

About Us:

We save lives, we change lives and we do it with skill, experience, compassion and no judgment. We want to help you and the bottom line is that you have found a team ready to welcome you with open arms.

First Day:

- When you arrive, you will meet with our intake staff and they will assist you in checking-in your belongings.
- You will launder your clothing.
- All luggage will be stored for you.
- We will log all medication.
- The required paperwork will be filled out.
- Because we know how important it is for you to get comfortably settled in, you are not required to participate in programming on the first day but we do recommend you attend a self-help meeting.

House Rules:

Curfew:

Sunday to Thursday – 10:00 pm

Friday, Saturday and Holidays – 11:30 pm

Visiting Hours:

Weekends and Holidays only:

10:30 am to 12:00 pm

1:00 pm to 3:00 pm

7:00 pm to 9:00 pm

Meetings:

You must attend 90 meetings in 90 days (1 per day).

You must record your attendance on the “12 Step Meeting Attendance Sheet” located in the dining room.

Being late or leaving early from a meeting is not considered a meeting attended. Meeting with a sponsor is not considered a meeting attended.

Dress Code:

Residents are to be dressed in appropriate clothing ready to participate in our program.

Weekdays	Weekends
7:00 am	8:45 am



No hats or hoodies are to be worn inside. Straps on tops must be 2 inches wide, and shorts and skirts must be no shorter than 5 inches above the knee. Sunglasses are not to be worn in the house.

Any new purchases must be checked by staff.

Loans/Borrowing:

There is to be no sharing of personal property or loaning of money. Purchasing of “gifts” for other residents is discouraged.

Medications:

You are required to disclose any and all medications you are taking, either prescribed or over-the-counter. You will be notified what medication is permitted in your room. All other medication will be locked up and made available by staff. New prescriptions must be given to House Staff.

Fraternization:

All residents are to refrain from any and all intimate relationships with another resident, including relationships that are exclusive and omit or limit interactions with other residents.

Buddy System:

Residents are on the Buddy System for a minimum of 15 days from admission, at which time this will be reviewed at staff discretion. When on the Buddy System, residents are to have a buddy / wing-person with them at all times when off property, including for the fitness walk, going to meetings, and for other mandatory events. Buddies are to be same gender.

Telephone Calls:

Public pay phone is to be used in a manner that does not disturb other house members. There are no calls allowed between 12:00 am and 7:00 am. There is a 10 minute time limit per call. You must be standing at all times when you are on the phone. Staff will not take messages.

Music and Television:

Headphones are not permitted during daily scheduled programming, including assignment times. Headphones / MP3 etc. are only permitted off property or in your designated room. Music / radios may be used in your assigned room between 5:35 pm and 9:00 pm; volume in your room is to be kept low and not to interfere with the comfort of other residents. Music must be turned off when you are not in your room.

The guitar is not to be removed from the French Language Service (FLS) room and is available Monday through Friday 5:35 pm to 9:00 pm, and during personal time on Saturday, Sunday and holidays.

Television is permitted daily after 5:35 pm. Movies are allowed on weekends, and must be pre-approved by Staff.

Food and Beverages:

No food or beverages are permitted outside the dining room at any time, except water in a cup with a lid. No outside food is to be brought into the house (including but not limited to candy, chips, pizza, etc). The coffee station is closed at 8:00 pm daily and no outside or caffeinated beverages are permitted after 8:00 pm. The House will not store or refrigerate teas or other beverages for clients.

**Medications:**

When you arrive at North Bay Recovery Home, please bring:

- A 14-day supply of all doctor-prescribed medications that you are currently taking in blister packs.
- A 90-day doctor's prescription for all medication.
- Completed forms and consents (provided) before admission date.
- If you have any severe allergies, please bring your Epi-pens or Anakit

Please Do Not Bring:

- Opened bottles of over-the counter medications, vitamins, herbal drugs or homeopathic remedies.

Please note: your medication profile may change during your stay at North Bay Recovery Home. Any discontinued medications during your stay will not be returned to you upon discharge.

What to Bring:

- Toiletries (alcohol free)
- Female hygiene products
- Debit card
- Long distance calling card
- A copy of all relevant telephone numbers
- Health card
- HE laundry detergent
- Acetaminophen/ Ibuprofen
- Towel & face cloth
- Comfortable footwear
- Slippers

What NOT to Bring:

- Clothes with: offensive slogans, promote alcohol or drugs, have gang symbols, endorses drugs/ alcohol use or products, is sexually suggestive, has inappropriate humor, or has writing across the buttocks, shorts/skirts that come above the knee or excessively revealing clothing
- Electronics such as cell phones, tablets, computers, or other streaming devices
- Any items containing alcohol (i.e. mouthwash)
- Protein powder or weight gain/loss supplements
- Vehicle
- Food