

## **Serenity Bridge Sober Living Rules and Guidelines**

1. **Abstinence:** Residents must commit to complete abstinence from drugs and alcohol.
2. **Meeting Attendance:** All residents must attend mandatory house meetings every Sunday at 8 pm. Non-working residents must attend eight meetings per week, while working residents must attend four meetings per week. Meetings can include 12-step meetings (such as Alcoholics Anonymous or Narcotics Anonymous), group therapy sessions, church, Native American church, volunteering or other recovery-related meetings.
3. **Curfew:** Residents must adhere to a designated curfew, which will vary depending upon the resident's phase.
4. **Random Drug and Alcohol Testing:** Residents may be subject to random drug and alcohol testing to ensure compliance with the abstinence rule.
5. **House Chores:** Residents are responsible for performing assigned house chores to maintain a clean and orderly living environment.
6. **Community Participation:** Residents are encouraged to participate in community activities, such as volunteering or attending recovery-related events.
7. **Financial Responsibility:** Residents must meet their financial obligations, including paying rent on time.
8. **Employment:** Residents have two weeks upon entry to find employment.
9. **Supportive Relationships:** Residents should foster supportive relationships within the sober living community and avoid engaging with individuals who may jeopardize their recovery.
10. **Visitors:** No visitors are allowed on Serenity Bridge property; the only exception is a resident's PO.
11. **Regular Communication:** Residents must keep the staff informed of their whereabouts, when their chore is completed and any changes in their schedule or employment status.
12. **Personal Belongings:** Residents are responsible for their personal belongings and must not take or use other residents' belongings without permission.
13. **Transportation:** Residents are encouraged to be self-sufficient for transportation. If a resident has their own vehicle, they are encouraged to help fellow housemates out with rides.
14. **Medications:** Residents must follow prescribed medication guidelines and inform staff members of any changes or concerns regarding their medications.
15. **Confidentiality:** Residents should respect the confidentiality and anonymity of fellow residents and their personal information.
16. **Smoking** is only allowed in designated areas outside the house; this includes vaping.

17. Quiet Hours: Due to a variety of work schedules the hours of 11pm - 10am are deemed quiet hours to ensure a peaceful living environment for all residents.
18. Meals: All meals must be prepared and eaten in the designated areas of the house. No food in any room except the kitchen and dining areas.
19. Personal Hygiene: All residents ought to practice healthy and respectable hygiene care.
20. No resident may ask another resident to borrow money.
21. Pets: No pets of any kind are allowed.
22. Weapons: No weapons, knives or any other such objects are allowed.
23. Overdose: In the event of a suspected overdose, call 911 immediately, put your phone on speaker and administer Narcan.
24. Medication-assisted treatments are allowed as prescribed; if a resident has prescribed narcotic medication, it will be stored in a secured location.
25. Any and all items left after thirty days of absence or a resident's dismissal will be considered a donation.
26. Entry Fee: An entry fee of \$500 is required upon entry.
27. Rent: Each resident is expected to be self-supporting and must contribute financially for their time at Serenity Bridge Sober Living. Payment of \$250 is due on the 1st and the 15th of each month. If fee is not paid, is late, or if you have a balance, residents may be placed on financial probation, which may include:
  - a. A modified phase I
  - b. Providing house leader with a paystub and a written budget plan.
  - c. All budgets need to be turned in within two days before rent is due.
  - d. If a resident is unable to pay, depending upon the individual situation, you may be asked to leave Serenity Bridge Sober Living.
28. Belongings are limited to the equivalent of two suitcases.
29. Code of Conduct: Residents are expected to adhere to a code of conduct that promotes respect, honesty, accountability, and cooperation within the sober living community. Disrespectful behavior will not be tolerated and may result in dismissal from the program.

*Serenity Bridge Sober Living enforces a 3 Strike system for rules that are broken. (We reserve the right to dismiss any resident from the program if deemed necessary by house leaders and the board)*

**Strike system is as follows:**

- Strike 1 will get a House Mouse (resident will perform all chores) the following day.

- Strike 2 will have to write a book report on a given 12 step subject and read it at the house meeting.
- Strike 3 will result in a behavioral contract for 30 days; any strikes earned within the contract will result in dismissal from the program.

**The Rules and Guidelines are enforced; a breach of any of the above may result in dismissal from Serenity Bridge.**

## **Serenity Bridge Phase System**

- One week probation period: allowed out of the house two hours per day (excluding work and meetings)  
9:30 pm curfew \*unless at work\*

**Phase 1:** Must have a sponsor, a home group, a job, meet financial obligations and be in the house for a minimum of one week.

10:30 pm curfew \*unless at work\* - 2 passes allowed per month \*must be in the house for a minimum of one month before a pass will be allowed\*

**Phase 2:** Must successfully complete phase 1 for a minimum of one month and have a commitment at a home group

10:30 pm curfew \*unless at work\* - 4 passes allowed per month

**Phase 3:** In house successfully for at least 6 months.

Midnight curfew - 3 passes allowed per week

\*\*\* Residents are subject to phase down if they are not meeting their current phase's requirements

# Serenity Bridge Sober Living Application

Mailing Address: 5608 Titanium Drive, Bismarck ND 58503

[admissions@serenitybridgesoberliving.com](mailto:admissions@serenitybridgesoberliving.com)

Layne: 701-890-2030

Cjay: 701-335-6442

Date: \_\_\_\_\_

## **Personal Information:**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address:(Street) \_\_\_\_\_ (City) \_\_\_\_\_  
(State) \_\_\_\_\_ (ZIP) \_\_\_\_\_

Birth Date: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Phone Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

Marital Status:  single  married  Divorced  Separated  Engaged  Widowed

Current Housing:  Personal residence  Live with family  Live with friends  
 Treatment Facility  Incarcerated  Homeless  Other

## **Emergency Contact Info:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address (Street): \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (ZIP) \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_ Relation to you: \_\_\_\_\_

**Additional Information:**

Male / Female

Are you required to register as a sex offender? Yes / No

List Criminal History: \_\_\_\_\_

Drug of choice: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_

Are you in a 12 Step program: Yes / No

Do you have any active warrants?

\_\_\_\_\_

Are there any other issues you would like to list that we may be able to assist you with?:

\_\_\_\_\_

If currently in treatment, jail or halfway house, when is your release date?: \_\_\_\_\_

Treatment provider or halfway house information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Case Worker's Name: \_\_\_\_\_

Probation Officer's Name and Number: \_\_\_\_\_

What are some short term goals you would like to get done upon entry?

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How long do you plan on staying in sober living?

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***\*Release of Information MUST be filled out so we are able to inquire with your treatment team, Probation officer and Medical Providers etc.***

**Medical:**

Do you have a mental health diagnosis: Yes / No

Are you currently taking any medications? Yes / No If Yes, please list:

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**\*Before signing, we encourage you to thoroughly read through our rules and guidelines.**

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

