team work in order for the House to function smoothly. Many of the rules relate to these kinds of household details. In addition, and more importantly, each of there rules has a similar "rule/benefit" in the outside world of work, family, life, etc. Breaking any of these rules will result in a review and possible discharge from Humble House and termination of your program agreement.
* Humble House Recovery Program Agreement:

You are a guest in the Humble House Recovery Program and are expected to abide by confidentiality and anonymity of peers. What is said in Humble House stays in the House. Guest are expected to be responsible, respectful and considerate of all housemates and the community at all times. Guests are strongly encouraged to exhibit an honest, open and willing attitude. Humble House is not responsible for any wrongdoing by me (signing guest) and is not liable for my actions. I have read and understand the house guidelines and agree to abide by all of them. I also understand that any violations of them may be cause for IMMEDIATE discharge from the Humble House and waive any right to a refund or eviction laws, in order to protect other Humble House other guests and their recovery.

House Manager only-

I understand that although I am accepting the house manager position, all the same rules and regulation of Humble House apply. I understand I am still a guest and not a tenant. As house manager you will be provided a private room, free rent and a cable box for your room. This is in exchange for general supervision of the home, welfare of your fellow guests and other duties as assigned. I understand this is a privilege and can be revoked any time for breaking rules at which time you would become a normal resident, change rooms and pay rent of $150 weekly or for severe infractions may be discharged immediately. I have read and agree to all of the rules.

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

Emergency contact name and number

Humble House appointed signer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Humble House Position; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_