



DeMalias House of Hope Resident Handbook

Why Sober Living?

1. Peer led living holds every resident accountable. Building your community also helps you avoid loneliness in recovery, provides access to healthy people, and connects you with others when you eventually live elsewhere.
2. An environment designed for wellness. Some people who suffer from substance use issues often lived in a home or neighborhood that contributed to addiction triggers; other individuals simply needed a haven from the stressors that compounded issues which led to addiction. A sober living home provides the mental, emotional, and physical stability to make recovery more complete.
3. Time to adjust. The transition from inpatient treatment to sober living provides stepping-stones to engagement with the real world, including considering prospects of employment, education, and other aspects of renewed purpose and direction. This step allows plenty of time to understand and embrace a new way of living.
4. Developing new behaviors and resources. You will learn to direct your life without substances, which requires patience, coping skills, accountability, responsibilities and support networks. These individual tools of self-care allow you to heal from within.
5. Learn how to live on your own. Sober homes are communal spaces, and they are designed to run somewhat like a family home. That means people who live in these homes are expected to handle chores. You may be asked to clean the kitchen, the bathrooms, or the main living space, in addition to lawn duties or garbage duties. These tasks can help you to stay connected to the home and these are life skills that are to enable healthy living. They can help you remember the rhythms involved with keeping a house up and running.

Sober Living Rules

1. This is a clean and sober facility – drug and alcohol use are strictly prohibited. Any violation of this rule could be cause for immediate eviction.
2. Potential residents must have attained a minimum of (30) days clean and sober prior to move in, unless otherwise approved.
3. All residents are required to submit to random drug and alcohol screening upon residency and at any time upon request. Refusal to provide UA or breathalyzer may result in immediate eviction.
4. If drug or alcohol use is suspected, it will be investigated. A house meeting may be called. If confirmed, it may result in immediate eviction.
5. DeMalias House of Hope (DHH) reserves the right to conduct random, unannounced room and home inspections. Discovery of illicit substances or contraband may result in immediate eviction.
6. Contraband items include, but are not limited to drugs, drug paraphernalia, alcohol, weapons of any kind (guns, knives, bows, etc.), drug-related material (clothing, pictures, etc.), and any material that is rude or offensive.
 - a) Medical THC -a prescription card must be provided. No flower/herb form will be allowed. Using your medical marijuana must occur OFF OF THE PROPERTY as this can be a significant trigger for other sober house residents.

7. Communal living is easier when everyone makes a commitment to get along. Disruptive behavior is not tolerated. Any behavior which is deemed by staff to be detrimental to the serenity and recovery of any resident is strictly prohibited. These acts include, but are not limited to verbal threats, sexual harassment, physical violence, destruction of property, and/or intimidation of any manner. Any such acts are grounds for immediate eviction.

8. Residents must engage in some type of aftercare program. This could be an IOP program or therapy/psychiatric care and support groups. If you are not enrolled in an IOP program or employed full time, you are required to attend a minimum of two support meetings a week. This can be AA, NA, SMART, etc, and must be involved in this group. You will be required to obtain a sponsor that will guide you through the 12 steps and join a home group for involvement and community. The Residential/Program Manager will monitor this involvement and might request a change in your aftercare program.

*Extension requests will be staffed on an individual basis. A working recovery program is required.

9. Quiet time is all of the time. No loud music or noise.

10. Residents must meet with their Sponsor and the Program/Residential Manager weekly.

11. Curfew is 10pm. Residents requesting to be out past curfew or to have an overnight pass must hand in a request and be approved, ahead of time. If a pass is approved and the resident is gone for more than 1 day, resident must check in with the Program or House Manager daily via a phone call, until resident returns. Residents must sign a release of information for the individual's home that the resident is requesting an overnight pass for. Residents must provide a UA prior to leaving and at return of any pass. All weekend overnight passes must be turned into Staff by dinner time on Wednesday.

12. 2 suitcases of possessions are allowed at any given time per resident. Additional belongings will not be accepted (You may be asked to store belongings elsewhere if you exceed the space provided).

13. Daily and weekly chores are assigned and must be completed in order to remain a resident.

14. DeMalias House of Hope is not responsible for lost or stolen property. If you have anything of significant value, do not keep it here (electronics, jewelry, excess cash, etc.). Theft is not tolerated. This offense may result in immediate eviction.

15. Any household items that are broken or damaged by a resident must be replaced. Damage to building structures, equipment or appliances, must be repaired by a professional that has been authorized by staff and paid for by the resident.

16. Attendance at the weekly house meeting is mandatory, unless you have been excused by management. Maintaining a communal living space involves communication, and we implement open communication through the use of house meetings. Meetings like this can help you learn how to solve conflicts with the people you live with, and that could help you to live better with your family or roommates when you move out.

17. All visitors must have at least (30) days clean and sober or have no previous issues with substance use. All visitors must be pre-approved by management and only allowed in common areas. All clients must notify staff within 24 hours of a visitor, and must be approved or denied by the Program or House Manager. No overnight guests allowed. Guests are allowed between 10am and 8pm. Be respectful of other residents.

18. All residents must attain authorization from management and complete all required paperwork before they will be allowed to bring a vehicle on-site. Drivers must have a valid driver's license and the vehicle must have current registration and insurance listed under the resident's name. Parking is only permitted in designated parking areas. No parking in driveway spaces. Any garage space is to be used for staff purposes only.
19. No overnight sleeping in common areas. (I.E. Couch in the living room)
20. The kitchen must always be kept neat and clean. Clean up after yourself and put things back where they belong. Wash, dry and put away your dishes immediately and wipe down all surface areas. Do not store cooked/prepared food in plates, cups and pots/pans. All food stored in the fridge must be in a Ziploc or Tupperware container.
21. Common areas (living room, dining room, bathrooms) should always be kept neat and clean. Do not rearrange furniture in the common areas without staff approval. No additional furniture is allowed in communal areas or bedrooms without approval.
22. Clothes must be removed from the washer and dryer as soon as it is finished, and clean out the lint bin after every use. Laundry is available during your assigned time unless approved by management.
23. You are responsible for forwarding your mail once you leave DeMalias House. Mail for past residents will be held for a maximum of (7) days then returned to sender.
24. Personal items left by evicted or past residents will be held for a maximum of (60) days then donated to the local thrift store. Emergency contacts will be notified if items are left behind. Residents are responsible for making arrangements with the staff in advance for the pick-up of their personal belongings.
25. Good relations are to be maintained with our neighbors. Do not enter any neighbor's property. Any potential disputes should be immediately reported to management.
26. Do not put holes in the wall or tape on the wall. Use Command strips to hang items.
27. Fire and Emergency Safety plans will be reviewed upon lease signing. All residents will be required to participate in fire and emergency drills. Always practice safe habits. Be aware of fire exit locations and how to use them for all emergencies. Smoke only in the designated outdoor area and use the designated receptacle.
28. Garbage carts must be placed at the curb before 6 a.m. on the day of garbage pick-up. Lids on carts must be closed. Carts must be placed with the handle facing the house. All garbage must be bagged and tied to prevent garbage from littering the streets. Carts must be placed at least 4 feet from any obstruction (parked cars, utility poles, mailboxes, recycling bins or snowbanks). Carts must be removed from the curb within 24 hours of collection.
29. Residents may not add or in any way change locks or keying.
30. Residents may not remove batteries from smoke detectors or in any other way disarm them. Contact staff if there is an issue with any detector.

31. Please be conservative with water and electricity. Shut off lights when leaving rooms, turn off fans when not in use and check faucets for leaks.
32. In any emergency case, call a staff member immediately. Submit all non-emergency maintenance requests to the Program or House Manager.
33. No pets allowed at any time.
34. Any client with a sexual offense will not be admitted into the DeMalias House as part of community requirements in this area. Predatory offenses are not sexual offenses.
35. Residents at DeMalias House are required to turn in all narcotic medications only, all other prescribed medications can be kept within rooms. Narcotics will be distributed daily and on weekends. All medications are subject to be counted at any time, as requested by staff.
 - a) Suboxone and Methadone prescriptions will be management at DeMalias House or clients will be provided a lock box for storage. These prescriptions are to be used as prescribed and only by the prescribed person -if this is not followed, the client is subject to immediate eviction. This policy includes all controlled substances including any stimulant, Benzodiazepines, Gabapentin, or pain medication.
 - b) The use of NyQuil, Kratom, CBD or any other Cannabinoid, can show positive results on a drug screen. It is your responsibility to know what you ingest, and to not ingest anything that is not yours or you aren't sure what it is exactly.
36. Residents in violation of any house rule may be subject to immediate eviction.

Additional Information

1. We are a sober home. We are not a rental property. Residents of our homes should understand they are signing a "sober house contract", not a typical "lease agreement". Each resident will have a semi-private bedroom and shared bathroom.
2. What to bring. Residents are responsible for purchasing and cooking their own food. The home is partially furnished meaning cookware, dishes, beds, bedding, nightstands, dressers, living room and dining room furniture are provided. Residents should bring pillows, toiletries, laundry supplies, food, towels, clothing, a limited number of personal belongings, and a smart tv, laptop, or tablet if you want to stream tv (using your own account). The Internet is provided.

Connecticut's "Patients' Bill of Rights" protects individuals with mental health conditions, and the citation you provided, likely a reference to a specific section like General Statutes § 17a-247 or § 17a-248, would detail specific rights, such as protection from coercion, abuse, and neglect.

An individual living in a recovery home has the right to:

Bill of rights for patients in Connecticut

- Protection from coercion: Mental health providers cannot order patients around or use coercion to limit their choices or self-determination.
- Informed consent for medical procedures: Psychosurgery and shock therapy (ECT) require written, informed consent from the patient. Involuntary medication can also require court permission if the patient is unable to consent or refuses it despite being capable and the refusal poses a direct threat to themselves or others.
- Freedom from abuse and neglect: Patients have the right to be free from abuse and neglect by healthcare providers and DMHAS staff.
- Right to freedom of movement: Patients can move about the facility as much as their clinical and safety needs allow.
- Protection against discrimination: Patients are protected from discrimination in their treatment and access to rights based on factors such as age, race, gender identity, sexual orientation, disability, and national origin.
- Effective communication: Individuals with disabilities have the right to effective communication and equal access to services, including reasonable modifications to programs and services upon written request, unless it would fundamentally alter the program.
- Confidentiality: Patients have a right to the confidential treatment of their information and must provide written consent for its release to individuals not authorized by law.
- Right to file complaints: Patients can file complaints without fear of reprisal and have the right to know the agency's complaint and grievance procedures.

ACKNOWLEDGEMENT

I have read the handbook and I do hereby agree to comply with the rules listed above and understand all that is expected of me during my residency at DeMalias House of Hope. I understand that once my move-out date is set, it must be abided by. I have been provided with a Client Bill of Rights.

Resident Signature

Date

Staff Signature

Date