

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor 207-307-1292

Entry Date _____

Member Agreement:

Full Name (First,Middle,Last) : _____

Phone Number _____

Present Address: _____

Previous Address: _____

Home of Record: _____

Date of Birth: _____

List Family Member(s): _____

List Family Member(s) Contact #: _____

List your Present Employer: _____

Employer Address: _____

Employer Supervisor/Contact Person: _____

Emergency Contact/Relationship: _____ Contact Phone: _____

Have you ever been convicted of a crime? Yes No (If Yes, Please explain below)

Are you presently in the legal system? Yes No (If Yes, Please explain below)

List any (current) Parole or Probation Officers and contact numbers:

Are you addicted to drugs and/or alcohol? Yes No (If Yes, Please explain below) Sobriety/Clean Date: _____

Have you ever been in a Treatment Facility? Yes No (If yes, Please explain below)

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor

Are you taking any prescription medications? Yes No (If Yes, Please list all medications below and reason)

ALL MEDICATIONS ARE TO BE KEPT SECURED IN A LOCKED SAFE/BOX. RESIDENTS ARE INDIVIDUALLY RESPONSIBLE FOR THE PROVISION OF HIS/HER OWN SAFE/BOX.

Have you ever been in a Recovery House, Halfway House or similar facility? Yes No (If Yes, explain when/where)

Do you have a Sponsor? Yes No If Yes, Sponsor's Name/#: _____

Please read and initial to indicate your understanding and agreement:

The **Fresh Start Sober Living** house requires a **\$50.00 administrative entry fee**.

Membership is \$125.00 weekly or \$540.00 monthly. Rooms are by the week/month only. Members—specifically those in arrears—can make daily monetary payments in any sum/amount. To make a payment, see house manager and ensure receipt is provided. Each week begins on Sunday and ends on Saturday. A membership arrearage can/will result in eviction. **Provided a member departs sober and in good standing (i.e., packs and carries his/her own belongings the day he/she departs, washes and places linen back on his/her bed, cleans his/her respective living area, does not return to the premises without permission, etc.) he/she is likely to receive a refund of any overpayment; anything less will result in a pro-rated refund or no refund at all. All refunds are given at the discretion of Fresh Start Sober Living. Departing members must allow at least (14) days for the processing of any refund.**

I realize that the **Fresh Start Sober Living** house for which I am applying for membership requires complete abstinence from **Drugs and/or Alcohol**. Any use of **Drugs and/or Alcohol** is strictly prohibited and **will** result in immediate eviction from our residence(s). Disruptive and/or Discourteous behavior within our residence or community **will not** be tolerated and **can/will** result in eviction from our residence. Finally, a member's inability to maintain employment and pay his/her dues in a timely manner **can/will** result in eviction from our residence. **By initialing/signing, I acknowledge agreement to the terms stated, and hereby waive my right(s) to normal due process afforded by local landlord-tenant laws.**

I have read all the material on this application, and answered each question honestly. I have a **sincere desire** to live **Clean and/or Sober**, and achieve comfortable recovery from alcoholism and/or drug addiction without relapse. Any questions I may have had were answered to my satisfaction.

Signature: _____

Date: _____

Witness: _____

Phasing System

Fresh Start's Member Phasing System was developed as a way for all new members to integrate into the Fresh Start Sober Living communities in a manner that is conducive to the recovery and safety of all members. All new members are required to phase through each level and adhere to the conditions of each phase in addition to Fresh Start's regular membership rules and agreements. These phases are non-negotiable.

Phase One

Duration: 14 days to review and every 14 days thereafter until phased up.

Curfew: 6:00pm to 5:00am. The only exceptions are for ones work schedule or a recovery-based meeting or event at which the member will be accompanied by a phase three member. All exceptions must be approved by House Manager.

Overnights: No overnight passes are granted

House Guests: Guests allowed until 9:00pm in common areas only

Membership dues must be current, and member must adhere to all Fresh Start's regular rules and agreements

Phase Two

Duration: 30 days to review and every 14 days thereafter until phased up.

Curfew: 9:00pm to 5:00am Sunday thru Thursday and, 10:00pm to 5:00am Friday and Saturday. The only exceptions are for ones work schedule or a recovery-based meeting or event at which the member will be accompanied by a phase three member. All exceptions must be approved by House Manager.

Overnights: One overnight pass per week may be approved by the House Manager. 24 hours must elapse between passes. A Special Permissions request must be submitted for any exceptions.

House Guests: Guests allowed until curfew and may be in members room.

Membership dues must be current, and member must adhere to all Fresh Start's regular rules and agreements

Phase Three (Full Membership)

Duration: N/A

Curfew: 10:00pm to 5:00am Sunday thru Thursday and, 11:00pm to 5:00am Friday and Saturday. The only exceptions are for ones work schedule. All exceptions must be approved by House Manager.

Overnights: Two overnight passes per week. 24 hours must elapse between passes. A Special Permissions request must be submitted for any exceptions.

House Guests: Guests allowed until curfew and may be in members room.

Membership dues must be current, and member must adhere to all Fresh Start's regular rules and agreements

***Fresh Start General Manager and House Managers retain, within reason, a degree of latitude with all phasing guidelines and may use their discretion on an individual and case by case basis.**

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor

General House Rules/Requirements/Guidelines:

You are in a Sober Living Environment. Your success and continuance in this environment is dependent upon your consistent good behavior and cooperation. Disruptive and/or Discourteous behavior will not be tolerated. Any contact with Illegal Drugs and/or Alcohol and/or violation of any of the following Rules & Guidelines can/will result in eviction. Your initials and signature indicate your understanding and agreement. When in doubt...ASK!

- _____ Consumption or possession of beverage alcohol in any form is strictly prohibited.
- _____ Use or possession of illegal drugs in any form is strictly prohibited.
- _____ Use and/or possession of drugs and/or alcohol will result in immediate eviction. If evicted for drugs and/or alcohol the resident agrees to leave the premises immediately and not return for any reason whatsoever, without permission from the House Manager and/or Fresh Start Sober Living.
- _____ Lying, Cheating & Stealing are strictly prohibited. If caught, you will be fined and/or evicted.
- _____ Residents are required to submit to a Drug and Alcohol Screen/Test at any time (24/7) it is requested. A refusal and/or failure to provide an adequate sample will be treated the same as a positive test result. Any attempt to Cheat/Circumvent test will result in a fine/eviction.
- _____ Daily attendance at "12 Step" meetings is strongly encouraged/recommended; the minimum daily attendance requirement is (5) per week. Acceptable meeting attendance is seated & present prior to the Serenity prayer, present for all readings as well as the meeting itself up until and after the Lord's Prayer is concluded. ARRIVE EARLY, STAY LATE! MEN WITH MEN, WOMEN WITH WOMEN!
- _____ Residents are required to maintain a Home Group.
- _____ Residents are required to maintain a working relationship with a Sponsor. It is recommended that each Resident be on track to take all "12 Steps" within 6 – 9 months from date of arrival at *Fresh Start Sober Living*.
- _____ Residents are required to maintain employment. If at any time a client is/becomes unemployed and is capable of working (not injured or sick), he/she must actively seek employment from 8:00 am - 5:00 pm Monday through Friday, and is not permitted at the house during this time. A resident's employment is prohibited from interfering with their adherence to any of the other terms of this agreement.
- _____ Behavior considered to be a "Conflict of Interest" (i.e., Sponsorship, Employment, Dating, etc.) between Residents is strictly prohibited. NO DATING OR VISITATION BETWEEN RESIDENTS/HOMES OF FRESH START SOBER LIVING WITHOUT PERMISSION.
- _____ Smoking inside any Fresh Start Sober Living home is strictly prohibited.
- _____ Fresh Start Sober Living is NOT (at any time) responsible for a resident's personal item's/belonging(s). Residents are responsible for the security and safekeeping of their own personal item's/belongings and are to pack and carry their item's/belongings when they depart. If for any reason this does not occur, the Resident may contact

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor

the House Manager or Fresh Start Sober Living regarding the retrieval/disposition of their personal item's/belongings. Fresh Start Sober Living will not store personal belongings for more than seventy-two (72) hours.

- ___ Disruptive/Discourteous behavior will not be tolerated and **can/will** result in eviction.
- ___ Guests of the opposite sex are strictly prohibited from entering any Fresh Start Sober Living home.
- ___ Overnight guests are strictly prohibited.
- ___ Guests are not permitted at the house beyond curfew and are only permitted in the common areas.
- ___ Guests cannot be under the influence or in possession of drugs and/or alcohol.
- ___ New Resident curfew is 6:00pm every night. All others must be in by 10:00 pm Sunday through Thursday and 11:00 pm Friday and Saturday. Residents must adhere to more strict curfews when required (i.e., Parole, Probation, etc.). Failure to return to the house on time can/will result in eviction.
- ___ House quiet time is 10:00pm to 5:00am. Any activity (i.e., Lights, TV, Telephone conversations, etc.) that disturb another residents ability to sleep/rest is prohibited.
- ___ Evicted Residents are required to leave the premises immediately and not return under any circumstances.
- ___ Residents of Fresh Start Sober Living are discouraged from maintaining relationships with those evicted from the Fresh Start Sober Living program.
- ___ House Business Meetings are held weekly at date/time determined by House Manager/Fresh Start Sober Living and are mandatory for every client. An unexcused absence from any House Business Meeting can/will result in a fine, or eviction.
- ___ Overnight/Weekend Passes are to be submitted to the House Manager a minimum of (1) week in advance. Authorization will be granted at the discretion of House Manager and Fresh Start Sober Living.
- ___ Residents are not permitted in any bedroom other than their own without permission from the resident(s) residing in that room; they must also be accompanied by the permitting resident.
- ___ Thermostat is to be adjusted by the House Manager only.
- ___ Washer & Dryer -- Be courteous. Clean dryer lint screen before and after every use and do not leave clothes unattended in the washer/dryer.
- ___ Chores are required to be completed daily. The House Manager is responsible for chore assignment and completion. Failure to complete assigned chore can/will result in fine/eviction.
- ___ A good General Clean-up of all areas inside & outside the home is required at all times.

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor

_____ Beds are required to be made upon awakening. Respective areas are to be kept neat, clean and picked up at all times. NO SLOBS; YOU CAN/WILL BE FINED!

_____ Turn off lights, TV's, Radio's, Fans, etc., when not in use. Exterior doors are required to be locked when entering/exiting; no exceptions!

_____ Residents are required—at all times—to wear appropriate dress in common areas.

_____ Sleeping in common areas is prohibited.

_____ Kitchen—Appliances, Counter-tops, Utensils, Dishes, Pots, Pans, etc. will be cleaned and returned to their respective place (immediately) after each use.

_____ Refrigerator—Mark food/leftovers with Name/Date when initially placed in the refrigerator.

_____ Be Accountable/Responsible and Communicate! Accountability, Communication eliminates need for excuses with House Manager

_____ A violation of any one of the aforementioned Rules & Guidelines can/will result in a fine or eviction. Fines range from as little as \$25.00, up to a full \$50.00 (the equivalent of an entry/reentry fee).

Signature: _____ Date: _____, 20__.

Witness: _____

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor

New Member Status

Resident's Name: _____

Every "new member" entering the *Fresh Start Sober Living* Program and those residents that violate the conditions of their agreement with *Fresh Start Sober Living* are placed on "new member" status. The *Fresh Start Sober Living* requires strict adherence to these conditions and all Rules & Guidelines. While on "new resident" status, you must:

- Attend an AA/NA meeting daily & get a meeting sheet signed.
- Have a Sponsor (Members are required to maintain a working relationship with a Sponsor. It is recommended that each Resident be on track to take all "12 Steps" within 6 – 9 months from date of arrival at Fresh Start Sober Living).
- Have, attend and participate in a Home Group.
- Have and fulfill a Service commitment.
- Adhere to a 9:45pm curfew to allow for "AA/NA" meetings.
- Be employed and/or have satisfied all financial obligations. (Any resident in financial arrears is responsible to pay rent of \$17.00 per day.
- Satisfy all conditions of your agreement with *Fresh Start Sober Living*. (A client will remain on *new member* status until all conditions of his/her agreement with *Fresh Start Sober Living* are met/satisfied. If at any time a client violates the conditions of his/her agreement with *Fresh Start Sober Living*, he/she will automatically be placed on "new resident" status.

Note: You are encouraged to become thoroughly familiar with all Rules & Guidelines and the conditions of your agreement with Fresh Start Sober Living. Ignorance is not an excuse!

Client Signature: _____

Date: _____, 20____

Witness: _____

Fresh Start

SOBER LIVING MENS HOUSE

87 Ohio St. Bangor

Drug Screen/Test

I _____, understand that I can be tested for Drugs and/or Alcohol at any time, for any reason, per my agreement with *Fresh Start Sober Living*. I am aware and have full knowledge that the person(s) administering the test(s) are my peers and not medical personnel. I am also aware that if I test positive, refuse compliance or attempt to cheat/circumvent the test in any way, I **will** be evicted from the *Fresh Start Sober Living* house and required to leave the premises immediately. My signature below indicates my understanding and consent.

Signature _____

Date _____

Witness _____

Witness _____



Fresh Start Inc.
Fresh Start Sober Living
87 Ohio St, Bangor, ME, 04401
207-307-1292
207-944-2235

EMERGENCY PLAN FOR OVERDOSE

All houses

1. CALL 911 IMMEDIATELY
2. CHECK FOR SIGNS OF OVERDOSE
Signs of OVERDOSE, which often results in death if not treated
Face is extremely pale and/or clammy to the touch
Body is limp
Fingernails or lips have a blue or purple cast
He or she cannot be awakened from sleep or is unable to speak
Breathing is very slow or stopped
3. ADMINISTER NALOXONE (NARCAN)
4. MONITOR THE PERSONS RESPONSE AND WAIT FOR EMT'S
NEAR FRONT DOOR OR OBVIOUS ENTRANCE



Fresh Start Inc.
Fresh Start Sober Living
87 Ohio St, Bangor, ME, 04401
207-307-1292
207-944-2235

MEMBERS NARCAN TRAINING AND EVACUATION PROCEDURES

I, _____ have been trained on the use of Naloxone(Narcan), the
Emergency plan for overdose and have been made aware of the evacuation plan and meeting location in
the event of fire or other disaster.

_____ Member signature _____ Date

_____ House manager's signature

To be placed in members file.

