

ORT Treatment Expectations

March 23, 2018

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) Breakfast will be made every morning; this will allow the methadone/suboxone to absorb properly. Methadone or suboxone will be dispensed at 10 am every morning, no exceptions. You must have a picture ID in order for the MEDICINE SHOPPE to dispense your medication. All other 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) The other 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-administered 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 resident's 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) Sunday Morning will be 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, all laundry will be done before 10 pm, no later.

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/iPod playing during the day.
- b) **No Radios** in the bedrooms. This includes clock radios. (Unless permitted)
- c) **No** Personal Disc Man, MP3 players and iPods. Video Games are also not permitted.

7) PHONE CALLS

- Everyone has smart phones now, so please refrain from taking pictures of other clients, even with their consent.
- Photos of your stay here, will be posted on Social media, (Facebook, Twitter, Instagram)
- You should have had everything before you came. Your worker knew this.
- No Cell phones at all during First week One
- Cell phones can be used the first weekend Saturday and Sunday. This is a client privilege and must be earned
- Cell phones not to be used in bedrooms or overnight. Must be turn into office by 10:00 pm.
- Near completion of program all program related activities must be completed before the Cell phones are released. ON THE LAST EVENING ONLY.

When the phone calls come into effect

(Cell Phones will be allowed at certain times this is deemed as a privilege not a right)

- a) Please - Don't give out information about other clients
- b) Please - Keep EACH PHONE CALL 15 minutes maximum (public phone) *

- c) All phone calls must be made after chores are done, no exceptions. The cell phones will be turned in and 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) to your referral agency.
- f) Cell phones will be permitted only after all chores have been done and passed back into staff at 10pm. If You don't have a cell phone, please obtain phone cards. You will lose phone privileges if these rules are not followed.

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 go, no one will stay behind.
- 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, Sobeys.
- d) All clients must travel together when out as a group.

9) KITCHEN & MEALS

- a) Breakfast, Lunch and supper will be provided. And tidied up after everyone eats. (See Chores)
- 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 AND WAKE UP

WEEK NIGHTS (SUNDAY -THURSDAY) Lights out at 11:00 pm Wake up 7:00 am Trip to Medicine Shoppe is at 10am	WEEKEND NIGHTS (Friday & Saturday) Lights out at 1 am Wake up at 9 am Trip to Medicine Shoppe is at 10am
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12) SMOKING

- a) The Rising Sun is smoke free environment
- b) The use of all tobacco products is to be limited to outside of the building. This includes, but not limited to; cigarettes, e-cigarettes, vaping, chew/snuff, and appropriate disposal is these products is expected. Please note that lights out include 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 (for Safety Reasons)***

13) RESPECT AT ALL TIMES

- a) The use of foul 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 are expected to be up out of your room no later than 8:00am. Breakfast will be ready for you at 8:30.
- b) Sessions will begin after the Visit to the Pharmacy at 10:00am. One smoke break in the morning, and one in the afternoon.
- c) No walking out of session. 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) **There will be no Weekend/Day passes. No exceptions!!**
- a) Visiting will take place on the 2nd and 3rd Sundays between the hours of 1pm – 6pm
- b) Visitors **are not permitted** in your rooms or the session/lecture room.
- c) 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.
- e) Coffee at Tim Hortons is ok. (especially during Roll up the Rim) Claim big prizes after you leave here.

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 _____

STRIKE SYSTEM *

Strike are given for non-compliance of each, but not limited to, the following:

- Not doing Chores
- Not doing your Daily Journaling
- Foul language
- Yelling or exhibiting any forms of violence
- Not cleaning your rooms
- Not attending meetings or sessions
- Not getting up by appropriate times
- Anything else deemed inappropriate by staff

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

Any situation severe enough, strike system does not apply and is grounds for dismissal.

What would be grounds for an automatic dismissal?

1. Possession of contraband, such as drugs and/or weapons.
 - a. Police will be notified!!
2. Acts of Violence.
 - a. Police will be notified