

House Rules

1. Alcohol and Drugs and Abstinence Requirement

Isuarsivik is alcohol and drug recovery center where all residents are required to abstain from using alcohol and or drugs while being resident of Isuarsivik. There is a ZERO tolerance to alcohol and or drugs use (mind altering drugs) while being in Isuarsivik program. Participants using mind altering will be discharged immediately from the program, including one's possession and offering and soliciting drugs to anyone.

2. Unacceptable behavior

- Participants fighting or destroying property will be discharged from the program.
- Sexual relations and sexual harassment between residents and staff will not be tolerated.
- Verbal threats, physical violence, swearing at other residents and or staff will not be tolerated.

Dismissal from the results from above-mentioned unacceptable behavior will be immediately dealt with. There will be warnings but if there is no immediate change in their behavior "instant" dismissal will occur.

INSTANT DISMISSAL CAN BE TAKEN ANY TIME DURING THE PROGRAM BY THE ISUARASIVIK TEAM.

3. Behavior Guidelines

- Participants are to remain within the boundaries of Isuarsivik at all times, except when accompanied by staff or on day pass.
- They do not visit other resident's bedroom without an invitation. Visiting and chatting takes place in the living room, outside deck and dining room, not in bedroom.
- All valuables and monies in excess of \$20.00 should be turned to the administration for safekeeping. They will be returned to you upon request.
- Participants are responsible for all your personal belongings and effects. Any items left behind when you leave will be disposed of (normally after 30 days. Isuarsivik accepts no liability or responsibility for the personal belongings and effects of participants or visitors.
- Gambling is not allowed.
- Running or soft soled shoes are to be worn in the gymnasium and shoes, slippers or sandals must be worn at all times when indoors.
- Appropriate clothing is mandatory and reflects respect – no halter tops, bare midriffs, muscle shirts, short shorts (inseam 3" above knees), see through or ripped clothing, logos promoting alcohol or drugs etc. Spandex shorts or pants must be worn with a long shirt. No sleepwear outside of your bedroom
- Absolutely NO videos are to be brought in from outside without approval by the counselors.

4. Telephone calls

- You are permitted one phone call to your family the day you arrive to let them know you have arrived safely. Phone calls are permitted every day for 15 minutes per person. Telephone schedule is from 4:15pm to 10:00pm.
- Telephones are available for residents, again phone calls are limited to 15 minutes in order to provide all residents have a chance to use it.
- Calling cards must be used for long distance calls. Collect calls are not accepted for participants.
- Participants will not be called out of session at any time of the day to answer a telephone call. Staff will take messages and distribute them after the program each day.
- Staff are not authorized to acknowledge the present or absence of any participants, and will not pass along messages if the person calling does not know the person is in the program.

5. Schedule

- Participants are to be up by 7:00am in the morning during the week and up by 8:30am on the week-ends.
- TV will be turned off by 10:30pm and bedtime is 11:00pm from Sundays to Thursdays.
- On Fridays and Saturdays nights, unless there is a program in the morning, the TV will be turned off by 12:30am and bedtime is 1:00am.
- Participants are accountable and responsible for attending all program sessions, AA meetings on time – on week-days and weekends.
- Participants out on a pass must return by 9:00pm.
- Radios and the TV are not to be turned on until 6:00pm, or until all chores are completed. Volume to be moderate at all times. All personal music devices, iPods, iPhones etc. and are to be returned to the administration at 10:00pm for safe keeping.

6. Health and safety

- Smoking is not allowed anywhere in the building. Smoking is allowed only outside the building, there is a smoking shack out back. Participants are not allowed to smoke on the deck facing the day care center.
- Participants are expected to keep themselves clean. Regular bathing/showering is required and laundry facilities are available for washing clothes. Participants are to wash their bedding at least once every week.
- Use the bed they are assigned to and no other. Participants are responsible for making their own bed and keeping their sleep area clean, they are also responsible to keep the area they use in the washrooms clean.
- There will be no horseplay, running or swearing anywhere, in the building or outside.
- Due to high incidences of communicable diseases please do not share cigarettes, pop or anything that can pass along germs by mouth.

7. Chores

- Participants are required to do their assigned chores every day. They are to change their chores every week, no one is to do the same chore all the time.
- It is strongly recommended participants help someone when they complete their chores early.
- It is everyone's responsibility to wash their own snack dishes. If a participant has a snack, please wash it and put it away.

8. Visitors

- Visitors will be asked to show a staff member what they are bringing to the center for residents. Bags will be searched, and unauthorized items removed.
- Visitors are allowed only in the designated visiting areas (living room, dining room and on the outside front deck and are prohibited to enter the participant's bedrooms.
- Anyone under the influence of alcohol or drugs is not allowed in the Center. They will be asked to leave the premises.
- Sexual relations between participants and visitors is prohibited.
- Participants are responsible for their visitors by letting them know the House Rules.

9. Passes

- Passes are not time off, they are part of the recovery program, an opportunity to try out, explore and experience healthier choices in the community. When you come back, you can share your success stories.
- Passes are not an automatic RIGHT. Passes are a PRIVILEGE and will only be given if participants attend all sessions, do their chores on a timely basis and demonstrate progress in their recovery.
- It will be up to the clinical supervisor and the executive director to see who will get the day passes.
- We strongly recommend that you do not attend places that promote the use of drinking, drugs or gambling.