



The Program Welcome!

The following are our rules and guidelines for our MtSM Transformational Living. This is what will be expected of you if you choose to live in one of our homes.

Getting Started:

The first seven days -

Take this opportunity to get accustomed to the home and the other participants. Learn the program, the daily schedule and chores. Work with the MtSM Leadership to write a custom plan for success that fits your individual needs, wants and desires and a strategy on how to accomplish those plans. You may not leave the property unless going to a meeting, church or essential appointment, and you must be accompanied by a staff member or approved resident.

First month -

Attend weekly one-on-one meetings with MtSM Leadership.
Attend weekly house meetings & devotionals.
Look for a personal Christian mentor to meet with weekly.
Start looking for a church to connect with. Attend a weekly service.
Attend two 12-step or Self Help meetings a week.

After the first 30 days you will sit down with the MtSM & House Leadership to discuss if this program is working for you.

Do you want to stay?

Is this a good fit?

Are you willingly participating in the program?

This is the time for both parties to decide if continuing on is in your best interest.

Remember our goal is to launch you to success at the end of this program. If you are not comfortable or willing, this may not be the place for you.

Day to Day:

Morning devotions - All house residents will gather together for a short devotional to start the day. (Exceptions made if it interferes with work or school schedule)

Weekly house meetings - Day and time to be determined.

What's going on in the house? Are there any problems or issues that need to be dealt with?

Group devotional - Every resident will take turns bringing a devotion to the meeting. It can be a study, a reading, a song, or a verse or scripture that has impacted their life.

Drug testing - Random or if there is suspected use of drugs or alcohol.
Three times a week a residents name will be selected at random to test.

Curfew -

Everyone must be in by 10:00pm Sunday - Thursday. Mid-night - Friday & Saturday.
Quiet time begins at 10:00.

Cigarette Smoking -

Smoking is allowed only in designated area, this includes vaping.

Same rules apply to chewing tobacco.

*Tobacco use is another addiction and while you are in our program it is our hearts desire for you to quit using tobacco. However, we realize that this is something that you and God will work out together.

Moving In:

When you have been accepted into our program a move in time will be agreed upon.

What to bring -

Space is limited so bring only what you need such as clothes, shoes and personal items.

You will be sharing a room so keep that in mind as you prepare to come.

If you are just coming from jail, prison or rehab and do not have clothing, personal items, or hygiene products, we will assist you with obtaining these things.

Meals -

Each resident is responsible for their own meals. At some point it would be nice if the house is able to establish family dinners one night a week.

Picking up after yourself is a must. Do not leave dirty dishes laying around or in the sink.

Leave the area just as you found it or better.

Visiting -

No personal visits allowed during the first thirty days of entering the program.

Visitors are not allowed in bedrooms but must stay in general living areas.

There will be no overnight visits allowed in the MtSM home. Guests are subjected to UA's if there is suspicion of drug use. All visitors must be sober and abide by house rules and values.

During Phase 1 of our Program, participants are not allowed to be gone overnight.
During Phase 2 and 3 of the Program two nights a week are allowed overnight passes.
You cannot miss the weekly House Meeting, so overnights should be planned around this time. UA's will be required upon return from overnight visits.

Children -

We are not set up to allow children to live in our MtSM Transitional Homes at this time. If you have visiting times set up by a court we will do our best to help accommodate or arrange for you to spend this time with your children. We are in support of family reconciliation and healing and realize how important this is to you and your children.

Meetings

Connect Night & MtSM Quarterly Classes

Residents will be expected to attend these events unless their scholar work schedules does not allow it.

AA/NA/CA/CR

Twice a week for Phase One. At least one a week for Phase Two and Three.

Rent & Program Fees

A \$200.00 non-refundable deposit is required to move in.

\$400.00 for a shared room.

If a potential resident has no funding or financing available to them, MtSM may grant this new resident one month free rent and bypass deposit requirement as they establish themselves and find employment. Each situation will be independently reviewed.

Rent is due on the first of each month. If a resident is moving in mid-month, adjustments will be made.

Chores & Contributions:

Bedrooms -

You and your roommate are required to keep your rooms clean. Make your bed daily, vacuum once a week, put your things where they belong.

Bathrooms -

Clean up after yourself. Each resident will be on a rotating schedule for cleaning the bathroom; tub, toilet, sink and floors.

Kitchen Duty and Living Room -

Daily picking up after yourself is part of the program. Do not leave your personal things laying around in the common living area.

Each resident will be on a rotating schedule for cleaning the kitchen: counters, sinks and floors.

Laundry -

Machines are made available to you for free. First come first serve basis.

Be mindful to not leave your laundry unattended or left in the machines for an extended amount of time. Finish what you started.

Washer and dryer are available to MtSM residents only.

Outdoors -

Seasonal maintenance will be expected by each participant and chore list prepared by the House Leadership.

Phone and Cable:

There will be a land line.

Residents will be allowed to have a cell phone.

The house will have internet but not cable.

We do have a DVD player in the house for you to use. We encourage you to choose your movies wisely. We do not want to restrict movies. We want to empower you to choose movies that are appropriate and life giving to you and to others in the house.

With that being said however, we will not allow pornographic or horror movies or other movies with obscene themes.

Vehicles:

If you have a valid driver's license and insurance you can bring your vehicle to the home. The car must be maintained and car tabs and insurance must be current. No none working vehicles will be allowed.

Safety:

Outside doors are locked at 10:00pm.

No weapons, fireworks, or firearms allowed on property.

There is a zero-tolerance for drugs and alcohol.

No narcotic pain medications are allowed unless prescribed by a DR for a major surgery or situation.

Marijuana is not allowed in any form, i.e. smoking, pill form or in food.

If you are required to temporarily take medication for illness or other reasons, such as a surgery, please relay this to the House Leadership.

Choose over the counter medication wisely. If you fail a random drug test this will require you to go before the House Board and termination of residency could be at stake.

No candles in the house.

Bedrooms are not locked.

MtSM is not responsible for lost or stolen items.

You are responsible for the safety of your items. However we will do our best to ensure each of our homes are safe for you and your things. Residents can purchase renter's insurance at their own expense.

Accountability:

The House Board - consists of one member of the MtSM Transitional Housing Advisory Board, one member of the MtSM Leadership, and two house residents.

You are responsible for YOU.

We empower you and encourage you to make decisions that honor you and God first and foremost in your life.

Each participant is required to meet with the MtSM Leadership one-on-one every week for Phase 1 & 2.

You are also accountable to find a personal, Christian mentor.

You share a room, so therefore you are accountable to your roommate.

It is our job and duty to maintain a substance free and safe home for all of our participants. If you violate our substance free policy this will require you to go before the House Board. They will make the decision as to the consequence of your behavior and choices. You may be asked to leave immediately depending on you and your attitude and willingness to change. We understand that sometimes mistakes are made and we will show grace when grace is needed. However, this does not give permission to go and sin knowingly with the idea that you will be able to get away with it.

This is a sober-living transitional home and you are NOT covered under the WA State Landlord Tenant Laws.

Therefore if your residency is terminated you must leave immediately.

Conflict:

We recognize that living in "community" can be difficult. Part of the healing process is learning how to live in peace with our neighbors, and working out our conflicts with respect and honor.

In this life you will have trouble, that is a fact. We must all learn to get along.

Disruptive behavior will not be tolerated. This includes physical or verbal aggression towards a resident or staff member.

How to settle one-on-one personality conflict with another resident.

1. Go to that person directly. Kindly state the truth of how the behavior is affecting you and state the changes you would like to see. This is a sit-down meeting. No personal attacks or sarcasm allowed.
2. If that does not work, ask for a mediated conversation with another person and one of the House Leadership.

For other conflicts, you will have opportunity to discuss issues at your weekly meetings with the MtSM Leadership. Together you can come up with different strategies and techniques to help you process through these problems.

It is our goal to teach and empower you to be able to handle tough, life issues without becoming triggered and angry.

The weekly house meetings will also give opportunity for working out community issues.

Finally:

By signing below you are agreeing to live in one of our MtSM Transformation Homes. This means you also agree to live by our rules and guidelines outlined in this pamphlet. You are agreeing to live life sober and with respect and honor for God, for yourself, the other residents and the staff.

You agree to abide by decisions made by the staff when it comes to discipline and consequences.

If asked to leave, you will leave immediately.

Confidentiality of other house members and staff will be respected.

Signing below says you have read this pamphlet completely through with a staff member and that you understand everything in it and what will be required of you to live in this home.

Resident signature: _____

Date: _____

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