

# Solutions of North Texas

Freedom from alcohol and drugs is only the beginning. The big question for all of us becomes “How do we live life without the only solution we’ve ever known?” A big question indeed. Our recovery guidelines come from the basic text of Alcoholics Anonymous.

## Code of Conduct

1. This house will be safe at all costs; therefore you will be asked to leave immediately if you relapse. Residents usually have 15 minutes to vacate the premises. Any personal items left behind will be considered abandoned. We will not call someone to come and get you. We can refer you to another facility if you like.
2. Solutions of North Texas charges \$700.00 a month for all residential services. Our services are all inclusive. The first month’s rent is payable at your intake appointment. A family member, friend, charitable organization may help you with your first month. Thereafter, you will be responsible to pay your own rent.
3. Rent is non-refundable. If there is a credit when you leave or are removed, it will remain as a credit until you use it.
4. Paychecks- In order to become financially accountable all paychecks you receive should be brought into our office for processing. This will give you an opportunity to pay rent and budget any other bills you have. Solutions of North Texas will never keep your entire paycheck. This will continue until you are a Level IV.
5. You must have a verifiable sponsor within days of moving in. Staff will assist in connecting you with available sponsors.
6. You will have a 12<sup>th</sup> Step commitment during your stay. This must continue throughout your stay. (Carrying the message is our primary purpose.) All overnight/weekend privileges are contingent upon this. There are no exceptions to this rule. This must continue after you leave Solutions of North Texas in order to maintain your sobriety.
7. Overnight and weekend passes- Level III and Level IV residents are eligible for overnight and/or weekend passes. This applies to the weekend only. You must fill out a pass with your house manager and have it signed by your house manager. Your house manager reserves the right to refuse a weekend/overnight pass even if you are at the level to receive one. House manager decision is final on all passes.
8. Children are not allowed to stay overnight at Solutions of North Texas. Children may visit as long as they are not a distraction to the other residents. Children must be monitored by their parent and no one else. House managers can decide what is best for their house. They will decide if having your children visit is appropriate. Parents need to consider what we do here when having their children visit.

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9. You must have a job within 2 weeks of moving in. Rent can be paid easily on a full-time minimum wage job. You must be willing to work anywhere for this to be effective.
10. Mandatory meetings and deep cleanings- There are three mandatory meetings per week for our men and women's facilities. There are "deep cleaning" meetings once per month. These are required and mandatory. Work is not a reason to miss mandatory meetings.
11. Community Service- You can obtain community service hours at Solutions of North Texas. We are a non-profit 501(C) 3 organization. Residents who do not have a legal obligation to do community service are still expected to volunteer their time whenever needed.
12. We encourage Morning Prayer and Meditation. Every attempt will be made to allow you time for this.
13. No smoking indoors – plenty of space provided outside. Residents caught smoking indoors will be written up and possibly removed from our facilities.
14. Residents are not allowed to alter, move, add or change any property, furniture, door locks, etc. Any changes in property and its furnishings will done by staff or management only.
15. Eating is allowed in common areas only. Clean up after yourself. Eating or drinking in your room will result in a write up.
16. Clearly mark your own personal food or any other products you choose to buy. Solutions of North Texas provides food for our residents so if you choose to buy your own food, you may be choosing to share as well. We will not entertain conversations about someone eating your personal food.
17. No pets. No feeding of strays! Solutions of North Texas are not allowed pets at any of their facilities. Solutions of North Texas will re-locate stray cats and dogs.
18. In our men's house, residents are not allowed to have females in their bedrooms.
19. Guests- Guests are allowed until 10:30 p.m. In the women's facilities only female guests are allowed-no men allowed ever! Disruptive or abusive guests will be asked to leave. House managers reserve the right to remove any of your guests at any time for any reason.
20. Fighting, stealing, or any other destructive, dangerous, disruptive, or illegal behavior is grounds for immediate dismissal. Solutions of North Texas will press criminal charges without hesitation. We will not shield you from jail.

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21. Chores in the house will be assigned by your House Manager and are non-negotiable. It is the collective responsibility of residents in each house to clean. All areas including bedrooms should remain neat and clean at all times. Solutions of North Texas tours our facilities several times a week. Houses should be kept as though someone will tour at any time.
22. No alcohol-based over the counter medicines or cooking additives are permitted. This includes items such as Nyquil, mouthwash, vanilla extract, etc. Possession of these items will be considered using and you will be removed.
23. All residents are subject to search at any time while residing in our facilities. This includes luggage upon intake, personal property, room and closets.
24. Solutions of North Texas will do random room searches and drug/alcohol screening to ensure that our facilities remain clean and drug free. Refusing to be tested is considered a positive result. We will not entertain discussion about other substances that caused you to test positive. If you are taking medication that would cause you to test positive, then you should stop taking that medication.
25. Receiving three write ups/incident reports will result in a meeting with the Director to discuss your continued residency at our facilities.
26. You are not allowed to bring your own pillows, blankets, towels and sheets. You will use Solutions of North Texas linens only. You are never allowed to take our pillows, blankets, towels, and sheets out of our facilities. When residents move from their starter house to the Level IV house, they are not allowed to carry their bedding with them.
27. Move in luggage- You are allowed to bring two suitcases and a carry-on. This is the maximum amount of luggage we will allow.
28. Mail- You may have your mail sent to your Solutions of North Texas house address. House managers will let you know how to get your mail, either at our office or your house. When you leave our facilities you MUST forward your mail. We do not keep mail from prior residents.
29. Curfew-All new residents have an 8:00 p.m. curfew. Your curfew will increase during your stay as you progress. If you are late for curfew, even 5 minutes, you will no longer have access to the house you live in and will be removed from our programs for a minimum of 1 week. If you cannot control the reason you are late, you must call before curfew and let your house manager know.
30. New Years Eve is not considered a holiday at Solutions of North Texas.

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31. House managers have final say in their house and report directly to the Director. House managers will administer drug screenings, room searches, chores, 12<sup>th</sup> step commitment opportunities, etc. House managers have the power to remove residents at any time.
32. Complaints- Solutions of North Texas will resolve any complaint you have. You must talk to your sponsor and your house manager before you come to the office and complain. If you have a complaint against your house manager, you must speak to your sponsor and then fill out a grievance and return it to the office.
33. Men are NEVER allowed at the women's facilities without Director and/or House Manager. This is a cardinal sin and will result in immediate removal.
34. There are no men allowed at the women's facilities. There are no exceptions. Your family may schedule a tour with our office if they need to see inside your house. Male probation/parole officers must schedule their home visits so we can have staff there when they arrive.
35. Curfew upon intake (Level One status) is 8:00 p.m except for meetings or unless otherwise authorized by a manager/director. Curfew at Level Two and Level Three are 10:30 Sun-Thurs and midnight Friday and Saturday. Curfew at Level Four status is increased to midnight Sun-Thurs and 1 a.m. Friday and Saturday.
36. Residents of Solutions of North Texas are not allowed to date, hit on or "hook up" with other residents of Solutions of North Texas. Violation of this rule will result in immediate removal.  
  
**Dating is defined as: any social activity performed as a pair or even a group with the aim of each assessing the other's suitability as their partner in an intimate relationship or as a spouse.**
37. Solutions of North Texas is **NOT** a medical facility. All medications coming in to our facilities will be scrutinized. Your doctor prescribing a medication does not necessarily mean that we will allow that medication on our property. At no time are you allowed to add to, change or delete your medications without permission from management. Any change **without our knowledge** can and will result in immediate removal from our facilities.
38. Upon removal, whether by staff or yourself, you must take all personal items with you. Any personal items left after you leave or are removed are considered abandoned. Solutions of North Texas and its staff are not responsible for storage of your items. Your items are at risk of becoming lost, stolen, or misplaced if abandoned.
39. Driving and having a vehicle on the property is subject to these conditions
  - a) You must have a valid driver's license.
  - b) You must be insured to drive the vehicle
  - c) You must log the make and model and submit any changes to the office.

# Solutions of North Texas

Admission to Solutions of North Texas is based on a personal interview. All residents must be sober and actively involved in a 12-step program. It is our intention to provide a safe transitional home for men and women who are excited about the prospect of a new life. Mentoring with others who are committed to recovery is our ultimate goal. At the end of your stay here you can count on a number of things:

- You will know the Big Book.
- You will know that our primary purpose is to carry the message of recovery to the suffering alcoholic or addict.
- You will know what your responsibilities are to AA, CA, HA, or NA, your home group and to those around you.
- You will know (most importantly) exactly what it means to be RECOVERED.

## Rates

The cost of living at Solutions of North Texas is \$700 per month. This includes a shared bedroom and food. Again if you decide to leave or are removed due to non-compliance, this is non-refundable.

We require a minimum commitment of 90 days, with the ability to stay up a year. Each person will develop a plan of action to return home or find a new residence. We will also explore the possibility of furthering education or vocational training on an individual basis.

Indemnification: Landlord shall not be liable for any damage or injury of or to the Tenant, the Tenant's family, guests, or to any person entering the Premises or the building or to goods or equipment. Tenant hereby agrees to indemnify, defend and hold Landlord harmless from any and all claims or assertions of every kind and nature.

I agree to the foregoing terms and conditions: \_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Printed Name