

HOUSE RULES AND EXPECTATION POLICY

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PURPOSE: The purpose of this policy is to define and standardize the house rules and resident expectations for all individuals residing at The Lighthouse Sober Solutions recovery housing. These rules ensure a safe, structured, respectful, and recovery-oriented environment and comply with applicable standards set forth by the National Alliance for Recovery Residences (NARR) and the Kentucky Alliance of Recovery Residences (KYARR).

SCOPE: This policy applies to all staff and residents of The Lighthouse Sober Solutions’ recovery residences. Staff are responsible for communicating these expectations to residents and ensuring consistent, supportive enforcement.

POLICY: The Lighthouse Sober Solutions is committed to fostering a safe, inclusive, and recovery-focused living environment. House rules are rooted in the social model of recovery, emphasizing peer support, accountability, and community involvement. All rules are designed to be reasonable, recovery-supportive, and trauma-informed, and are enforced fairly and without punitive measures that conflict with recovery principles.

Policy Guidelines

Prohibited Substance Use and Related Behaviors

In accordance with NARR and KYARR requirements, the following are strictly prohibited:

- Use or possession of:
 - Alcohol
 - Illicit drugs
 - Medications not prescribed to the resident
 - Misuse of prescribed or over-the-counter (OTC) medications
 - Drug paraphernalia
- Seeking or procuring illicit substances, on or off property
- Sharing or selling of any medications

Any violation of the substance use policy may result in immediate intervention, behavioral support, and, if necessary, discharge, with efforts made to connect the resident to alternative housing or services.

Resident Participation and Engagement

Consistent with NARR, residents are encouraged to maintain active engagement in recovery and life skills development by participating in at least one of the following:

- Employment, education, or volunteer service outside the residence
- Participation in mutual aid, peer support, or caregiving
- Involvement in social, physical, or creative activities
- Participation in daily or weekly community-based activities
- Attendance in programmatic or clinical recovery services (as applicable to residence level)

Residents are expected to take part in the development and regular review of their individual recovery plan in collaboration with staff.

Community Conduct and Peer Respect

Residents are expected to:

- Treat all peers and staff with dignity and respect
- Support one another's recovery journey
- Refrain from using aggressive, shaming, or confrontational behavior
- Report any inappropriate behavior or violations of policy to staff
- Refrain from romantic or sexual relationships with other residents or staff
 - Exception: pre-existing couples in approved family or couples residences

House Meetings and Recovery Planning

- Residents are required to attend all scheduled house meetings unless excused in advance.
- Residents must participate in recovery planning sessions as scheduled, including regular check-ins with clinical or peer support staff.

Curfew

Unless otherwise approved (e.g., for work), curfews are as follows:

- **Sunday–Thursday:** 10:00 PM
- **Friday–Saturday:** 11:30 AM

Late arrivals must be communicated to staff in advance.

Visitors on Property

To ensure the safety and respect of all residents, the following guidelines have been established in accordance with the Visitor Policy.

- Visitors must be pre-approved by staff by putting in a visitor's request form.
- Visiting hours are 1 PM – 6 PM on weekends only.
- Visitors are only allowed in designated common areas.
- No visitors are permitted in resident bedrooms.
- No overnight guests are allowed.
- Residents are responsible for their visitors' behavior.

Neighborhood Conduct and Property Standards

To maintain good standing in the community and respect our neighbors, the following guidelines apply that align with the Good Neighbor Policy:

- **Parking:** Residents and their guests may park only in the designated driveway area assigned to the residence. Parking in yards, streets, or any non-designated areas is not permitted.
- **Smoking:** Smoking is permitted only in the designated outdoor smoking area located at the rear of the residence and must occur away from all building entrances, windows, and ventilation openings.
- **Noise:** Must be kept at reasonable levels at all times; no loud music or yelling.
- **Congregating:** Large groups should not gather outside the house.
- **Cleanliness:** Residents are responsible for keeping common areas and the exterior of the property clean and orderly.

Discharge Procedures

If a resident fails to comply with house rules or recovery expectations:

- Staff will engage the resident using supportive, non-punitive interventions where possible.
- If necessary, a discharge may occur due to non-compliance with this policy.
- Prior to discharge, staff will make reasonable efforts to connect the resident with alternative housing or appropriate resources.
- Discharges must be documented, and a case review may be conducted when appropriate.

Prohibited Disciplinary Practices

In alignment with KYARR standards, the following practices are prohibited:

- Fines or monetary penalties for rule violations
- Discharges for minor infractions not related to safety or recovery (e.g., failure to make bed)
- Mandatory services from a specific provider unless clinically indicated
- Coerced donations to the Provider or program
- Use of SNAP/EBT benefits to cover rent or fees

Policy Review and Updates

This policy will be reviewed annually by the management team to ensure compliance with NARR, KYARR, and internal standards. Updates will be communicated to all staff and implemented as necessary.