

What new clients are to expect from our program.

All belongings will be searched and all clothing will be washed upon entry.
You will be assigned a laundry day.

You will be on a 14-day phone restriction. No phone uses.
You will be on a 30-day movement restriction – No leaving property without an approved escort.

Wake up is 7:30 am

Chores are assigned to each client and they must be done before 9:00am AND breakfast eaten, room cleaned bed made.
If you fail to do your chores properly, you will be subject to “pick days”.
Pick a day consist of doing EVERYONE else’s chores for an entire day and no phone usage or going out. You are “grounded” to house for 24 hours.
Accumulation of 3 pick days you may face possible eviction.

You are in DAILY bible study and prayer from 9:30 am until 11:30 – 11:45 am everyday.
Break for lunch around noon.

You will be in afternoon group from 1 pm until 3 pm.
Afternoon group will be as follows:
Monday – written Step work
Tuesday – Video series
Wednesday – Big Clean
Thursday – Video series
Friday – Meetings, issues for you and in the house.
Saturday is a free day

Sunday is church day. You will be attending our home church for first 30 days. You will be expected to behave according to church standards.
You are required to journal daily. You are required to go to 2 N/A or A/A meetings and 1 church functioning meeting every week.

Curfew is 11:00 pm. Doors will be locked.
You will be held accountable for your attitude, how you get along with others and completion of program requirements.

SET FREE RULES

Intake Rules

- Residents must agree for all belongings to be searched at time of entry into the facility. **All drug paraphernalia will be destroyed.**
- **Residents agree to have only clothing needed and toiletries for the duration of their stay.**
- Residents must hand over **any and all** medications they may have – **prescription and non-prescription.**
- Residents will agree to random drug testing to be done on them at any time.
- Residents will agree to random room searches to be done at any time.
- Residents will agree to try to have a positive attitude while in residence.
- Residents will agree to improve any bad language they might have.
- Residents will submit to leadership.
- Residents agree to not act in any kind of threatening or aggressive manner towards other residents, staff and visitors-this includes verbal and physical threats.
- Residents must turn in any and all weapons including pocket knives.
- Residents agree to allow Set Free to be in contact with probation, welfare, service Canada and local police or approved persons on entry and termination of residency.
- Residents agree to submit **any and all** court documents and probation papers upon entry

Restrictions

- Residents are on a **two-week** phone restriction which includes the use of **cell phones, pay phones, internet: Social Media & emails.** You can only make necessary **“limited”** calls **ONLY for** funding, family (1 call upon arrival), medical and legal (i.e. lawyer, courts or probation) **WITH** the permission from the Facilitator **per call** at time of permission.
- Residents are **NOT** allowed to “share” their cell phone with other residents.
- **Once off phone restrictions - Residents can only make 2 calls on Sat and Sun phone calls must be limited to 10 minutes (incoming and outgoing).**
- Residents may **NOT** use the phone after curfew.
- **ALL cell phones MUST be turned in with chip as well as all computer devices**
- No resident can leave the property unescorted for the first month of his stay.
- **Three residents can go out together as long as there are no court conditions and one resident has been in longer than 30 days AND approval from your Facilitator per leave per group of residents.**
- **Residents may not go to Moccasin Flats unless with an approved Chaperone from your Facilitator per leave.**
- Absolutely **NO** vehicles allowed until residing at Out of care house and **APPROVAL** from Director – Richard Korkowski.

Grounds for Instant Discharge

- Using drugs/ alcohol (**including unapproved pharmaceutical medications, performance/muscle enhancers or steroids**).or gambling/lotto or **any marijuana, CBD oils, cannabis products including edibles.**
- Abusing any medications.
- **Deceit and lying to leadership.**
- Refusing to submit to drug testing.
- Smoking/Vaping other than in designated areas.
- Violating curfew.
- **ANY** criminal activity in or out of the house.
- Violence or the threat of violence.
- Sex on the property. Not to have **any** pornographic material (video, mag, posters or cellphone pics)
- Residents are **only** allowed in their **own** bedrooms or cabins.

Financial Responsibilities and Notice

- **Residents are** responsible for rent or “per diem” @ \$60.00 per day
- If the resident has no funds for his stay - he must make every possible effort to attain funds from whatever resources are available to him.
- Set Free Recovery may ‘carry’ a person if the circumstances warrant it but for a period of **no more than two** weeks. This two week period will become a **balance owing.**
- Any history of back debt from previous stays - **MUST be** paid.
- Set Free Recovery can ask a resident to leave if rent is not paid.
- **ONE MONTH WRITTEN NOTICE** is required when desiring to move out.
- Refunds will be sent back to “Payee”.
- Deposit of \$30.00 for Bedding, Pillow and Towels to be received upon arrival or paid upon receipt of first cheque.

Program and House Requirements

- Residents **must participate** in **all** group sessions (morning **and** afternoon) unless prior permission to be absent from your Facilitator. If you miss a session due to illness you **may not** leave property for **24 hours or use the phone.**
- Residents **will** be assigned chores which **must** be completed to specification.
- Daily journal entries **must** be done.
- Residents **must** attend **all** group sessions and be on time as per schedule.
- Residents **must** try to make all appointments for the afternoon.
- Residents **must** attend Church on Sunday’s,bring back a pamphlet and **must become a member of a congregation.**
- Residents **must** attend one Church related.session which includes a small group once per week.
- Residents **must** attend at least Three recovery related meetings per week (NA/AA, Bible studies etc.)

Program and House Requirements cont..

- Residents **must** complete all written requirements which includes the Last 90 Days read in group, Goal setting sheets, Who I Am in Christ statements and verses written out, Safety exit plan and letter to self within 2 weeks to get off phone restrictions and Step Work as assigned.
- Residents **must** be out of bed by 7:30 am Monday to Friday and stay up.
- Residents **must** be out of bed by 9:00 am weekends and stay up
- Residents **must** have their breakfast eaten and morning chores done by 9am weekdays and 10:30 am on weekends.
- Residents **must** take off all outside foot wear on entry into the house.
- Residents **must** keep rooms/cabins neat, clean and your bed made.
- Showers are limited to 10 minutes.
- Dinner is to be eaten together at 5:00 pm. Dinner saves **must** be put on the board when you make your appointment and are **only** utilized for professional meetings i.e.: work, doctors, lawyer, ect.
- Residents **cannot** eat or store **perishable** food in the bedrooms.
- Residents **cannot** have any plates, cups or cutlery from kitchen in room's
- Residents may **smoke/vape only** in designated areas. NO butts anywhere except in ashtrays.
- No eating **anywhere** but the dining room.

Work/School

- Residents are not allowed to work for the first **6 months** UNLESS there are funding concerns
- **If only working P/T – you MUST attend group on “off” days.**
- If working P/T and unable to attend group on “off” days due to illness or appointments – **YOU MUST CALL GROUP LEADER** to report your absence **THAT DAY OR TIME.**
- Residents who work in the first 30 days can **ONLY** work enough to pay their rent
- Residents who owe rent must agree to their paydays being supervised or their pay going directly in trust to the ministry.
- Part/Full Time work/school **CAN** be approved after **6 months AND** 16 - Counseling sessions or approved sessions **AND** Step 12 is completed.
- You can **NOT** work for or **with** active using addicts.

Curfews

- Curfew is 10:00 pm Sun to Thurs, 11:00 am Fri to Sat.
- Once in, residents **can not** go out again until 6:30 that morning unless with prior permission from your facilitator.
- Lights out at 11:00 pm Sun to Thurs, 12:00 am Fri to Sat.

TV and Music

- Christian music **only is permitted** on the property **including any music listened to on headsets.**
- Music **must** be kept at a respectful volume.
- The TV can't be turned on or watched until after 6:00 pm Mon to Thurs with the exception of approved Christian videos and 3:00 pm Fri (unless extended group time), Sat. after 10 am and Sun after 2 pm
- At **NO TIME** may cable, internet or satellite splitters be installed – **NOT PERMITTED.**
- **TV must be shut off at 10:00 pm Sun to Thurs and 11:00 pm Fri to Sat.**
- Movies cannot be watched that have excessive violence, drugs, sex, or anything that shows occult or demonic material.
- No excessive violent or occult or demonic video games allowed.

Visitors

- **NO visitors for FIRST 30 DAYS.**
- **NO drop offs but necessary personal belongings IE:Clothes and Hygiene products only and prearranged with Monitor or Richard.**
- **All** visitors **MUST** be approved of by **Staff one week BEFORE** coming to Set Free Recovery for a visit and request form returned by the Friday before visit.
- There must be at least two other residents besides yourself present when any Females are visiting.
- **ABSOLUTELY** no sexual contact i.e. groping, fondling, touching of private areas.
- No visitors are allowed in any of the bedrooms/cabins- **ONLY** in designated common areas.
- **ABSOLUTELY NO ACTIVELY USING VISITORS.**
- **PAST clients must be approved.**
- Visiting hours are 7-9 pm Mon- Thurs, 6-8 pm Fridays 1-4pm Sat/Sun .
- **Meals are not to be eaten with visitors unless Bible Study Leaders**

Laundry

- There are house laundry machines free for residents to use **only** – NO EXCEPTIONS.
- Each resident is given one laundry day per week - designated by room.
- **DO NOT overload machines** or you will be financially responsible for repair costs.

Weekend Passes

- Passes are at the discretion of leadership and **can** be given after 45 days.
- ALL clients must submit a weekend itinerary that must be turned in by Wednesday subject to **approval** on Friday.
- Clients are only allowed two weekend passes per month.
- Weekend pass begins **after 4 pm** Friday and must be home **BEFORE** curfew Sunday
- Residents must get one recovery oriented meeting per weekend pass (NA /AA, bible study)
- Residents must attend Church when on their pass and must bring back a pamphlet.
- **Residents may only stay with a woman if she is the resident's wife NOT common law wife.**

Medication

- **All** medications including over the counter and prescriptions **MUST** be submitted/approved by leadership
- **All** medications including over the counter will be stored in the Residents locker.
- **All** prescriptions **must** be given to Leadership for drop off.
- **Absolutely no steroid use – i.e.: “muscle enhancement”...Creatine powder/capsules or energy drinks, ephedrine or CBD products.**
- **Residents on Suboxone/Methadone agree to drop dose 1mil monthly**

Appointments

- Set Free Recovery will **try** to accommodate the resident's local needs by giving time and transportation to **SOME** resident's appointments.
- Set Free Recovery **will not** be expected to, or held responsible for getting people to their appointments or jobs.
- Appointments must be made **5 business days** in advance and **are subject to Staff approval.**
- **No out of town “requests” or “transportation for such requests” - will be given.**
- **Set Free Recovery has the right to evict anyone who does not follow the rules without notice, at any time.**
- If a resident gets evicted or leaves on his own, he has one week to claim his possessions, after which, they will be donated.
- Residents will be monitored and kept accountable for their requirements and behaviors. Consequences range from warnings, to pick-a-days, to eviction. A pick-a-day is when a resident's consequence is to do ALL resident's chores for one entire day and is grounded to the house without use of the phone.
- Absolutely **NO** vehicles allowed.

After 3 infractions you will be evicted for a minimum of 30 days

By signing below, I agree to follow, and I understand, all the rules as outlined in the 6 previous pages titled ``Set Free Recovery Rules``

Name: _____

Signature: _____

Date: _____

Witnessed By: _____

Signature: _____

Date: _____