

Resident Handbook

Common Ground Sober House

A Sober Living Community

Why Sober Living?

1. Peer led living holds every resident accountable. Building your community also helps you avoid loneliness in recovery, provides access to healthy people, and connects you with others when you eventually live elsewhere.
2. An environment designed for wellness. Some people who suffer from substance use issues often lived in a home or neighborhood that contributed to addiction triggers; other individuals simply needed a haven from the stressors that compounded issues which led to addiction. A sober living home provides the mental, emotional, and physical stability to make recovery more complete.
3. Time to adjust. The transition from inpatient treatment to sober living provides stepping-stones to engagement with the real world, including considering prospects of employment, education, and other aspects of renewed purpose and direction. This step allows plenty of time to understand and embrace a new way of living.
4. Developing new behaviors and resources. You will learn to direct your life without substances, which requires patience, coping skills, accountability, responsibilities and support networks. These individual tools of self-care allow you to heal from within.
5. Learn how to live on your own. Sober homes are communal spaces, and they are designed to run somewhat like a family home. That means people who live in these homes are expected to handle chores. You may be asked to clean the kitchen, the bathrooms, or the main living space, in addition to lawn duties or garbage duties. These tasks can help you to stay connected to the home and these are life skills that are to enable healthy living. They can help you remember the rhythms involved with keeping a house up and running.

Sober Living Rules

1. This is a clean and sober facility – drug and alcohol use are strictly prohibited. Any violation of this rule could be cause for immediate eviction.
2. Potential residents must have attained a minimum of (30) days clean and sober prior to move in, unless otherwise approved.
3. All residents are required to submit to random drug and alcohol screening upon residency and at any time upon request. Refusal to provide UA or breathalyzer may result in immediate eviction.
4. If drug or alcohol use is suspected, it will be investigated. A house meeting may be called. If confirmed, it may result in immediate eviction.
5. Common Ground Sober House reserves the right to conduct random, unannounced room and home inspections. Discovery of illicit substances or contraband may result in immediate eviction.
6. Contraband items include, but are not limited to drugs, drug paraphernalia, alcohol, weapons of any kind (guns, knives, bows, etc.), drug-related material (clothing, pictures, etc.), and any material that is rude or offensive.
 - a) Medical THC - a prescription card must be provided. No flower/herb form will be allowed. Using your medical marijuana must occur OFF OF THE PROPERTY as this can be a significant trigger for other sober house residents.
7. Communal living is easier when everyone makes a commitment to get along. Disruptive behavior is not tolerated. Any behavior which is deemed by staff to be detrimental to the serenity and recovery of any resident is strictly prohibited. These acts include, but are not limited to verbal threats, sexual harassment, physical violence, destruction

of property and/or intimidation of any manner. Any such acts are grounds for immediate eviction.

8. Residents must enroll and attend IOP (intensive outpatient treatment) at Common Ground to be eligible for residency at the sober house. IOP groups consist of 15 hours per week. The goal is that once the 3 months are complete, the resident will have had enough time to gain employment and the financial ability to move to their own housing, while continuing IOP for support.

*Outpatient groups will continue after you step down from the sober house.

*Extension requests will be staffed on an individual basis. A working recovery program is required.

9. Quiet time is all of the time. No loud music or noise.

10. Residents must meet with a Peer Recovery Specialist, individually, a minimum of two times per week.

11. Curfew is 10pm. Residents requesting to be out past curfew or to have an overnight pass must hand in a pass and be approved, ahead of time. If a pass is approved and the resident is gone for more than 1 day, resident must check in with a Peer Recovery Specialist daily via a phone call, until resident returns. Residents must sign a release of information for the individual's home that the resident is requesting an overnight pass for. Residents must provide a UA prior to leaving and at return of pass. All weekend overnight passes must be turned into your PRS Staff by Wednesday by the end of your group time.

12. 2 suitcases of possessions are allowed at any given time per resident. Additional belongings will not be accepted.

*You may be asked to store belongings elsewhere if you exceed the space provided.

13. Daily and weekly chores are assigned and must be completed in order to remain a resident.

14. Common Ground Sober House is not responsible for lost or stolen property. If you have anything of significant value, do not keep it here (electronics, jewelry, excess cash, etc.). Theft is not tolerated. This offense may result in immediate eviction.

15. Any household items that are broken or damaged by a resident must be replaced. Damage to building structures, equipment or appliances must be done by a professional that has been authorized by the staff and paid for by the resident.

16. Attendance at the weekly house meeting is mandatory, unless you have been excused by the staff hosting the meeting. Maintaining a communal living space involves communication, and we implement open communication through the use of house meetings. Meetings like this can help you learn how to solve conflicts with the people you live with, and that could help you to live better with your family or roommates when you move out.

17. All visitors must have at least (30) days clean and sober or have no previous issues with substance use. All visitors must be pre-approved by staff and only allowed in common areas. All clients must notify staff within 24 hours of a visitor, and must be approved or denied by PRS staff. No overnight guests allowed. Guests are allowed between 10am and 8pm. Be respectful of other residents.

18. All residents must attain authorization from staff and complete all required paperwork before they will be allowed to bring a vehicle on-site. Drivers must have a valid driver's license and the vehicle must have current registration and insurance listed under the resident's name. Parking is only permitted in designated parking areas. **No parking in driveway spaces.** Any garage space is to be used for staff purposes only.

19. No overnight sleeping in common areas. (I.E. Couch in the living room)

20. The kitchen must always be kept neat and clean. Clean up after yourself and put things back where they belong. Wash, dry and put away your dishes immediately and wipe down all surface areas. Do not store cooked/prepared food in plates, cups and pots/pans. All food stored in the fridge must be in a Ziploc or Tupperware container.

21. Common areas (living room, dining room, bathrooms) should always be kept neat and clean. Do not rearrange furniture in the common areas without staff approval. No additional furniture is allowed in communal areas or bedrooms.
22. If laundry is available at your location it must be removed from clothes from the washer and dryer as soon as it is finished, and cleaned up the lint bin and all clothing.
23. You are responsible for forwarding your mail once you leave Common Ground Sober House. Mail for past residents will be held for a maximum of (7) days then returned to sender.
24. Personal items left by evicted or past residents will be held for a maximum of (60) days then donated to the local thrift store. Emergency contacts will be notified if items are left behind. Residents are responsible for making arrangements with the staff in advance for the pick-up of their personal belongings.
25. Good relations are to be maintained with our neighbors. Do not enter any neighbor's property. Any potential disputes should be immediately reported to the staff.
26. Do not put holes in the walls. Use command strips for hanging objects on walls.
27. Fire and Emergency Safety plans will be reviewed upon lease signing. All residents will be required to participate in fire and emergency drills. Always practice safe habits. Be aware of fire exit locations and how to use them for all emergencies. Smoke only in the designated outdoor area and use the designated receptacle.
28. Garbage carts must be placed at the curb before 6 a.m. on the day of garbage pick-up. Lids on carts must be closed. Carts must be placed with the handle facing the house. All garbage must be bagged and tied to prevent garbage from littering the streets. Carts must be placed at least 4 feet from any obstruction (parked cars, utility poles, mailboxes, recycling bins or snowbanks). Carts must be removed from the curb within 24 hours of collection.
29. Residents may not add or in any way change locks or keying.
30. Residents may not remove batteries from smoke detectors or in any other way disarm them. Contact staff if there is an issue with any detector.
31. Please be conservative with water and electricity. Shut off lights when leaving rooms, turn off fans when not in use and check faucets for leaks.
32. In any emergency case, call a staff member immediately. Submit all non-emergency maintenance requests to the house peer recovery specialist or care coordinator.
33. No pets allowed at any time.
34. Any client with a sexual offense will not be admitted into the Sober House as part of community requirements in this area. Predatory offenses are not sexual offenses.
35. All medications can be kept within client rooms at Rochester and Red Wing sober homes. Winona sober community is required to turn in all narcotic medications only, all other prescribed medications can be kept within rooms. Winona sober house narcotics will be distributed daily and on weekends. All medications are subject to be counted at any time, as requested by staff.
 - a) Suboxone and Methadone prescriptions will be managed over the medication counter at Winona sober house. Rochester and Red Wing will be provided a lock-box for their Suboxone and Methadone prescriptions. These prescriptions are to be used as prescribed and only by the prescribed person - if this is not followed, the client is subject to immediate eviction.
 - b) The use of Nyquil, CBD or any other Cannabinoid, Kratom can show positive results on a drug screen. It is your responsibility to know what you ingest, and to not ingest anything that is not yours or you aren't

sure what it is exactly.

36. Residents in violation of any house rule may be subject to immediate eviction.

Additional Information

1. We are a sober home. We are not a rental property. Residents of our homes should understand they are signing a “sober house contract”, not a typical “lease agreement”. Each resident will have a private or semi-private bedroom and shared bathroom.

2. What to bring. Residents are responsible for purchasing and cooking their own food. The home is partially furnished meaning cookware, dishes, beds, bedding, nightstands, dressers, living room and dining room furniture are provided. Residents should bring pillows, toiletries, laundry supplies, food, towels, clothing, a limited number of personal belongings, and a smart tv, laptop, or tablet if you want to stream tv (using your own account). The Internet is provided.

*GRH Funded home in Red Wing & Winona will provide food, laundry supplies and toiletries for the residents.

*Rochester locations will have a TV provided with cable, in each room.

245B.181 Subd. 2 BILL OF RIGHTS

An individual living in a sober home has the right to:

- 1) Have access to an environment that supports recovery;
- 2) Have access to an environment that is safe and free from alcohol and other illicit drugs or substances;
- 3) Be free from physical and verbal abuse, neglect, financial exploitation, and all forms of maltreatment covered under the Vulnerable Adults Act, sections 626.557 to 626.5572;
- 4) Be treated with dignity and respect and to have personal property treated with respect;
- 5) Have personal, financial, and medical information kept private and to be advised of the sober home’s policies and procedures regarding disclosure of such information;
- 6) Access, while living in the residence, to other community-based support services as needed;
- 7) Be referred to appropriate services upon leaving the residence, if necessary;
- 8) Retain personal property that does not jeopardize safety or health;
- 9) Assert these rights personally or have them asserted by the individual’s representative or by anyone on behalf of the individual without retaliation;
- 10) Be provided with the name, address, and telephone number of the ombudsman for mental health, substance use disorder, and developmental disabilities and information about the right to file a complaint;
- 11) Be fully informed of these rights and responsibilities, as well as program policies and procedures; and
- 12) Not be required to perform services for the residence that are not included in the usual expectations for all residents.

ACKNOWLEDGEMENT

I have read the handbook and I do hereby agree to comply with the rules listed above and understand all that is expected of me during my residency at Common Ground Sober House. I understand that my move-out date is set and must be abided by. I have been provided with a Client Bill of Rights.

Resident Signature

Date

Staff Signature

Date