

PHASED PROGRAM OF STRUCTURE & ACCOUNTABILITY

PHASE GUIDELINES & POLICY

Bodine Recovery developed a phased program designed to create a well-balanced sober living recovery community and provides incentives + disincentives for members, which include:

- Upon initial review of a member's Sober Living Program Application, Background, Sobriety Review and Interview; member may enter in the sober living program at phase I, II, or III.
- Due to variations in employment, recovery program status and professional endeavors, phasing criteria may be negotiated to accommodate member's desired lifestyle and recovery program.
- Disincentives include loss of phase privileges, which are a direct result of members not adhering to written or verbal warnings and corrective measures.
- Members not working a solid program of recovery will be declined to a lesser phase than currently on. If no improvement or program growth is displayed through member's actions working a recovery program, the member will be discharged from Bodine Recovery Sober Living and recommended a higher level of care.

NOTE: THERE IS A ZERO TOLERANCE POLICY FOR NOT ADHERING TO PHASING GUIDELINES

PHASE I

INITIAL PROGRAM REQUIREMENTS

- _____ A. **WEEK 1 | BUILD RECOVERY FOUNDATION**
Obtain Recovery Program Sponsor/Mentor/Advisor – Define Home Group & Service Commitment, Attend Recovery Meetings, Set-Up Therapist/Counselor Appointment, IOP, PHP, Develop Routine, Settle in House, Acclimate to Sober Living Environment, Utilize Gym Membership
- _____ B. **WEEK 2 | 9:00AM - 3:00PM | Out of House Until Gainfully Employed Rule**
Mandatory OUT OF HOUSE Employment & Service Opportunity Seeking
- _____ C. **10:00PM - Mandatory Curfew weekdays | No Mandatory Wake-Up Time on Weekends**
- _____ D. **Must Obtain Employment | Education & Volunteer or Service Commitment Within 1st 2 Weeks**
25 Hours Per-Week Minimum
- _____ E. **Attend 4 Additional Program Related Meetings**
Includes: 3 to 4 | AA | NA | CA | SA etc.... 12-STEP MEETING, REFUGE RECOVERY, S.M.A.R.T, CELEBRATE RECOVERY Substitute: 1 Appointments - Sponsor Meeting, or Therapist/Counselor Appointment, Self-Care, Resume Building, Job Fair, Dietitian Consult - If Not Sure - Ask House Manager
- _____ F. **Attend 1 Event w/Community Members**
AA | NA | CA | Speaker Meeting | Hiking | Intramural Sports League Event | Community Outing
- _____ G. **Sunday Night House Meeting - Attendance & Participation Required**
- _____ H. **Meeting Sign-In-Sheet**
- _____ I. **Mandatory Recovery Program Sponsor: Counseling & Coaching - Must Meet 1X Per Week**
AA Sponsorship, Accountability Partner, Therapist, Recovery Coach, Spiritual Advisor
- _____ J. **Drug Screening – Pass All UA & BAC Testing**
- _____ K. **Make Bed Daily Upon Awakening**
- _____ L. **Visitors are allowed at House with approval from the House Manager**
Sponsors DO NOT NEED House Manager Approval
- _____ M. **No Overnight Requests - Phase 3 Only**
- _____ N. **Perform Assigned House Chore**

INITIAL PROGRAM PHASE-UP REQUIREMENTS TO PHASE II

- _____ A. Recovery Program Review - Goals & Achievements Evaluation
- _____ B. Complete ALL Sober Living Phase 1 Line Items
- _____ C. Submit Completed Meeting Attendance Sign-In-Sheet
- _____ D. Comply with Member Policy & Agreement
- _____ E. No Active Warnings or Corrective Measures
- _____ F. Schedule Phase-Up Meeting with House Manager

PHASE UP APPROVAL SIGNATURES

Member Signature

Print Member Name

DATE

House Manger Signature

Print House Manager Name

DATE

PHASE II

INITIAL PROGRAM REQUIREMENTS

- _____ A. 9:30 AM – House Chore Completed
- _____ B. 10:00PM – Mandatory Curfew & 12:00AM Friday + Saturday Nights
- _____ C. Maintain Employment | Education & Volunteer or Service Commitment
25 Hours Per-Week Minimum
- _____ D. Attend 4 Additional Program Related Meetings
Includes: 3 to 4 | AA | NA | SA | etc. 12- STEP MEETING, REFUGE RECOVERY, S.M.A.R.T, CELEBRATE RECOVERY
- _____ E. Attend 1 Event W/ Community Members
AA | NA | CA | Speaker Meeting | Hiking | Intramural Sports League Event | Community Outing
- _____ F. Sunday Night House Meeting – Attendance & Participation Required
- _____ G. Meeting Sign-In Sheet
- _____ H. Mandatory Recovery Program Sponsor: Counseling & Coaching - Must Meet 1X Per Week
AA Sponsorship, Accountability Partner, Therapist, Recovery Coach, Spiritual Advisor
- _____ I. Drug Screening – Pass All UA & BAC Testing
- _____ J. Make Bed Daily Upon Awakening
- _____ K. Visitors are allowed at House with approval from the House Manager
Sponsors DO NOT NEED House Manager Approval
- _____ L. No Overnight Requests - Phase 3 Only
- _____ M. Preform Assigned House Chore

INITIAL PROGRAM PHASE-UP REQUIREMENTS TO PHASE III

- _____ A. Recovery Program Review - Goals & Achievements Evaluation
- _____ B. Complete ALL Sober Living Phase 2 Line Items
- _____ C. Comply with Member Policy & Agreement
- _____ D. No Active Warnings or Corrective Measures
- _____ E. Schedule Phase-Up Meeting with House Manager

PHASE UP APPROVAL SIGNATURES

MEMBER SIGNATURE

PRINT MEMBER NAME

DATE

HOUSE MANAGER SIGNATURE

PRINT HOUSE MANAGER NAME

DATE

PHASE III

INITIAL PROGRAM REQUIREMENTS

- _____ A. 9:30 AM House Chore Completed
- _____ B. 10:00pm – Mandatory Curfew & 1:00AM Friday & Saturday nights (after 30 days)
- _____ C. Maintain Employment | Education & Volunteer or Service Commitment
25 Hours per-week Minimum
- _____ D. Attend 3 Additional Program Related Meetings
Includes: 3 to 4 | AA | NA | SA | etc. 12- STEP MEETING, REFUGE RECOVERY, S.M.A.R.T, CELEBRATE RECOVERY
- _____ E. Attend 1 Event W/ Community Members
AA | NA | CA | Speaker Meeting | Hiking | Intramural Sports League Event | Community Outing
- _____ F. Sunday Night House Meeting – Attendance & Participation Required
- _____ G. Meeting Sign-In Sheet
- _____ H. Mandatory Recovery Program Sponsor: Counseling & Coaching - Must Meet 1X Per Week
AA Sponsorship, Accountability Partner, Therapist, Recovery Coach, Spiritual Advisor
- _____ I. Drug Screening – Pass All UA & BAC Testing
- _____ J. Make Bed Daily Upon Awakening
- _____ K. Visitors are allowed at House with approval from the House Manager
Sponsors DO NOT NEED House Manager Approval
- _____ L. Overnight Requests Allowed – Text Approval from House Manager is Required 24HRS In-Advance
- _____ M. Perform Assigned House Chore