



## **The F5 Community Guidelines & Agreement**

I have the right to open, honest communication therefore, my responsibilities are:

- I agree to maintain communication with my parole/probation agents and F5 staff.
- I agree to follow all of the aftercare | treatment instructions that have been provided
- I agree to communicate with people in the F5 “family” and outside the “family” openly and honestly in order to build connections in the community so I have a strong supportive network. This includes attending all housing meetings, NA|AA or relapse prevention, and other community groups. (2 per week, outside of the housing meeting)
- I agree to communicate with the F5 staff with I am struggling with any part of my goals
- I agree to reach out to F5 staff if I see house members struggling with their challenges

## **I have the right to a safe, supportive place to call home ( F5 Housing)**

Therefore My Responsibilities are:

- I will do my part to maintain a sober environment for myself and the others by; NOT possessing drugs, alcohol, mood altering substances, this is included over the counter as well.
- I will not possess any drug related paraphernalia of any kind including but not limited to; hookahs, rolling papers, ect.
- I will agree to take random drug & alcohol tests as requested by F5 staff. These tests are used as a tool for accountability and communication.
- I will not go to bars, lounges, ect
- I will do my part to maintain a quiet and peaceful environment for myself and others in the house.
- I will not participate in any violent (emotional or physical) or threatening actions
- I will not bring any weapons into the community. ( this includes vehicles)
- I will respect other residents in the house by keeping the noise down, keeping my area and community areas clean, and will do my share of the house chores.
- I will not use any tobacco products in the house, I will dispose of all cigarette butts I leave outside.
- I will maintain the 11:00pm curfew every night. After 30 days I can work on getting passes approved. ( passes will be turned in to F5 Staff five days before date requesting to be gone)

## **I will do my part to ensure the house is comfortable for myself and my roommates in terms of privacy.**

- I will do this by making sure I dont have people who are non-participants on the property without F5 staff approval, ( this is also a five day approval period) \_\*This includes animals.
- I will maintain separation between F5 houses on a day- to- day basis.
- I will maintain personal space. For example, participants are not allowed in other rooms. All conversations/interactions should be had/done in the common spaces.
- I will work with F5 staff if I am struggling. I understand the F5 staff is here to help me through this path and help me minimize the struggles and capitalize on my strengths.
- I will keep an open line of communication with F5 staff.