

House Expectations: Medium Intensity

1. The use of alcohol, drugs or any mood altering chemical in any quantity means discharge from Red River Recovery Center. Application for reinstatement to the house may be granted if he or she has gone through detox, has a private hearing with his/her home county counselor, and the counseling staff of RRRC. Clients will not be considered for reinstatement if drugs or alcohol are brought into the house.
2. No physical violence or threats of physical violence, either verbal or non-verbal in RRRC or the community.
3. No stealing from RRRC residents or any other person or place in the community. RRRC places a high value on honesty. A client incurring a new criminal charge during their stay at RRRC will be discharged (ie. shoplifting, driving under suspension license...)
4. While a resident of RRRC, we encourage you not to go to establishments where the primary business is to sell/serve alcohol or the main focus of the business is gambling (casinos, bingo halls, blackjack tables). We also discourage you from going into "head shops" ie: Discontent, Mellow Moods etc. Gambling of any sort is prohibited at RRRC whether it be with chips or money.
5. You are expected to maintain a strict level of confidentiality, regarding all other residents of RRRC. This includes both information about the group and their identity.
6. You are expected to maintain involvement in the RRRC program. All scheduled groups are mandatory. You are expected to attend two recovery meetings per week. You are expected to be on time for all groups, individual sessions and all other appointments. All clients are encouraged to eat meals at the designated times.
7. You are expected to sign out when leaving RRRC; fill out your destination **completely and accurately** and sign in upon returning. You are responsible to sign only yourself in and out.
8. No personal calls on house or cell phones, outgoing or incoming between the hours of 11:00PM and 5:00 AM. It's your responsibility to make this known to your friends and family. Telephone calls are limited to 15 minutes. Emergency calls may be directed to the main business line. Cell phones are not to be brought into any treatment session; including meditation, group therapy, individual one-on-one sessions or education. If you are found using a phone during any treatment session you will receive a check.
9. You are expected to maintain cleanliness and good grooming habits for yourself, your sleeping/bathing area and any other areas you use: coffee, laundry dining, day room, yard, etc as well as monitoring your assigned job areas. Room and therapeutic work detail check will be done by 9:30 AM Monday-Friday and by 10:30 AM on weekends. You are expected to wash your bed linen and do your personal laundry at least once a week. You are expected to do your assigned therapeutic work detail thoroughly and if you are not going to be here because of a pass, you must find someone to do your chore for you.
10. During your stay you will not be allowed to leave the facility without another staff member present.
11. RRRC curfew will be at 11 P.M.
12. All medications, including over the counter, are to be turned into the office and supervised by staff. If you are on medications request as prescribed. The medication window will be closed from 7-8 AM, 11:30 AM-12:30 PM, 3-3:30 PM, 5-6 PM and 11-11:30 PM.
13. Quiet time, lights, stereos and radios off in sleeping areas at 10:00 PM.
14. No food or drink except in the dining room and game room. Energy drinks are not allowed on RRRC property or in personal vehicles on the property.

House Expectations: Medium Intensity... Continued

15. All residents are responsible for general house projects as assigned by staff.
16. There will be no day or weekend passes unless cleared by your primary counselor.
17. There will be no headwear, such as hats, hoods, scarves or beanies worn in the building. Sunglasses are not allowed to be worn in the facility. Clothing items promoting drugs or alcohol are not acceptable attire while a resident of RRRC.
18. You are required to have something on your feet at all times because of Public Health Laws.
19. Both smoking and chewing tobacco are limited to designated areas; in back of the building outside and in the smoking room.
20. Day room TVs may be on from 4PM to 12AM Mon-Thurs, 4PM-1AM Fri, 6AM-1AM Sat and from 6AM-12-AM Sun. TVs may be on for news and weather from 5AM-8AM. The TV must be turned off when the last person leaves the room. The TV can sometimes be used as an escape and if staff notes this as a problem, TV viewing may be restricted.
21. Personal TVs and desk top computers are not allowed at RRRC. If you bring one of these, you will be asked to send it home due to limited space availability.
22. Laptop computers and other small electronics may be brought to RRRC however we will not assume responsibility for them. They may be used in your rooms from 4-10PM daily unless there is scheduled programming. You may use equipment in common areas with the same schedule as television. If you need your computer during a different time frame for education or work purpose, contact your counselor for a free room to work in.
23. All residents are to be up and have beds made by 7:30AM daily, 9:30AM on weekends. Be at meditation group at 8AM weekdays and 10AM weekends. Clients are expected to be outside their rooms between 8AM-4PM Mon-Fri. No sleeping in public areas. If a client is sick, they must be up by 7:30AM to check in with their counselor to go on "sick status. Clients are responsible for finding someone to cover their therapeutic work detail and are cleared from programming for the day. Clients, who go on sick status, are on House Restriction for the day, so they are not to go to AA or any activity outside of RRRC, except the doctor with staff approval
24. Meals will be served three times daily, times posted on schedule. If you need a lunch packed for your school or employment, let the front desk know prior to leaving. If you plan to miss the evening meal, in the morning before you leave let staff know if you will need extra sandwiches for the day.
25. Breakfast is to be eaten between 6:00-9:00AM and lunch from 11:45AM-1PM. Supper is served from 4:45PM-6PM. Clean up your dining area immediately after eating.
26. The privacy of each resident's room should be respected by peers. No visitors or peers are allowed in your rooms.
27. Selective peer relationships of any kind, which includes pairing off in any way, is prohibited and will be grounds for discharge. This also includes no physical touching of any kind. When leaving RRRC a man and woman may not leave together. Men/men, women/women or 3 people to a group may leave together.
28. Sexually explicit materials such as books, magazines, movies or other devices are not allowed at RRRC. Any of these materials will be confiscated.
29. State law prohibits a resident of any Residential Treatment Center to establish residency at that address. Do not use Red River Recovery Center's address to get a driver's license, apply for credit cards or open any bank accounts.

