

## WELCOME TO ELLIS SOBER HOUSE FOR MEN

Ellis Sober House for Men is a traditional sober house located in Milford and East Haven, CT where residents can live and learn how to recover from alcohol or substance abuse. Our house provides a clean sober living environment which will help them on their road to recovery.

In any group of individuals, there must be standards for behavior and expectations for participation. At Ellis Sober House, these standards are based on practical needs. We want to help you build self-respect, foster self-discipline, and become a part of a recovery-based community. Establishing a chemical-free community life with other residents is essential.

At Ellis Sober House, you are responsible for your own treatment and recovery. We are here for you every step of the way holding you accountable. You will become part of a community with other recovering people where cooperation and consideration for others are cornerstones of the program.

Foundations of our program include consistent employment, volunteering, or education in a recovery safe environment; building a trusting relationship with a Sponsor; and adherence to our Program Guidelines. ESH standards promote self-discipline, which is required for full acceptance of any 12-Step program. These standards are essential to your health, safety, and welfare. They are not to be viewed as disciplinary or punitive measures.

We sincerely want you to be an active participant in your own recovery process. There is one goal at ESH - RECOVERY. Do not try to change the program; work on changing yourself.

Sincerely,

*Nicole Fournaris*

CEO/President

Any male 18 and over is eligible for admission if the applicant agrees to and meets the following

criteria:

- o No sex offenders, violent crimes, or arson charges/convictions.

- o Not currently using Suboxone, Methadone, K2, Spice, or any other controlled substance, including but not limited to, CBD oil, diet pills, or “bath salts.”

- o Ellis Sober House requires residents come directly from a chemical dependency treatment facility or have had at least 30 days clean and sober from any mind-altering chemical.

- o Is in recovery and wants to live in a community with others for the purpose of remaining clean and sober by practicing a 12-Step way of life.

- o The ability to pay the admission fees and weekly rent(due each Friday end of

day).

- o You agree to work, volunteer, and/or enroll in school options

- o Must attend at least 5 AA/NA meetings a week, obtain a sponsor, and work your individual 12-Step program of recovery.

- o Must do daily chores every Sunday and share in the tasks of community clean

up.

- o Must accept curfew policy, which depends on which phase you are on.

- o Understands violation of our zero-tolerance policy will result in immediate dismissal. O

Must understand that we are at any time allowed to not renew your weekly commitment.

## **FINANCIAL RESPONSIBILITY**

- There is a non-refundable \$400.00 entry fee. Residents are to pay \$200.00 per week for shared rooms and \$240.00 per week for a single room. Milford beach house location is \$225 per week for the beach view.

- Derby House location is \$280 per week.

- Entry fee and First payment are due on admission. Residents are responsible to give at least 1 weeks' notice if they are planning on leaving.

- Entrance fee is non-refundable and due upon admission. Weekly rent is due each Friday by end of day. Acceptable forms of payment include: cash, check, or money order, Venmo.

- If weekly rent is not paid before end of day Friday, you will be contacted. If we do not hear from you

before curfew, we will be obligated to fill your bed and remove your personal belongings from the room. You will have 3 days to recover your items before they become ESH Property.

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- Residents who relapse are asked to leave ESH immediately and will not be reimbursed any funds. (We encourage you to go into a 30 day rehab immediately)

### **ZERO-TOLERANCE POLICY**

Violation of any of the following will result in immediate dismissal from ESH:

- Violence or threats of violence
- Weapons of any kind
- Stealing of any kind
- Bullying of any kind
- Sexual harassment
- Racial or sexual slurs
- Destruction of property
- Use or possession of drugs, alcohol and/or banned substances on or off property • Sexual relations or intimate bodily contact with another ESH resident, staff member or volunteer • Sex in ESH house is not permitted (Zero Tolerance)
- Abuse of over the counter or prescription medication
- Smoking, vaping, lighting candles, or incense inside the house. No smoking or vaping in the houses are permitted. Smoking is only permitted in the designated smoking areas.
- Refusal to give a urine screen or Breathalyzer
- Repeated rule violation

### **MANDATORY 12-STEP AND RECOVERY MEETINGS**

- All Residents must attend a minimum of Five 12-Step meetings per week
- Residents must obtain a sponsor, verified by the House Manager, within 4 weeks of

admission. • Working a 12-Step program is mandatory and non-negotiable.

- Residents are required to record 12-Step meeting attendance on the Master Meeting Sheet, located in the house.

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- There is a Mandatory house meeting every Sunday. Meeting times will be provided by the house manager.

### **DRUG AND ALCOHOL TESTING**

- Use of alcohol, drugs or banned substances will result in immediate dismissal. Banned substances include, but are not limited to, Suboxone, Methadone, K2/Spice, any designer drug or controlled substance, CBD in any form, Valerian Root, Kava Kava, diet pills, and bath salts.

- If you are asked to submit a urine analysis (UA) or Breathalyzer (BA) you must stay on the property until the test is completed.

- Refusal to give a urine screen or Breathalyzer will result in immediate dismissal. • Tests are conducted at random on a daily basis.

- When returning from an overnight pass or extended curfew, it is resident's responsibility to contact the manager on duty and submit a UA and BA.

- If you suspect another resident of using drugs/alcohol, it is your responsibility to report this matter immediately to staff. Knowledge of others using mood-altering chemicals and not notifying staff can result in a discharge from the program.

- Anyone dismissed from the program will not be permitted to return with the exception of picking up personal belongings. This must be done within three (3) days of dismissal or the belongings will become the property of ESH.

### **SAFETY**

- In case of a true emergency, call 911 and then notify the manager on duty (house phone available).

- Safety is the primary concern at ESH; therefore, any suspicious activities should be reported to the manager on duty immediately.

- Fire extinguishers are located in the house. Please familiarize yourself with their locations.

- Do not share razors or cut each other's hair. This is for your own protection from infectious diseases transmitted through blood-borne pathogens.

- No smoking, burning candles or incense is allowed in any house. Smoking is permitted outside

#### only. **VISITATION**

- With the exception of brief visits with family, visitors are not allowed to “hang-out” in houses without prior approval. There are other residents living in our recovery community whose anonymity must be respected.

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- Residents must respect the anonymity of all other residents. Resident information is confidential.
- Female visitors are prohibited unless they are a family member.

#### **RESPONSIBILITIES**

- All residents are expected to keep their entire room clean. This includes making your bed, keeping your belongings neatly organized, and keeping the bath, Vanity, sink, and floor cleaned daily. Not keeping your room and bathroom clean will result in a warning. Please be courteous and clean to the others guests.
- Cleaning up after yourself is mandatory. You are required to wash your own dishes/pans. Do not leave dishes for someone else to clean up for you.
- There is NO food allowed in the bedrooms. If dishes or cups are found in your room, you may receive a fine or other disciplinary measure.
- There is no washer or dryer, Laundry can be done at the laundromat down the road (5 min walking distance)
- Showers will be timed due to the need of the bathroom for everyone. No more than 10 Min showers. You need to provide all your own toiletries and they are to be stored in your room. We also have a \$5 house fee collected every Sunday for house essentials. This will be collected by the house manager during the Sunday meeting and documented.

#### **MEDICATIONS**

- All prescription medication will be documented and kept in your room.
- Over-the-counter medications or mouthwash containing alcohol are prohibited.
- Narcotic pain medications, Methadone/Suboxone, and/or benzodiazepines (Xanax, Ativan, Klonopin, etc.) are strictly prohibited. K2/Spice, Kratom, diet pills, ‘bath salts,’ CBD oil or any designer drug is not permitted.
- Clients are responsible for obtaining their own medication refills.

- Residents will self-administer medication as directed by a physician. All prescription medication will be kept locked in your room.
- Abuse of over-the-counter medication and/or prescription medication will result in immediate dismissal from the program.

### **EMPLOYMENT/SCHOOL/VOLUNTEERING**

- Residents must obtain a job, enroll in school, or volunteer their time in the community for at least 30 hours per week.

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- Residents are responsible for their own transportation. There are Bus lines and a train station 5 minutes from the house. You are allowed your own vehicle if you have one.
- Every resident who does not have a full-time job, volunteer position, or class schedule MUST be up and out by 9am Monday through Friday. They must use this time in the day to actively seek employment or schooling. Residents may return to the house no earlier than 5 P.M. and no later than their curfew.

### **GENERAL GUIDELINES**

- o It is understood up front that residents are guests in our homes and not tenants.
- o Residents are allowed to have a car provided they have permission and a valid driver's license and insurance policy.
- o Residents are not allowed to loan their car to another resident for any reason.
- o Ellis Sober House is not responsible for stolen, missing or damaged property. Residents are advised not to carry large sums of money or bring items they cannot replace.
- o Ellis Sober House may search personal belongings at any time - including but not limited to houses, bedrooms, closets, dressers, nightstands, vehicles, luggage, etc. - for contraband items.
- o All prescribed medication must be kept in your room (non-Narcotic).
- o All residents are required to purchase and prepare their own food.
- o Shoes and shirts must be worn on property at all times. Nudity is unacceptable in common areas. Clothing advertising drugs, alcohol, or with double-entendres or offensive messages are not permitted.
- o Volume on radios and televisions are to be kept at a reasonable level. NO TV or video games after 12:00am.
- o No illegal cable hook-ups or cable boxes. We offer wireless internet and basic cable as an amenity. Illegal downloads will revoke internet access for the whole house. If you have questions as to what content is legal vs illegal, please ask Manager.

- o Borrowing or lending money is not permitted.
- o Gambling of any kind is strictly prohibited, scratch offs are included.
- o Confidentiality provides the basic structure of trust within a community as well as the safety for residents to do the work necessary for healing. Revealing the issues of residents, even to other residents, is a breach of confidentiality and may result in discharge from the program. You are always welcomed and encouraged to share your own experiences with others outside of ESH.
- o If you know of a situation that endangering the safety, sobriety or stability of a resident or the community, please let the manager know immediately.

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- o All residents must adhere to all the rules of Ellis Sober House.
- o Ellis Sober House is about the community. Please be respectful to our neighbors in the surrounding area. There is no smoking or lounging around in the front of the house. Please make sure if you have a vehicle that you don't block others driveways.

WHAT TO BRING

- At least two forms of identification and an insurance card (driver's license, social security card, birth certificate, passport or military identification)
- Copy of your Health insurance card.
- All toiletries, bath towels and washcloths
- Prescribed medication you are currently taking- refills if possible
- Clothing (suitable for current weather) and hangers
- Cell phones are permitted. New phone numbers are strongly suggested
- Twin-sized sheets, comforter and pillows are optional (we provide sheets, blankets and pillows.) • Bicycles are permitted
- Computers are permitted (We have a community computer provided)
- Food for 5-7 days

\*Please use sound judgment when packing your personal belongings. Space is limited\*

WHAT NOT TO BRING

- Any products containing alcohol (including mouthwash)
- Narcotic pain medications or any other controlled substances
- Banned/controlled substances, as listed in rules
- Anything that may be considered a weapon
- Clothing advertising drugs, alcohol or with double-entendres or offensive messages
- Pets
- Any items you may consider valuable.

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RESIDENTS' RIGHTS

Admission into a sober living community does not constitute the surrender of your rights as a human being. ELLIS Sober House supports and protects the fundamental human, civil, constitutional and statutory rights of each resident. We want you to be involved in your care and, as such, you, as the resident, have the right to:

- o Reasonable access to adequate and human services regardless of your race, religion, sex, sexual orientation, ethnicity, age, handicap, or financial status. ELLIS Sober House does not discriminate against residents on the basis of any of the above.
- o Provision of services within the least restrictive environment possible that preserve personal dignity.
- o Communication and information regarding your stay at ELLIS Sober House.
- o Attention that is considerate and respects your personal value/belief system and an adequate number of competent staff.
- o Freedom from censorship of mail or phone calls, unless therapeutically contraindicated.
- o Assurance of your health and safety. Emergency medical care will be accessed by using 911; (house phone available) however, ELLIS Sober House is not responsible for resident's medical bills if they are hurt or require medical attention while at Next Step Recovery.
- o Obtain program fees and financial responsibilities for residency at ELLIS Sober House.
- o Copies of House Rules & Standards in writing from ELLIS Sober House that govern your conduct during your stay with us.
- o Confidentiality and privacy as outlined in House Rules and Standards.



o To express your personal values, belief systems, and cultural practices. You are encouraged to discuss these with the staff. However, your beliefs and practices may not be expressed if they cause harm to others or interfere with a planned activity.

o If at any time you desire to leave, please give one week's notice to discuss this decision with staff so that appropriate procedures can be followed.

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ACKNOWLEDGEMENT OF STATUS & AFFIRMATION OF HOUSE CONTRACT

I understand that when I am accepted at ELLIS Sober House I will be a guest in the community and not a tenant, and that I will have none of the rights of a tenant under Title 47a of the Connecticut General Statutes Title 47a, 'Landlord and Tenant'. I further understand that in order to continue in the program I must abide by all rules and guidelines set forth in the Policy sheet that was given to me, and that I may be dismissed from the program as a result of my failure to abide by any such rules at the sole discretion of the Executive Director. If I am dismissed, I must leave the premises immediately.

I hereby waive any and all rights, if any, I may have under Connecticut General Statutes Title 47a. I further agree that if ELLIS Sober House needs to employ an attorney to enforce my removal from the premises, I will be responsible for all legal fees associated with such removal.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_

