



Guidelines

ALL GUIDELINES ARE SUBJECT TO CHANGE AS NECESSARY

Mood or Mind-Altering Substances

1. Possession or use of any mood or mind-altering substances is strictly prohibited. This includes, but is not limited to, prescription medications not disclosed at intake, stimulants, opiates, designer drugs, tranquilizers, benzodiazepines, kratom, cannabis, synthetic narcotics or any synthetic drug, anti-anxiety medications, muscle relaxers, laxatives, and diuretics (unless prescribed), dietary or herbal supplements, and alcohol. Monolithic reserves the right to revise this list at any time.
2. All residents will be alcohol and/or drug-screened before acceptance and must participate in random alcohol and/or drug screens when requested. Refusal to submit to random alcohol and/or drug screens will result in dismissal from Monolithic.
3. Residents will be drug/alcohol screened anytime they are suspected of being under the influence of an intoxicant. This screening may include, but not be limited to, a urinalysis, breathalyzer, medical screening, property, and room search, as well as a pill count of any medications prescribed.

Meetings, Classes, and Accountability

1. Attendance of 12-Step meetings is a requirement.
2. You are expected to actively work on the 12 Steps of AA or NA with a sponsor. If you do not have a sponsor, you must be actively seeking one.
3. Residents must attend 2 AA, NA, or CR meetings weekly.
4. Anytime you attend a meeting, you must get the meeting sheets signed by the chairperson. Although it is encouraged to attend as many meetings as you wish, only 1 meeting per day will be counted towards your weekly meetings.
5. Community is held every Wednesday at 6 PM and Friday at 12 PM. You must be present and bring your Meeting Sheet and Chore Log. Exceptions may be made if working during Community, but you must attend at least 2 communities a month.
6. Cell phone use is not permitted during meetings or meditation. Exceptions for staff only.

Leaving Property, Wake-Up, and Curfews

1. For your first 30 days, when leaving the property, you must be accompanied by another resident who has been here more than 30 days. Unless you are being dropped off at work, school, or court.
2. Residents can bring their own vehicles to Monolithic; however, the guidelines for the first 30 days do apply unless they are going to work, school, or court. You are to go directly there and back if you are within your first 30 days.
3. If you are unemployed, wake-up is 7 am with beds made by 7:10 am. House managers will conduct bed checks and room checks at 7:30 am. On weekends, you may return to bed after morning meditation. If employed, you are responsible for your wake-up time and making your bed within 10 minutes after awakening.
4. Curfew is 11 pm Sunday through Thursday and 1 am on Friday and Saturday. Those working shifts outside these hours will be handled on a case-by-case basis.

Visitors and Passes

1. Visitors are allowed on the property between 10 am and 6 pm.
2. Visitors are not allowed in rooms and cannot be under the influence of drugs or alcohol, act in any inappropriate manner, or otherwise cause a disturbance.
3. Absolutely no sexual relations on or near Monolithic property.
4. Overnight passes can be requested. You must be past your first 30 days, compliant with the service fees agreement, actively working the 12 steps with a sponsor, on the 6th step or beyond, and have filled out a Pass Request 24 hours in advance. Final approval is solely at the discretion of the staff; you cannot leave on pass without approval.

Transportation

1. Transportation in the surrounding area is provided by Monolithic, but is asked that you pay your driver \$5.00 per way. This includes work, grocery runs, and other necessary trips, except for doctor's appointments covered by GRITS.
2. To receive transportation, you must request it by filling out a Transportation Request by 6 pm the day before it is needed.
3. To request transportation, you will need the address you are going to, the time you need to be there, and the time to be picked up.
4. Be sure you have your driver's phone number on any runs you are on.
5. All transportation to and from doctors' appointments must be made through GRITS and scheduled 3 days in advance.
6. For any transportation needs outside of the surrounding area, you should request GRITS transport if you have Medicaid Insurance or are part of the Veterans Affairs Program. If you have neither, then you must put in a request as early as possible for review; this doesn't always mean we are able to provide transportation.

Rooms and Public Areas

1. Rooms, kitchens, and communal spaces should be kept clean, functional, and organized.
2. All dishes and kitchen utensils are to be washed, dried, and put away immediately after use.
3. No one is allowed to use another person's property without permission.
4. No one may enter another person's room without permission and with a room resident present.
5. Be respectful of others, music, and other media must be kept at acceptable levels outside. Explicit music is unacceptable. Headphones or earbuds must be used while inside houses.
6. Everyone is expected to clean up after themselves and keep the rooms clean at all times.
7. Personal items will be searched upon acceptance into the program.
8. Room checks will occur at the discretion of staff; residents will not be allowed in the room until the check is complete. All personal items are subject to search during room checks.
9. Sexual relations or public displays of affection on Monolithic property are unacceptable. This also applies to married couples outside of rooms.

Chores and Cleaning Supplies

1. Chores will be assigned and are the responsibility of all residents. Daily chores must be completed and the chore sheet signed by 8 pm.
2. Chore sheets can be found on the bulletin board. You must initial your assigned chore after completion. Not initializing your chore is the same as not doing your chore.
3. Cleaning supplies are provided by Monolithic.

Tobacco and Vaping Products

1. Smoking, dipping, and vaping are permitted outside only. Absolutely no use of any of this inside the house.
2. Cigarette butts are to be disposed of; do not throw them on the ground.
3. No use of dip in rooms, no spit cups in rooms. Dipping is allowed outside, and spit cups must be used.

Employment, Service Fees, and Food

1. Residents are expected to maintain employment; if unemployed, you must be actively seeking employment.
2. All residents are responsible for paying \$150.00 weekly. If not paid in full, a "Payment Commitment", may be submitted for staff approval.
3. Residents needing to catch up on payments will be asked to leave after the 3rd missed payment. Passes will not be issued until fees are current or the agreement is met.
4. Meals are not provided, and residents must buy their own groceries and keep them labeled. If government assistance is needed, we will provide Proof of Residence, and you must apply in your first week.

Audio and Video Recording

1. Cameras are used in common areas and the exterior of homes.
2. By signing this agreement, you understand that you are subject to audio and video surveillance while on or near Monolithic Recovery property.
3. Under no circumstances will there be recording of any kind in private areas such as bathrooms or bedrooms.

Zero Tolerance

1. Weapons and gambling are absolutely not permitted.
2. Illegal activity in any form is not permitted.
3. Theft or damaging other residents' or Monolithic property will result in discharge and will be prosecuted if necessary.
4. Violence, wrestling, threats (joking or serious), or harassment will not be tolerated.
5. Possession of medications not prescribed to you, narcotic drugs, or alcohol. This includes, but is not limited to, any food or hygiene product containing alcohol.
6. Visitors are not allowed in bedrooms.
7. Sexual relations of any kind with a resident or a visitor.

Dismissal, Arrests, and Voluntary Leave

1. If you are dismissed from the program for any reason, you must take your belongings with you or make arrangements upon dismissal to pick items up within 14 days.
2. If you are arrested, you must notify us as soon as possible and make arrangements for your belongings. In the case we are holding a bed for you, your items will remain as you left them.
3. If you are arrested and have not made arrangements for your items, they will be donated after 14 days of not returning to Monolithic.
4. Openly stating you are leaving or not returning to Monolithic at any time you are expected to be here will be considered a voluntary discharge.
5. Any items left at Monolithic for more than 14 days without arrangements made will be donated.

Dress Code

1. All residents are expected to dress appropriately for community living as well as in public. Dress code standards are set by staff and are subject to change at their discretion.
2. Clothing with explicit language, promoting alcohol, drugs, or sexual matters is unacceptable.
3. Clothing exposing underwear, sleeveless shirts, sagging pants, or exposing skin in an inappropriate manner is unacceptable.



Guidelines

Zero Tolerance

8. Weapons and gambling are absolutely not permitted. ****Initial** _____
9. Illegal activity in any form is not permitted. ****Initial** _____
10. Theft or damaging another resident or Monolithic property will result in dismissal and will be prosecuted if necessary. ****Initial** _____
11. Violence, wrestling, threats (joking or serious), or harassment will not be tolerated. ****Initial** _____
12. Possession of medications not prescribed to you, narcotic drugs, or alcohol.
This includes but is not limited to any food or hygiene product containing alcohol. ****Initial** _____
13. Sexual relations of any kind with a resident or a visitor. ****Initial** _____
14. Residents will be drug/alcohol screened anytime they are suspected of being under the influence of an intoxicant. This screening may include but not be limited to a urinalysis, breathalyzer, medical screening, property and room search, as well as a pill count of any medications prescribed.
15. Visitors are not allowed in bedrooms ****Initial** _____

Guidelines are subject to change at staff discretion

I have read and fully understand that compliance with these guidelines is a requirement for me to maintain a residence here at Monolithic. They are in place to provide a safe, structured, and sober environment for me as well as others to build the foundation of a sober and productive life. I understand that failure to abide by these guidelines will result in being held accountable for my actions and that I could be terminated from the program.

I have received a copy of the Monolithic Guidelines, I understand what is expected of me and agree to follow the guidelines by signing below.

Resident Signature: _____ Date: _____

Staff / Lead Signature: _____ Date: _____