

Treatment Expectations

Revised April 2013

If treatment expectations are not followed the Director will make Decisions regarding a resident's dismissal. Also, staff will take away privileges when necessary such as TV telephone and/or strikes

Behavior is based on respect at all times.

The Rising Sun may make adjustments to expectations as necessary.

1) MEDICATION

- a) All medication will be logged. If medication is required it will be given at **8am, 12 noon, 5pm, and bedtime** if necessary.
- b) Medication will not be given at any other time.
- c) Medication will be dispensed in the medical room & taken in the presence of staff.
- d) Tylenol & Advil are available, but only as a last resort.
- e) **ABSOLUTELY NO MOOD ALTERING DRUGS** will be administered here.
- f) **No** consumption of **Energy Drinks**. No excessive pop drinking.
- g) Policy on self administer medication is explained upon admission.

2) BEDROOMS AND BATHROOMS

- a) Will be checked once a week by staff. Those not cleaned privileges will be taken away.
- b) Random Room inspections/ searches will take place with the direction from the Executive Director.
- c) Any items that are not allowed (i.e.: drugs) will be grounds for dismissal.
- d) **No** visiting in another residents room - unless you are a roommate.
- e) Male Residents should not be in female's room or vice versa***

3) CHORES

- a) All chores must be done on time, usually after supper. * Please Note this happens Daily * It is expected that all residents do chores- not doing so will be addressed & perhaps *
- b) Rotation regarding chores will be done weekly (Sunday evenings).
- c) Saturday is general clean-up day. Staff on duty will assign chores.
- d) **You are responsible for your own laundry**; no resident should touch another resident's laundry. If you need the washer/dryer please ask whose laundry is in the washer/dryer, and get that resident to remove it.
- e) Please do not over load the washer or dryer

4) TV ROOM

- a) Is off limits all day, unless the room is used for program related movies.
- b) TV Room will re-open only after everyone has completed their chores. The evening worker will decide when the room should re-open.
- c) **No** food or drinks are allowed in the TV room at all.
- d) The TV room is not a bedroom, so there should be no blankets or pillows in this room
- e) If there should be any arguments over the TV then the staff could shut the room down for the evening.
- f) Set up time list if you want to watch a certain show on a certain day. We only have basic cable; we may not get all the channels that you are used to at home.

5) EXERCISE ROOM

- a) All persons using the exercise room must sign a waiver before using the equipment - This should be done during admission.
- b) Do not use the exercise room no earlier than 7am & no later than 7pm.
- c) Please respect the bedrooms that are adjacent to the exercise room. Rooms 2 & 6
- d) Residents must be ready for sessions.*
- e) There should be only 2 persons at a time in the fitness room. SMILE YOUR ON CAMERA

6) PERSONAL ITEMS

- a) **No** Radio/ CD playing during the day.
- b) **No Radios** in the bedrooms. This includes clock radios.
- c) **No** Personal Disc Man, MP3 players and iPods. Video Games are also not permitted.
- d) We do allow the use if you are working out in the Fitness Room/Sauna, with the understanding that the item is returned to the office. FAILURE TO DO SO WILL RESULT in not getting it back till you are ready to leave.

7) PHONE CALLS

3 ½ week cycle – Phones calls after one week that will be on that first Friday

4 ½ week cycle – Phones calls after two weeks that will be on that second Friday.

You should have had everything before you came. Your worker knew this.

When the phone calls come into effect

- a) Please - Don't give out information about other clients
- b) Please – Keep EACH PHONE CALL 15 minutes maximum*
- c) All phone calls must be made after chores are done, no exceptions. The phone will be locked after 10 pm - This includes on the weekends.
- d) No incoming phone calls, Staff will take messages.

- e) No outgoing calls from any of the Rising Sun business phones unless accompanied by (Cindy/Yvonne) to your referral agency.
 - f) Cell phones are not permitted – Please Obtain phone cards. If caught, you will lose phone privileges.
- 8) SHOPPING/BANKING DAYS/OUTTINGS**
- a) Shopping will only take place on the weekends at the discretion of the staff on duty. All residents must accompany the group.
 - b) Every item purchased will be checked by staff, no matter what the items is.
 - c) Pharmacy shopping can only be done when accompanied by staff. *Wal-Mart, Superstore, Sobeyes.
 - d) All clients must travel together when out as a group.
- 9) KITCHEN & MEALS**
- a) If breakfast or any meals is cooked by a certain individual please clean up your mess.
 - b) Residents are permitted to have (Grab and Go) snacks only, after lights out - **KITCHEN WILL BE LOCKED FROM 10pm TO 7am**
 - c) Residents will be cooking family size meals on the weekend. Not more than one meal.
 - d) Meals here at the Rising Sun will be portioned controlled.
 - e) Paper plates should be only used for special occasions.
- 10) JOURNALS / Meditation**
- a) Journals are part of the program. So that means they should be done on a daily basis including weekends.
 - b) Should be done before lights out and placed on Executive Director's door, before bed or first thing in the morning.
 - c) Meditation would be done daily. It is part of the program, this includes the weekends.
- 11) LIGHTS OUT**
 Sunday, Monday, Tuesday, Wednesday, Thursday.
 Lights out at 11:00 pm
- Friday & Saturday
 Lights out at 1:00 am
- 12) SMOKING**
- a) The Rising Sun is smoke free environment
 - b) All smoking is done outside the building. Please note that lights out includes the smoking times.
 - c) No smoking in the Van*
 - d) No smudging/Candles/incense in the rooms*
 - e) Smudging should only be done at the fireplace or in the session room.
 - f) Any resident caught smoking in their rooms will be automatically dismissed (Safety Reasons)***
- 13) RESPECT AT ALL TIMES**
- a) The use of fowl language (swearing) is unacceptable – zero tolerance
 - b) No verbal abuse or name calling – this includes Verbal Loudness (such as yelling or shouting)
 - c) No physical contact of any type – This means no intimate relations and no rough playing. Physical Violence will not be tolerated***
 - d) Please respect the furniture. No leaning on the chairs.
 - e) No sitting on the top of the picnic tables, counters, or tables.
 - f) The front bathrooms are for staff and visitors only. Residents should use their own washrooms in their rooms.
 - g) Residents should attend all meetings, this includes in house meetings
 - h) Please dress appropriately Proper dress code is in effect at all times. No PJ's in the main living area. No bare shoulders, cut – offs, short shorts, shorts dresses, no tank tops or muscle shirts, no drug and alcohol messages on clothing of any type.
 - i) Men should have a shirt on at all times.
 - j) Also by respecting others ---Pornographic/ violent material not permitted such as in Movies or photos.
 - k) We have Resource people that take their time to come here and give information sessions, please give them the Respect they deserve and keep to the topic at hand.
- 14) PROGRAM TIMES**
- a) Wake up at 7:00am. You have less than 2 hours to get ready for session. No excuses.
 - b) Sessions will begin at 9:00am. One smoke break, in the morning and one in the afternoon.
 - c) No walking out of session on a regular basis. Make sure you have your smoke and pee break before you come to session.
 - d) Residents should not be sleeping during the day.* this is to promote good sleeping habits during your stay.
- 15) VISITORS**
- a) **4 ½ week cycle** - No Visitors for the first two weeks
 - b) **3 ½ week cycle** - No visitors for the first week
 - b) Visiting will take place on that Sunday between the hours of 1pm – 6pm
 - d) Visitors **are not permitted** in your rooms or the session/lecture room.
 - e) Playground supervision is the responsibility of you the parents, when your children are visiting.

16) OFF LIMITS

- a) Residents are not permitted downstairs
- b) Teepee used for ceremonies only, not smoking area.
- c) Residents are not permitted to leave the grounds unless with staff.*
- d) For your own safety – no one should be past the fence.*
- e) The deck is off limits during the evening hours*
- f) Computers are to be used by staff only. Unless designated source.
- g) Residents should only be in the medical room when a staff member is present.*
- h) Should a client have their vehicle on the premises, the keys must be turned in to the staff on duty and if you need something in your vehicle you will require a staff member to accompany you.

17) GAMBLING

- a) While you are staying here at the Rising Sun there would be no gambling. This includes pull tabs, lottery tickets, VLT's etc. When we play cards here, we play for fun.
- b) Borrowing Money is discouraged
- c) While at the Rising Sun, no visiting at Liquor establishments, this includes during your weekend passes.
- d) Random Drug screens will be performed.

SAUNA USE PLEASE REVIEW SEPARATE BROCHURE

I have gone over the treatment expectations with a staff member and I understand that I have to abide by the expectations as explained by staff.

Signature _____

Date _____

Witnessed by Staff: _____

Date _____

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STRIKE SYSTEM *

- Strike are given for non-compliance of each of the following
- Not doing Chores
 - Not doing your Daily Journaling
 - Fowl language
 - Yelling or exhibiting any forms of violence
 - Not cleaning your rooms
 - Not attending meetings or sessions

Please note that strikes can be given by any staff member.