

## **“The Well Experience” Transitional Housing Rules**

We’re so glad you’ve decided to join us at “The Well Experience” and to trust us by laying your burdens down. God wants to do something new and wonderful in you, so we encourage you to open your heart and let Him in.

To make this happen in the shortest amount of time, we **MUST** be on the same page, play by the same rules, and be honest with your self and us. We’re not here to implement difficult rules, but rather to guide you toward your goals.

You must agree to abide by “The Well Experience” rules so that everyone is safe, and this remains a healthy and healing environment.

### **EMPLOYMENT:**

All residents are required to have and maintain employment in order to be a participant at The Well Experience, and full-time work of 35 to 40 hours is advised. Those on disability or SSI are also expected to work part time. We strongly believe idle time is time not well spent. Work schedules must be shown to staff weekly.

### **PROGRAM FEES:**

Everyone is expected to keep program fees paid and current every week. Please see our Director to discuss what is owed. Keep all receipts.

### **VISITORS:**

There will be **NO** visitors on the property without permission from management. Approved visits must take place in common areas like the office. The Well Experience residents are not allowed in each other’s rooms. Violation of this rule **WILL** result in immediate termination from the program. Men are not permitted in the women’s rooms.

### **DRUGS & ALCOHOL:**

There will be **NO** drug or alcohol use on the property or during your stay at The Well Experience. We are a sober-living program, and you must remain clean while living here. If you test positive, it will be grounds for immediate termination

from this program. A drug test upon entry as well as random drug and alcohol testing will be used.

**THEFT:**

Taking belongings without asking is considered stealing and WILL NOT be tolerated. This includes food, toiletries, clothing, etc. Theft could result in immediate termination from this program.

**LIGHTS-OUT & QUIET TIME:**

Lights must be out in bedrooms at 11 p.m. For this reason, quiet time also begins at 11 p.m. This means no loud conversations, noisy kitchen use, slamming of doors, turning on lights, etc.

**CURFEW:**

Residents must be at the house by 11 p.m. unless working. Children must be with parents at all times (if applicable).

**SMOKING:**

This is a smoke-free program, including the outside area of the property. Repeated infractions will result in termination from the program.

**HYGIENE:**

All residents need to be clean and presentable at all times. Clothing and bedding should be kept clean.

**ATTIRE:**

Please keep attire modest and appropriate.

**KITCHENS:**

Kitchen is available before 9pm and it is expected that all who prepare food will clean up immediately after meals. This includes washing dishes and all cookware, putting dishes away, sweeping, taking out trash when full, etc. Please keep food labeled inside refrigerators and cabinets and throw away all expired food. There are designated cabinets for donated food that is available for all to eat. Again, if taking food belonging to someone else persists, it will be grounds for termination from the program.

**MEALS & FOOD:**

The Well Experience does not provide meals or food. Each resident is responsible for their own food and as stated above, may not take from other residents without permission. Only donated food may be taken which is stored in the labeled area.

**BEDROOMS:**

Each individual will maintain their own living quarters. This includes making your bed daily, tidying the area, hanging bath towels, and keeping clothing and personal belongings put away. Staff may come and inspect your area at any time.

**THE WELL EXPERIENCE BELONGINGS IN COMMON AREAS:**

All furniture and household items that belong to The Well Experience may not be removed from the house without permission. Any repairs needed or supplies needed should be reported to staff. No child is permitted inside the house without their parents.

**THERMOSTATS:**

Only staff are permitted to operate thermostats.

**BIKES AND TRANSPORTATION:**

Residents are responsible for their own transportation. Bikes should be locked at all times. The Well Experience is not responsible for theft.

**SAVINGS:**

The Well Experience will create a savings account for anyone who does not have a bank account. We suggest saving at least \$5,000 prior to moving out.

**NIGHTS OFF PROPERTY:**

No program participant is allowed to spend the night off the property without permission from the Director.

**LOCKERS:**

Each program participant in the house will have only one locker and must keep a lock on it to secure their belongings. Lockers will be inspected at any time. Items

not locked up are subject to theft and The Well Experience is not responsible for lost or stolen items.

**LANGUAGE:**

We expect everyone to speak to one another with courtesy even in difficult discussions. Profanity/cursing is not permitted and if violators receive more than two warnings it will be grounds for termination from the program. The power of the tongue can either hurt or help your success at The Well Experience.

**MEDICATION:**

All medication should be given to Transitional Housing staff. Weekly containers will be filled and distributed. If medication is found in personal belongings or given to another program participant this will be immediate grounds for termination from the program.

**PETS:**

No program participants are permitted to house pets on The Well Experience property.

**INDEPENDENT LIVING:**

Program participants are totally responsible for all personal belongings, including but not limited to: medications, ID's, money, bedding, clothing, etc. Please ask staff if any items are needed and we'll do our best to provide you with what you need.

**MAIL:** All program participants must receive their mail at a address off site from the program. You are not allowed to use The Well Experience address for any reason. If you violate this rule, you will be terminated from the program.

**Growth Through Mentoring, Goal Setting & Budget Planning:** Every participant is required to develop a personal growth plan with staff which must be fulfilled weekly. Each participant is facing their own personal hurdles and the Well Experience offers many opportunities to assist in these areas. Goal Setting and Budget Planning are essential in moving through the Well Experience quickly and

into permanent housing. We have volunteer mentors who are here to help and walk with you through your journey.

**Mandatory Resident Meetings:** Every participant is required to attend the weekly Tuesday Resident Meetings at 6:00 p.m. unless your work schedule prohibits attendance (must supply schedule). These meetings are a great way to meet all the participants while enjoying a meal together. Those who have a history of drug or alcohol use will also be required to attend appointed group meetings.

All rules are for yours and everyone's safety. If rules are consistently broken and termination from the program is inevitable, we believe it was your choice. Everyone has the same opportunities to succeed at The Well Experience.

**If you agree to these rules, Please sign below:**

\_\_\_\_\_ **Program Participant**

\_\_\_\_\_ **Date**

\_\_\_\_\_ **Director**

\_\_\_\_\_ **Date**