

## RESIDENT GUIDELINES

Because any group of people living together has to have rules to live by in order to function, and because each person living here is here to make positive changes in his life, the following rules and sanctions are in place:

1. Wakeup time is 8:00 AM, and all residents will be out of bed by 8:20 AM, ready to start the day. Failure to be up will result in that resident doing all the dishes throughout the day, including the dinner dishes. On one weekend day, an exception will be made for wake-up time unless you have been asked to help in the barn with the horses. On that day you may sleep until 10:00 AM.
2. Because a fundamental part of this program is working with the horses, each resident will be scheduled to work one weekday, and one weekend day, down at the barn. This means being available in the morning as early as needed to help get the horses up, and staying at the barn until and unless relieved of duty by the farm manager. The sanction for missing weekend barn duty (or not being available to get the horses up) is that you will have to do two (2) days of barn duty the following weekend. The sanction for missing weekday barn duty is having to work the barn the following 2 weekdays. In addition, all residents will go to the barn after morning meditations, pull their horse (or another horse that needs care), and will care for that horse. The sanction for not doing so is that the resident will not leave the farm for the remainder of the day, except to attend a meeting with staff.
3. Switching any chores must be cleared with the staff on duty or the program manager. You may, with permission; switch the day of your barn duty, but you will always be required to work at least one weekend and one weekday in the barn.
4. You are required to cover any and all chores before you leave the farm, and if you don't you will be required to do two (2) chores for the person who ended up doing your chore. Every effort will be made, but not guaranteed, that the chore will be a similar one. Refusal to do a chore (not following through in a timely manner when requested to do so) will result in your having to do that chore for an additional entire week, in addition to all other required chores.
5. Lights out is at 11:00 PM on weekdays, and 12 midnight on weekends and holidays (Saturday, Sunday, and the evening before the holiday). At that time residents are required to be in their rooms with the overhead lights out, and all audio devices turned off. Reading lamps are allowed as long as they are not a problem for your roommate. At no time will any food be cooked after lights out. The sanction for abusing lights out is morning feeding for the next seven (7) days.
6. Residents are required to be back on the farm no later than 15 minutes before lights out. The only exceptions are when an outing has been prior planned or when there is an emergency, in which case the resident is required to report the emergency before the time they're required to be back on the farm, and they have to make arrangements with the staff on duty or the program manager to return to the farm. The sanction for not doing so is begin restricted to the farm for one week, which is similar to blackout, but you can still use the phone.
7. Residents are not to cook food between meals, except to heat up leftovers; are not to get food out of storage, except milk, without permission of staff; and are not to cook food other than what is scheduled for the meal. If you have reason to require food other than what is prepared for meals please let staff know and every effort will be made to address the issue.
8. Theft, which includes borrowing without asking first, will result in 30 days of evening dishes. The second offense will result in 90 days of evening dishes. On the third offense you may be asked to leave. Being in someone else's room without permission will be considered theft.

9. Blackout Rules: On blackout you are not to use the phone, and if you do you'll get one additional week of blackout for each offense. In addition, you are not to leave the farm without staff or your AA sponsor. The reason for this is to help you get acclimated to your new home, to keep the pressures of home from interfering with your adjustment to being here, and to address issues of reuse of substances. All residents on blackout are required to attend each and every available meeting, and a day of blackout will be added for each missed meeting. During the resident's first 30 days of blackout, in order to leave the farm he will be required to be with another resident who has been off blackout for at least 30 days. Any residents leaving the farm w/o staff supervision will fill out a detailed agenda for their time in the community, which is subject to approval of staff on duty or management. This is to see if the outing makes sense from a recovery perspective. Any changes from this agenda will need to be approved through a phone call to staff. Residents on blackout are not to go to Richmond or Lexington unless they are going with a member of Quiet Creek Farm staff, or alone with their sponsor.
10. The possession of a cell phone while a resident of Quiet Creek Farm is a privilege and the abuse of that privilege may result in the removal of that privilege. If a resident allows another resident on blackout to use his cell phone they will lose the privilege of having a cell phone, i.e., it will be confiscated, for a week the first time, and for a month on each subsequent occurrence.
11. The possession of a computer while a resident of Quiet Creek Farm is a privilege and the abuse of that privilege may result in the removal of that privilege. Computers are not to be used to watch DVD movies in the resident bedrooms, or at any time when movies are not allowed on the main TV. Personal computers are not to be used to access the internet on the farm, except by using the farm direct internet connection at scheduled times. The abuse of this privilege will result in the loss of the computer for a week on the first occurrence, and for a month of each subsequent occurrence.
12. At no time will a resident spend time in an establishment where alcohol sales are the primary purpose of the establishment, including pool halls, (unless previously approved by management), nor will residents associate with people or places where active drug use is occurring.
13. Due to the problems with gambling addiction, there will be no gambling at Quiet Creek Farm, nor will any resident go into any business where gambling is the primary service provided. In addition, if a resident demonstrates a problem with other readily obtainable means of gambling, he will be prohibited from engaging in that activity. Any debts incurred while gambling on the farm will be unenforceable (you won't get paid), and any gambling in the community will result in one week of restriction to the farm.
14. If a resident relapses, they will be put on disciplinary blackout. The first relapse will result in 30 days of blackout, and a second relapse will result in 60 days of blackout. A third relapse may result in the resident being asked to leave the farm. In addition to the above blackout criteria, residents on disciplinary blackout will not be allowed to have any visitors with the exception of family.
15. All residents are required to attend the Sunday night meeting, as well as all morning meditations. Residents not on blackout are required to attend at least three (3) meetings per week.
16. The same rules that apply at the farm are to be followed while in the community (such as on store runs, coffee after meetings, or visits to the gym). A breach of that trust will result in the suspension of those activities for one (1) week on the first offense, and two (2) weeks for any subsequent offense.

17. Violence, or intimidation in any form, cannot be tolerated on the farm. The result will likely be expulsion from the farm.
18. When asked to give a UA you'll be given the option of admitting to any use. If you deny any use, and the UA is subsequently returned as positive, you'll be given 90 days of evening dishes. This chore cannot be traded away, and so for 90 days you'll have to be on the farm at dinner time.
19. Anyone asked by any other person living here to lower the sound on an audio device will do so immediately, with no argument or rebuttal.
20. There is no smoking anywhere inside any of the buildings – farm house, kitchen, bunk house or barn. Smoking inside anywhere puts everyone at risk from a fire, and cannot be tolerated; as such, there is a zero tolerance policy. Anyone caught smoking in prohibited areas will be fined \$25, and any cigarette butts found in prohibited areas will result in a \$10 fine. If there are multiple residents in a room, all will be liable for any cigarette butts that are found.
21. Missing farm responsibilities due to illness requires that you spend the remainder of the day in bed, except for meals and to use the restroom; if you're sick, you'll need your rest to get better. That means no movies and no trips off the farm.