

The McShin Foundation House Rules

1. If you relapse, the consequence is IMMEDIATE eviction from the house without refund of deposit.
2. Disruptive behavior (fighting, stealing, excessive loudness, etc.) is grounds for IMMEDIATE EVICTION without refund of deposit.
3. No illegal behavior of any kind is permitted on the property or elsewhere.
4. House chores must be completed on time.
5. Embracing the principles of either A.A. or N.A. is required.
6. Attend at least 1 NA or AA meeting a day.
7. You must be at least 30 minutes early to every meeting.
8. You must try to sit on the front row of every meeting and men sit with men and women with women.
9. No pornography or gambling permitted while in McShin.
- 10. NO RELATIONSHIPS WITH ANYONE IN MCSHIN.**
11. You have to be with an individual of the same sex from McShin if wanting to go out.
12. There will be random drug testing. Refusal to submit to one is looked upon as admission of guilt and grounds for immediate eviction without refund of deposit.
13. No loud noise (stereo, TV, etc.) after 11 PM.
14. No disruptive behavior.
15. NO guest at any McShin house unless permitted by a staff member. If someone is giving you a ride, they must remain outside in vehicle.
16. NO women at men's house and no men at women's house.
17. If you make a mess, clean it.
18. Clean dishes after every use. After cooking a meal, you have 30 minutes after finishing your meal to clean any mess you made.
19. There is a curfew of **10 PM** the first 30 days; curfew is **11 PM after that.**
Disobey=Eviction
20. No stealing, no eating food that isn't yours without permission, this is considered stealing.
21. All food should be kept in the kitchen, no eating food in your room.
22. Do not insult any roommates or guests.
23. **Your program dues/rent is due weekly. (See Contract for Details)**
24. House meetings are at house manager's requested date and attendance is required.
25. Emergency house meetings can be called at anytime.
26. Please limit calls on the phone to 10 minutes.
27. Limit phone calls to 5 minutes if someone is waiting to use the phone.
28. Write down phone messages.
29. No Cell Phones allowed in meetings.
30. Residents are responsible for keeping their space clean.
31. You must be employed within the first 30 days.
32. Residents who are on SSI, general relief, etc, must volunteer 20 hours/week to community service.
33. Front door must be locked when you leave.
34. Personal hygiene should be kept up at all times.

35. Do not leave clothes in washer or dryer.
 36. If trash can is full, take it out.
 37. No fraternizing with neighbors (no misconduct with neighbors).
 38. Be able to give and take positive criticism.
 39. In general, be kind, caring, and compassionate to other residents in the house.
 - 40. House rules are subject to change at manager's discretion.**
 41. If you fall behind on rent, you will be down graded to a cot!!!
 - 42. No rent = No key! If you are late on rent, you must turn your key in!!!**
 43. If you have a job, go to work. If not, report to headquarters (McShin Foundation) at 8:30 AM.
 44. I will pay \$10 or \$20 for every urine test I am given.
 45. NO ENERGY DRINKS ALLOWED!!
 46. Cellphones will be taken for the first 30 days or given back at our discretion.
 - 47. IF YOU ARE ASKED TO LEAVE AT ANY TIME, YOU WILL LOSE YOUR DEPOSIT!!!!**
 48. When you leave McShin your belongings leave with you. If you do not take them, we will bag them up and put them on the back porch for 2 days and if not gotten by then, they will come to our coat closet.
 49. If you fall behind on your program dues, you are required to attend the 9AM church service upstairs at Hatcher on Sunday.
 50. If you owe McShin money, it is **mandated** that you work the phones on the weekends. There should be 2 people at all times from 12-5. Please see Frank to schedule your times. You could be helping the newcomer that calls in.
- ***ANY DISREGARD OR BLANTANT DISRESPECT TO ANY HOUSE RULES OR SPIRITUAL PRINCIPLES RESULT IN IMMEDIATE DISMISSAL WITHOUT REFUND OF DEPOSIT!!!! IF YOU ARE ASKED TO LEAVE, YOU WILL NOT RECEIVE A REFUND OF ANY KIND!*****
- BREAKING ANY OF THE RULES COULD RESULT IN IMMEDIATE EVICTION!!! IT IS YOUR RESPONSIBILITY TO KNOW THE RULES!!!**

Spiritual principles of The Anonymous Programs That You Must Follow Are As Follows:

- I. You must have at least a temp. sponsor by your first week and a permanent one by 30 days of recovery.
- II. You must attend 90 meetings in 90 days.
- III. You must have a home group within 14 days of recovery.
- IV. You must show up at least 30 minutes prior to and after all meetings.
- V. After 90 days you must volunteer for an area service subcommittee position.
- VI. You will write your steps out diligently and share them with a sponsor.
- VII. You must not exhibit "old behaviors", see old people, places, and things.

*****All of these principles will be monitored by the house manager. If they are not honored, they could lead to your dismissal******

Signed: _____
 Printed: _____

Date: _____
 Date: _____