

ARBOR HOUSE

An inclusive sober living environment for men in recovery

RULES AND REGULATIONS

1. Rent is \$150.00 per week (Saturday to Friday). Rent is due to the house on Saturdays before 12pm (Noon) and is to be in guaranteed funds. There will be a \$10.00 late fee for all late payments. A security deposit of \$45.00 is also due at move in. If you move in mid-week, rent is pro-rated \$25.00 per day and will be assessed in your second week's rent.
2. Rent is payable in advance. No refunds are given.
3. **No alcoholic beverages, drugs or drug paraphernalia.** If you bring it here, you will be required to immediately move out.
4. Arbor House WILL BE SAFE AT ALL COSTS; Therefore, you must agree to random UA's (urinalysis drug testing) and you will be required to leave immediately if you relapse, test positive, refuse to provide a UA, or tamper with a specimen. Upon request UA's must be given within two hours.
5. Sexual contact and/or sexual harassment are prohibited.
6. Yelling, fighting, physical conflict and threats of physical violence are prohibited.
7. You must be active in a 12- step program and have a verifiable sponsor within one week of moving in to Arbor House.
8. You are required to attend AA, CA, CMA or NA meetings four times a week. If you are not employed or a full-time student, you are required to attend a meeting every day.
9. You must have a service commitment to your home group within a month. This must continue throughout your stay. One addict/alcoholic helping another.
10. Your room is a reflection of you and is to be kept clean. No food is allowed in bedrooms. Upon inspection, if your room is dirty you will be notified, on the third notification, you will be required to move out.
11. Common areas of the house are to be kept clean by all residents. Always clean up behind yourself after use of bathroom and kitchen facilities. Eating is allowed in common areas only.
12. You must sleep in the house at least five nights a week. If you do not you will be required to move out.
13. You are not allowed in another resident's room.
14. When you are transitioning out or if you are required to move out, you must take your belongings with you. Any personal items left will be donated.

15. Arbor House is a place for men committed to sobriety. You can apply to Arbor House up to three times per year.
16. Arbor House is not responsible for any of your property. If you think someone might want to steal it, use a locker.
17. Lockers are provided and subject to search. If you put a lock on your locker, you MUST provide Arbor House a copy of the key. If you bring in your own lockbox or safe, you must provide Arbor House a copy of the key or combination.
18. Smoking in the house is prohibited. This includes vaping. If you are smoking in the house you will be required to move out.
19. Visiting hours are from 5pm to 10:30pm Sunday through Thursday, and from 1pm to 12am midnight Friday and Saturday. Visitors are ONLY ALLOWED in the common areas of the house. If you have a visitor in your room, you will be required to move out. Your visitors are expected to abide by the rules of Arbor House and respect the other residents of the house as well.
20. No outside pets.
21. Unless you are a full-time student, you must be continually and gainfully employed to remain a house resident.
22. In order to receive your deposit when you move out, the following conditions must be met:
 - a. All rent must be current and paid in full
 - b. Notification of intent to vacate must be submitted in writing a least one week prior to moving out with a forwarding address
 - c. Your personal living area must be left neat and clean and in a manner that would allow immediate occupancy by a new resident
 - d. All keys must be returned
 - e. Your deposit will be mailed to you within ten business days from the date you vacate the premises

Internet / wifi Rules

All residents are expected to comply with the rules and regulations of our Internet Service Provider. This prohibits the “pirating” of copyright protected material. It is against Arbor House rules to stream or download music, movies, etc. that you have not paid for or are not legally entitled to consume.

I, _____, acknowledge and agree to abide by the above stated rules and regulations. I understand that Arbor House is a minimally supervised, congregate living environment for men committed to a program of recovery and that my ability to continue living in Arbor House is based upon my continued sobriety, employment and compliance with all the rules and regulations.