



Program Rules and Accountability

Program Rules

Mood- or Mind-Altering Substances

1. **Possession or use of any mood or mind-altering substances is strictly prohibited.** This includes, but is not limited to, prescription medications not disclosed at intake, stimulants, opiates, designer drugs, tranquilizers, benzodiazepines, kratom, cannabis, synthetic narcotics or any synthetic drug, controlled substances, muscle relaxers, laxatives, and diuretics (unless prescribed), dietary or herbal supplements, sleep aids (unless prescribed), and alcohol. **The Lighthouse reserves the right to update this list at any time.**
2. All residents will be alcohol and/or drug screened before acceptance and must participate in random alcohol and/or drug screenings weekly. Drug screening is covered under Client insurance. **Refusal to submit to random alcohol and/or drug screens will result in immediate dismissal from The Lighthouse.**
3. A Client's person along with personal items are subject to search upon acceptance to the program and any time deemed necessary while participating in our program.
4. Room checks will occur at the discretion of the staff. Residents will not be allowed in the room until the room check is complete. All personal items are subject to search during room checks.

Prohibited items

1. Weapons to include firearms of any kind, pocket knives, etc
2. Torches
3. Any over-the-counter item that contains any % of Alcohol in the first 5 ingredients.
4. Cold medicine that contains DM
5. The following energy drinks are prohibited : C4, Red Line,

Residence Rules

1. Clients are not allowed to be in a bedroom that they do not reside in under any circumstance. **Violation of this rule will result in 25 pages.**
2. Employment must be maintained, be in phase 2, and drop the 5th step with your sponsor in order to have one's own vehicle for transportation. In the event employment is terminated for any reason, you must be actively seeking employment to maintain vehicle privileges; if not, the car needs to be parked at the main building and keys turned in to staff.
3. The dishes you use are your responsibility if you leave them in the sink it **will result in 5 pages.** If you throw your dishes away you will be responsible for replacing them.
4. Clients of the Lighthouse will not be permitted to have relationships with other participants in the program.
5. Couples are currently not accepted into the program. In the event a relationship is discovered one of the participants could be discharged from the program.

Behavior Strike System

1. **Clients will be placed on Strike 2 for Relapse or a positive drug screen**
 - a. Client will be placed on strike 2 which includes a 30-day setback or a restart of the program and cell phone will be turned in for 2 weeks.
 - b. If placed on strike 2 due to a relapse phone will be turned in for 30 days.
 - c. Client may be sent to a detox facility depending on the substance used and medical needs.
 - d. Client may be discharged from the program if there are multiple positive drug screens.
 - e. Client has the right to request a follow-up drug screen at the Client expense from an outside Drug Testing agency.
2. **Clients can be placed on Strike 2 for various major offenses**
 - a. Strike 2 includes a minimum of 2-week property restriction and up to an amount of time designated by TLH administration, writing learning experiences, depending on offenses, and phones can be taken at the discretion of TLH staff for a time determined by TLH staff.
 - b. Additional restrictions and learning experiences can be added or altered at the discretion of TLH administration.
3. **Clients can be placed on a Strike 1 for various minor offenses**
 - a. Strike 1 includes 1 week of property restriction and writing learning experiences
 - b. additional restrictions and items can be added or altered at the discretion of the TLH administration,

Hygiene and Dress Code

1. **Personal hygiene** is a **MUST** in communal living and in life.
2. Residents are required to bathe **AT LEAST once daily**.
3. Residents **MUST** do their **laundry once a week** and must transition items out of the washer and dryer within a reasonable amount of time for the next client to be able to utilize it.
4. Each resident is **allowed 7 changes of clothing**.
5. All residents are expected to dress appropriately for community living as well as in public. Dress code standards are set by staff and are subject to change at their discretion.
6. **Footwear and full clothing MUST** always be worn outside of bedrooms and showering.
7. Any **clothing or footwear that has a foul odor** must be washed immediately or kept outside.

Visitors

1. **In your first 14 days**, absolutely no visitation will be scheduled.
2. **A completed Visit request form must be completed and turned in by Thursday by night meditation** and then upon authorized staff approval a decision will be made on a case-by-case basis.
3. **Visitation:** Visitors are **allowed in houses between 1 p.m. and 6 p.m. on Saturday and Sunday ONLY**. During these times, the visitor is allowed a 2-hour visit. Cannot have visitation congruent with passes.
4. Visitors are not allowed in bedrooms and cannot be under the influence of any drugs or alcohol nor can they have a strong odor of recent use of any drugs or alcohol. Also, they may not transport any drugs or alcohol onto any property of The Lighthouse Sober Living; this could result in the termination of the client and prosecution of the visitor involved.
5. **Sexual relations are unacceptable at The Lighthouse or its surrounding areas.**
6. **Visitors can drop off items outside of visitation hours with staff or leadership approval.**
7. **Yelling, arguing, or any other form of disruption with a visitor will result** in the loss of visitation privileges.

Tobacco, Smoking, and Vaping Products

1. **Smoking, Vaping, and Dipping including spitless tobacco** is permitted outside ONLY. Absolutely no use of any tobacco or vape product in the houses or the main facility of The Lighthouse Sober Living. If violated **will result in an automatic 25 pages.**
2. **Cigarette butts are to be dispensed in ashtrays.** DO NOT THROW BUTTS ON THE GROUND. If violated will result in an automatic 25 pages.
3. **Spit cups or bottles** MUST be used outside while dipping. No spitters in the houses or main facilities of The Lighthouse Sober Living. If violated will result in an automatic 25 pages.

Good Neighbor

1. Smoking in designated areas only (back of the residences)
2. **No lewd or offensive language** that neighbors can hear
3. Yards are to be kept up and free of trash and debris to include cigarette butts.
4. Park in designated parking only, not on the street or in the yard.
5. Be mindful of noise levels to not disturb neighbors; this includes loud music in cars or from the residence.
6. **Do not loiter** at local businesses or around other people's properties.
7. Abide by all city ordinances.
8. **DO NOT ENGAGE** IN ANY NEIGHBORHOOD DISPUTES CALL THE PROGRAM MANAGER FOR ASSISTANCE.

Zero Tolerance

1. **Weapons of any kind are not permitted.** Work knives are exempt.
2. **Illegal activity of any form is NOT permitted.**
3. **Theft of any kind**, no matter how small, will result in dismissal and possible prosecution.
4. **Violence, threats (joking or serious), or harassment/bullying will not be tolerated towards other clients or our staff.**
5. **Possession of illegal drugs**, medications not prescribed to you, narcotics or alcohol is prohibited. This includes food and hygiene items containing alcohol.
6. **Not taking prescribed medications as prescribed on the bottle.**
7. **Sexual relations of any kind with a resident, visitor, or stranger on the Lighthouse property will result in discharge.**