

Women's Program Standards

The following rules and guidelines have been developed to assist our clients while in treatment. We understand it is important in recovery to maintain personal responsibility, and to be informed of what is expected. By establishing clear guidelines, we hope to assist our clients in behavioral and attitude changes that facilitate long-term recovery.

- **Red Rock Recovery House is a 3-month commitment. There is a possibility for a 1-month extension which would make it a total of 4 months.**
- **Residents must participate as a member of a 12-step program AND Red Rock Recovery. This includes but is not limited to:**
 - Acquire a sponsor within two (2) weeks of arrival
 - Residents are not allowed to have a vehicle during their stay at Red Rock Recovery House
 - Actively work the 12 steps
 - Become a participating member of a home group at a meeting of your choice
 - Have a minimum of one (1) service commitment at a meeting of your choice
 - Minimum of one (1) meeting each day or as scheduled per housing
 - Attend "circle" as scheduled per housing
 - Complete individually assigned chores in the morning and before bed
 - Curfew is 11:00pm Sunday through Thursday and 12:00am Friday and Saturday
 - No family contact for a minimum of thirty (30) days. Residents can call family with therapist after first 2 weeks during this blackout period
 - No packages can be sent from outside sources/people without Housing Supervisors approval
 - No cell phones or other internet accessible electronic devices for a minimum of two (2) weeks
 - No "1 on 1" contact with the opposite sex, including social media, phone, notes, mail, etc. until you have finished a 5th step and successfully completed your sex ideal.
 - No social media, including Facebook, Instagram, snapchat, etc. until you have been here for two (2) months
 - 11th step and "I am's" and/or "I wills" completed every night
 - Follow all other rules made or updated by staff
 - Alumni program application to be completed and turned in minimum 1 month prior to commencement
- **Become fully self-supporting**
 - Others may pay the initial admission fee of \$3500. This covers first eight (8) weeks of food, first two (2) months of rent, and experiential programming.
 - No additional financial support and aid from anyone during your stay
 - Groceries are included in initial admission fee. Resident will receive an allotment of \$80 each week for the first eight (8) weeks

- Resident is responsible for obtaining employment by their 8th week in Red Rock Recovery Housing. Resident must work 25-30 hours a week and find employment within a 3-mile radius of the center
 - No resident can work on Sundays
 - Resident is responsible to pay \$300 for rent for month three (3). This rent must be paid by day 90. If resident is extended, they will have to pay \$75 per week after that 90-day period
 - No commission jobs
 - No paid “side work” unless you have a job (i.e. yard work, painting, etc.)
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- **No work on Sundays. Saturdays are optional, but we attend many events and you will be required to go; even if it means losing your job**
 - **Personal hygiene is mandatory**
 - **Proper clothing must always be worn and is DETERMINED by staff**
 - **No new tattoos and piercings**
 - **No pornography of any kind**
 - **No physical altercations**
 - **Noise levels will be kept to a reasonable level determined by staff**
 - **No refusal of any requested drug screen, alcohol swab, and breathalyzer**
 - **Red Rock Recovery is not responsible for the administration of resident medication or medication costs**
 - **Residents are responsible for monitoring and managing their medications**