



## **Helmsman House Foundation Acceptance Criteria & Sobriety and Re-Entry Program**

In line with our mission and vision, we aim to provide guides and resources that will assist each resident in their journey to wholeness, well-being, and successful re-entry into work, family relationships, and the community.

We also recognize that structure in the shared housing community is an important part of building new, positive, and lifelong habits that will serve you throughout your recovery journey and your future life. To that end, we want to make sure you are informed of the elements of our program that we consider requirements for successful healing and integration into the recovery community. The following acceptance criteria are essential to your success!

You must be in an active state of recovery working on reentering the Community. This means that you are under the guidance of a probation officer, drug court counselor, or support group sponsor and we need to have all their information so that we can partner with them for your success. As a faith-based program based on 5R Recovery principles, elements of faith will be introduced in group settings. Involvement in 5R recovery support groups and church involvement will be encouraged but not required. All residents must be respectful of faith-based discussions and practices.

### **You will be required to follow HHF Financial Policies to fulfill your payment plan.**

During your interview your your ability to make your monthly rent payments will be evaluated and resources identified and confirmed. You are responsible for proactively setting up any voucher program and outside sponsor payments and it must be confirmed prior to move-in. **You will not be able to move into the house until your first month's room charge of \$800 and at least \$50 of your move-in fee is paid.**

### **You must be prepared to cooperate with our start-up process.**

In alignment with an outside agency, during your first week, you will check in daily with your intake counselor to check your progress and meet with our community partners to attain any needed start-up groceries, clothing, or services. This may include:

- Setting up a pharmacy for your prescriptions
- Picking up clothing, shoes, and pajamas
- Picking up supplies you need for a job search or school
- Connecting with a program leader of a weekly recovery support meeting
- Applying for and obtaining a free phone through The Affordable Connectivity Program (ACP)
- Signing up for Medicaid and/or finding a health and dental clinic.



## **Active participation in all prescribed recovery and return-to-community action steps.**

Residents in our homes must be employed, involved in community service or enrolled in trade school or college within 30 days of moving into the house. This is in addition to your IOP, OP or others sessions required by the sponsoring agency." We will communicate with the agencies you are contracted with to partner with you for your healing and forward movement. The House lead or administrators will communicate with you about your progress. During your first week at HHF, we will take time to transport you to any place needed to obtain clothes, supplies, and some start-up groceries so you can focus on getting started with your recovery and re-entry goals.

## **Participation in a weekly recovery support group outside of HHF is required.**

During your first week at HHF, your counselor will work with you to use the contact info provided to find an outside recovery support group that is provable through signed slips that will be turned in. at the weekly mandatory House Community Meetings. You will have a deadline of 2 weeks to find a group within walking distance or one you can share a ride with if you don't have a car.

## **Attendance of all house meetings and performing house chores is required.**

The House leader will set weekly meetings at a date and time that works for the majority. It will be your responsibility to schedule work, outside meetings, and social events around the House Meeting Schedule. At these meetings, chores will be assigned each week on a rotating basis. Participation in paid work does not negate your responsibility to complete weekly chores.

## **You must be willing to recover and grow!**

Though all structure can seem restrictive at first, we hope you understand why these rules and guidelines are best practices as set forth by NARR and WAQRR and we access their potential to create the best possible recovery outcome for all of our residents.

I accept these policies and commit to engaging in the goals outlined in this document.

Signature \_\_\_\_\_

Date \_\_\_\_\_