



# ANTONIA MARIA FOUNDATION

## House Rules

1. All residents are responsible for preparing their own meals
2. Residents must keep a weekly schedule of all scheduled appointments and provide it to staff every week at the House Meeting. If schedule changes they must contact staff via text or phone call.
3. Residents are responsible for keeping the house clean and must follow a weekly cleaning schedule, this includes making their beds daily and keeping their rooms clean. There will be a \$10 fee if chore is not completed for the day. Followed up with the disciplinary action form.
4. Residents must submit to random drug screenings.
5. Absolutely NO drug or alcohol use. (No engaging in illegal substance manufacturing, possession and/or distribution will be tolerated).
6. Residents must participate in house activities and follow the schedule provided by The Antonia Maria Foundation/Gracie's House.
7. Residents are to be in the community volunteering, in school or working within the first two weeks of their stay.
8. Residents must attend outside recovery-based meetings.
9. Residents must attend one outside weekly activity of their choice i.e. gym, meditation, yoga, dance, kickboxing, CrossFit, pilates...
10. Residents may have approved visitation 3 times per week. (Visitors are subject to random drug testing and will be asked to leave if they are under the influence). Visitors must be off the property by 10PM.
11. Visitations are only allowed in the common areas unless approved by Antonia Maria Foundation Staff.
12. There are no outside visitors allowed within the first 2 weeks.
13. After the initial 2 week no visitors per #12 above, a resident may be allowed to have their legal child under the age of 18 to sleepover with written consent from their parental guardian. Children are allowed to sleep over no more than 2 times per week, with 5 days advance notice and approval by AMF Staff.
14. Lights and tv off at midnight in all common areas.
15. Residents must be out in the community from 10am to 4pm for job searching, volunteering, self-care, etc. May return for 1 hour to eat lunch between 12 and 1pm.
16. Cell phones cannot be used during any group activity and must be used mindfully and respectfully in front of other residents, volunteers or staff.

17. Residents must maintain clean personal hygiene and perform one act of self-care daily.
18. Smoking is prohibited anywhere inside of house.
19. Usage of any type of flammable material is prohibited.
20. Physical and verbal violence will not be tolerated. You will be terminated from the house immediately.
21. Absolutely no firearms, weapons or explosives are allowed in the house.
22. No personal food or appliances in bedrooms. Eating food is prohibited in any other area other than the dining room and kitchen. We do not promote the consumption of processed foods. Please be mindful of making healthy dietary choices.
23. Absolutely no energy drinks are allowed inside the house or on the property.
24. No sexual contact or fraternization with any other house member while residing at The Antonia Maria Foundation.
25. There is absolutely no loitering in front of the house.
26. Residents must sign commitment letter for the purpose of accountability to self-love.
27. Theft or Pilfering of ANY sort will not be tolerated. (Taking food from others without permission is considered stealing. We encourage community cooking, meal planning and sharing dinner time together. This is to assist in developing a family like structure.)
28. Absolutely no destruction of the house or other resident's property.
29. Residents must obtain and maintain either a sponsor, spiritual advisor, or mentor within the first 2 weeks of their stay.
30. Curfew is 10:00 PM Sunday through Thursday and 11:00 PM Friday and Saturday for the first 30 days with no exceptions. (Curfew may be modified after 30 days provided the resident is employed and in good standing with The Antonia Maria Foundation)
31. Upon entering all residents must have their personal items searched. Please Note: no more than 2 suitcases worth of belongings should be kept on the premises. All residents are subject to random searches if staff feels that the recovery of any resident is in question.
32. Residents are subject to Disciplinary Action Form that can lead to probation, suspension and ultimately termination which includes permanently leaving the House.
33. Residents whom have been terminated from Gracie's House/Antonia Maria Foundation will have 24 hours to schedule an appointment with a Staff Member to remove all their personal property from the premises. Once you have been terminated from the house you must be accompanied by a Staff Member to return for your items. No Exceptions. If items are not picked up within 10 days there will be a \$25 per day storage fee. Items left after 30 days will be disposed of at the

Antonia Maria Foundations discretion.