



Journey Way Sober Living & Recovery Support

Resident Handbook, House Policies and Procedures

Revised June 2025



ABOUT JOURNEY WAY

Journey Way is a women's sober living home owned and operated by a Regional Clinical Outreach Specialist at a well-known detox center and has been involved with owning and operating Sober Living homes since 2016. We are in the Conroe area right outside of Houston, Texas. We offer an ideal and supportive environment for women whose goals include freedom from substance abuse and alternative healthy coping skills to establish and maintain recovery from addiction. Our home offers a 12-step inspired, faith-based program and way of living that requires support group meeting attendance, employment, volunteering, continued education, attendance and successful completion of IOP or PHP programs, attendance to all house meetings and compliance with all house rules and policy.

In our house, we take the program of recovery very seriously. Your adherence to these guidelines is an indication of your attitude toward long-term recovery. By adopting the structure of our program, you will enjoy seeing your life change in many positive ways.

Upon arrival you will be breathalyzed and must submit to a Urine Analysis test. All belongings that you plan to enter the home with will be searched and gone through. Intake normally takes about an hour and consists of a thorough overview of program rules/policy, completed application, all documentation signed and financial obligations paid. We do not accept partial or weekly payments. We do accept credit/debit cards, Venmo, Zelle, Pay-Pal, cash, cashier's check and checks.

Requirements for Admittance:

- Female
- 18 years or older
- An honest desire to stay clean and sober
- At least seven continuous days of sobriety (medical clearance if applicable)
- Must not present with any type of detox symptoms
- Preferably, a completion of an inpatient residential treatment program
- Willingness to take part in an IOP or PHP (if applicable)
- Ability to meet all Journey Way residency financial requirements (monthly rent)
- Signed agreement to follow all rules and procedures of program
- Documentation of a negative Covid-19 test is required 24 hours before entry

Provisions:

- Journey Way provides a safe, structured, nurturing environment conducive to living a productive, happy life of recovery from substance abuse.
- Random drug screens and breathalyzer at no additional cost to resident
- Weekly in-house dinner and meeting
- Some breakfast items provided
- Meat is provided for weekly dinners; residents are expected to bring or contribute side dishes
- Wi-Fi and printer access
- Assistance with Job search
- Assistance with securing an appropriate sponsor
- Sober coaching
- Sober companionship
- Some transportation
- Community resources to enhance sobriety
- Sober fun group activities
- Visitation for family and friends
- Paper products and cleaning supplies

GUIDELINES FOR HEALTHY LIVING & ACCOUNTABILITY

Section 1: Daily Schedule, Curfew & House Expectations

1. Morning Routine (Monday–Friday)
 - a. Wake-Up Time: 7:30 A.M.
2. Morning Meditation: 7:45 A.M. (Resident-led)
 - a. Must be seated and ready in the meditation area by 7:45 A.M. sharp.
 - b. No phones, vaping, coffee breaks, or sleeping during meditation.
 - c. Lateness will result in consequences and a Rule Infraction ("Character Defect").
3. Getting Ready:
 - a. Be fully dressed for the day by 8:30 A.M.
 - b. Beds must be made within one hour of wake-up.
4. Chores:
 - a. Weekly and daily chores must be completed by 10:00 A.M. or before leaving the house.
 - b. You must sign off on your chore. If it is not signed off, it will be considered incomplete.
5. Sleep-In Policy (All Week)
 - a. You are allowed to sleep in until 10:00 A.M. on two days per week (Sunday–Saturday).
 - b. If you work weekends, your sleep-in days must be pre-approved and noted on the schedule board.
6. Daytime Restrictions
 - a. No sleeping or watching TV Monday–Friday between 9:00 A.M. and 4:00 P.M.
 - i. Includes couches and all common areas.
 - ii. Exceptions only for residents working full-time (32+ hours/week) and with management approval.
7. Evening & Night Routine
 - a. Weekday (Sunday–Thursday): In rooms by 10:30 P.M. Lights and electronics are off by 11:00 P.M.
 - b. Weekend (Friday–Saturday): In rooms by 12:30 A.M. Lights and electronics are off by 1:00 A.M.
8. Curfew Policies
 - a. Curfew Times: Sunday–Thursday: 10:00 P.M. Friday & Saturday: 12:00 A.M.

- b. Curfew adjustments are only allowed for verified job-related reasons (must be approved). *You may not intentionally schedule yourself for shifts that end past curfew.*
 - c. If you are running late, you must notify the House Manager immediately. *Note: Habitual lateness will result in loss of privileges.*
 - d. Residents must sign in and out every time they leave or return to the house.
9. New Resident Buddy System Policy

To promote safety, accountability, and a strong foundation in early recovery, all new residents will be placed on a temporary Buddy System upon admission.

- a. Residents Entering from a Treatment Facility: Residents transitioning directly from a detox, residential, PHP, or other structured treatment program will be placed on a two (2) week Buddy System beginning on their admission date.
- b. During this two-week period:
 - i. The resident must be accompanied by an approved resident whenever leaving the house.
 - ii. This includes meetings, employment, job searches, shopping, appointments, gym visits, and any other outside activities.
 - iii. If no approved buddy is available, the resident may not leave the house unless special permission is granted by the Program Director and/or Owner.
- c. Residents Not Entering from a Treatment Facility
 - i. Residents entering Journey Way who are not coming directly from a structured treatment program will be placed on a four (4) week Buddy System.
 - ii. All Buddy System requirements listed above apply for the full four-week period.
- d. Additional Expectations
 - i. Buddies must be residents in good standing.
 - ii. The Buddy System is designed to provide accountability, support, and protection during early integration into the home.
 - iii. This policy is supportive, not punitive, and is intended to strengthen long-term recovery outcomes.
 - iv. Failure to comply with Buddy System requirements may result in a rule infraction, behavioral contract, or further disciplinary action.

- v. Journey Way management reserves the right to extend the Buddy System period if clinically appropriate.
- 10. House Meeting Requirement
 - a. Mandatory Weekly House Meeting: Sundays at 5:30 P.M. Dinner is provided. Attendance is required.
 - b. Weekly schedules must be filled out every Sunday on the whiteboard.
- 11. Respect for Roommates & Housemates
 - a. Be mindful of others' sleep schedules and commitments.
 - b. Do not disturb your roommates when entering or leaving the room.
Note: Ongoing disturbances will result in consequences.
- 12. Accountability and Consequences
 - a. If curfew policies are neglected:
 - i. 1st offense: Verbal warning and discussion during the weekly house meeting.
 - ii. 2nd offense: Written rule infraction (“Character Defect”) and loss of privileges (e.g., phone, TV, passes).
 - iii. 3rd offense: May result in a behavioral contract or discharge, depending on the severity and resident’s attitude and history.

Section 2: Overnight Passes & Conditions

- 1. General Pass Requirements
 - a. All residents must purchase a personal breathalyzer prior to being approved for any overnight pass.
 - B. While on pass, management may call residents at any time to complete a breathalyzer test.
 - C. Pass requests must be submitted no less than 48 hours before the planned departure time.
 - D. All passes are considered a privilege and are granted on a case-by-case basis.
- 2. Pass Eligibility by Program Month
 - a. First 30 Days (Month One): No overnight passes are allowed during the resident’s first 30 days in the program.
 - b. Days 31–60 (Month Two): Resident may be eligible for up to four (4) overnight passes per month, provided the resident:
 - i. Is not under a behavior contract.
 - ii. Has no repeated behavioral write-ups.
 - iii. Is in good standing with Journey Way's structure and program.
 - c. After 60 Days (Month Three and Beyond): Resident may be eligible for up to eight (8) overnight passes per month, if:

- i. Is not under a behavior contract.
 - ii. Has no repeated behavioral write-ups.
 - iii. Is in good standing with Journey Way's structure and program.
- 3. Rules & Conditions for Overnight Passes
 - a. Duration: Passes are typically approved for weekends only and are limited to a maximum of two (2) consecutive nights within any 7-day period. Exceptions may be considered on a case-by-case basis by Journey Way management.
 - b. Required Return Time: Residents on full weekend passes must return in time for the mandatory 5:00 P.M. Sunday house meeting and dinner. Exceptions may be granted only with prior approval from Journey Way management.
 - c. Responsibilities Before/After Passes: Residents returning from weekend passes are expected to:
 - i. Complete weekend chores
 - ii. Pick up medications for the upcoming week
 - iii. Fill out weekly schedule boards
 - iv. Submit completed progress sheets prior to the house meeting
 - v. Complete all necessary drug screens, ETG testing, and breathalyzer check
 - d. Information Required on Pass Request:

All pass requests must include: Exact location you will be staying.
Name(s) of the person(s) you will be with. Contact phone number(s).
- 4. Violations & Consequences
 - a. Any resident who is unresponsive to management while on pass or outside the house will be considered insubordinate and may be: Subject to immediate discharge, and Referred to a higher level of care or alternative sober living environment.
 - b. All residents must submit to a drug screen and breathalyzer immediately upon return from any overnight pass.
 - c. Emergency passes may be granted only at the discretion of the Program Director and/or House Manager.

Section 3: Dating and Romantic Relationships

- 1. In alignment with guidance from Alcoholics Anonymous (AA), it is strongly recommended that individuals in their first year of recovery refrain from initiating new intimate or sexual relationships. Such relationships can interfere with early emotional stability and are generally not considered conducive to maintaining sobriety.

2. At Journey Way, residents are not permitted to begin any new romantic, intimate, or sexual relationships within the first ninety (90) days of their sober living residency.
3. As part of this policy, passes will not be approved if it is known or suspected that the purpose of the pass is to engage in a new dating or romantic relationship.
4. Journey Way does recognize and allow for healthy, platonic friendships, including those with the opposite sex. Residents are encouraged to speak with house management if they have any questions or need clarification regarding boundaries.
5. This policy is not intended to be punitive, but is instead designed to support long-term recovery outcomes by encouraging residents to focus on their personal healing and stability during early sobriety.

Section 4: 12-Step Meeting Attendance

1. All residents are required to attend a minimum of five (5) 12-step-based meetings per week.
2. The Sunday evening house meeting may be counted as one of the five required meetings.
3. Acceptable meeting types include, but are not limited to:
 - a. Alcoholics Anonymous (AA)
 - b. Narcotics Anonymous (NA)
 - c. Celebrate Recovery
 - d. SMART Recovery
4. Residents will be provided with a list of local meetings including times and locations to assist in fulfilling this requirement.
5. If a resident is enrolled in an Intensive Outpatient Program (IOP) or Partial Hospitalization Program (PHP):
 - a. IOP will count as one 12-step meeting.
 - b. PHP will count as two 12-step meetings.
6. Residents must have their meeting attendance sheet signed at each meeting they attend.
7. Completed and signed meeting sheets are to be submitted to management every Sunday at the mandatory house meeting.

Section 5: Employment and Daily Productivity Requirements

1. Residents are expected to obtain employment within two (2) weeks of entering the house.

2. Journey Way is located in an area with ample job opportunities nearby. Residents are encouraged to utilize available resources to secure employment.
3. If employment is not obtained within the two-week period, residents are required to participate in verified community service for a minimum of 24–32 hours per week.
4. If a resident becomes unemployed, community service must begin within three (3) business days of separation from employment.
5. Residents are not permitted to quit a job unless they have already secured another form of employment or alternative productivity (e.g., school or approved volunteer work).
6. Residents are expected to be engaged in productive activity during the day, such as:
 - a. Employment
 - b. Volunteering
 - c. Attending 12-step meetings
 - d. Participating in therapy
 - e. Enrolled in IOP or PHP
 - f. Working out or attending the gym
7. If a resident is enrolled in an Intensive Outpatient Program (IOP) or Partial Hospitalization Program (PHP), this meets the productivity requirement and residents are not required to work simultaneously.
8. School attendance (part-time or full-time) may serve as an approved alternative to employment.
9. Unless a resident works a night shift, they are not permitted to remain at the house during the day for extended periods without approved reason.

Section 6: Chores and House Maintenance Responsibilities

1. General Expectations
 - a. Each resident will be assigned daily and weekend chores based on their assigned bed number.
 - b. Chores must be completed thoroughly and will be checked by the House Manager. If not done to standard, the resident will be asked to redo them.
 - c. Chores must be signed off by the resident and then approved by the House Manager.
 - d. Detailed instructions for each chore are posted on individual Chore Boards and residents will receive guidance from either a staff member or senior resident.

- e. All daily chores must be completed by 10:00 AM on weekdays and by 12:00 PM on weekends.
 - f. If leaving the house before the designated time, the resident must complete their chore either the night before or before departure.
2. Personal Responsibility
- a. Each resident is expected to clean up after themselves throughout the house.
 - b. Personal belongings (books, shoes, water bottles, etc.) should not be left out.
 - c. Everything has a place—if you're unsure where something belongs, ask the House Manager.
3. Bedroom and Bed Requirements
- a. Beds must be properly made within one hour of wake-up.
 - b. Bedrooms should be kept neat and clean at all times.
 - c. No more than three (3) personal items are allowed on bedside tables.
 - d. Residents should not get back in bed during the day unless medically necessary or previously approved.
4. Smoking Guidelines
- a. Cigarette smoking only is permitted and must occur in designated outdoor areas.
 - b. Ashtrays must be emptied immediately after each use.
5. Laundry Policy
- a. Residents must do laundry only during their designated laundry day/time.
 - b. Laundry must be washed, dried, and put away—do not leave laundry in the machines.
 - c. Sheets and towels must be washed weekly.
 - d. Do not leave the house with laundry still in the washer or dryer.
6. Kitchen & Eating Guidelines
- a. Eating is only allowed in common areas: Kitchen/dining room table, TV trays, Outdoor living spaces
 - b. Absolutely no eating in bedrooms.
 - c. Clean up all items used for food preparation and eating: Wash, dry, and put away all dishes, silverware, cookware immediately. Do not leave anything in the sink.
7. Accountability and Consequences
- a. If chores are neglected:
 - i. 1st offense: Verbal warning and discussion during the weekly house meeting.

- ii. 2nd offense: Written rule infraction (“Character Defect”) and loss of privileges (e.g., phone, TV, passes).
- iii. 3rd offense: May result in a behavioral contract or discharge, depending on the severity and resident’s attitude and history.

Section 7: Personal Hygiene and Cleanliness

1. Daily Hygiene Expectations
 - a. Maintaining good hygiene is mandatory and reflects self-respect and respect for others in the home.
2. All residents are required to:
 - a. Shower daily
 - b. Wash hair at least every three (3) days
 - c. Wear deodorant
 - d. Wash hands regularly, especially after using the restroom and before handling food
 - e. Practice overall good hygiene habits to promote a clean and healthy living environment
3. Feminine Hygiene Products
 - a. Used tampons and pads must be properly disposed of by rolling them up and discarding them in the trash in a respectful and discreet manner.
 - b. Do NOT flush tampons or pads down the toilet under any circumstances.
 - c. Any plumbing issues caused by improper disposal of feminine hygiene products will result in the responsible resident being held financially liable for the damage and repair costs.

Section 8: Guests & Visitation Policy

1. Visitation Hours
 - a. Saturday: 10:00 A.M. – 10:00 P.M.
 - b. Sunday: 10:00 A.M. – 4:00 P.M.
2. Visitation Guidelines
 - a. All visitations must be pre-approved by the House Manager or Journey Way management. This includes the Program Director and/or Owner/Operator.
 - b. Residents must notify housemates of pending visitors and confirm that all are comfortable with the visit.

- c. Visitors are allowed only in designated common areas: Living Room, Backyard.
 - d. If you plan to eat with your visitor(s), you must provide your own food and may need to use outdoor tables to accommodate. House-provided food is for residents only.
 - e. No visitors are allowed in residents' bedrooms or other private areas of the house.
3. Restrictions
- a. No active addicts or alcoholics are allowed on the premises at any time.
 - b. No fraternizing or maintaining contact with individuals you know are actively using drugs or alcohol. This poses a serious threat to your sobriety and the recovery of others.
 - c. No children under the age of 18 are permitted in the house unless accompanied by their parent or legal guardian.
4. Alumni Policy
- a. Journey Way alumni are always welcome, including attendance at house meetings, unless otherwise directed by management.

Section 9: Medications

1. General Guidelines:
- a. All residents are expected to take their medications as prescribed, with no self-adjusting of dosage or frequency.
 - b. Timely refills are required to avoid running out of medication.
 - c. Taking more or less than prescribed can result in emotional instability and will be addressed.
 - d. We do not allow any form of self-medicating or altering medications without medical oversight.
2. Prohibited Actions
- a. Sharing of prescribed medications is strictly prohibited and will result in immediate expulsion of all parties involved.
 - b. Altering medication without notifying the house manager is a serious policy violation. This includes: Changes in type, dose, or quantity
Starting a new prescription
3. Reporting Medication Changes
- a. Any changes to your medications must be reported before starting the new or adjusted medication.

- b. These changes must be logged and updated on your Medication Sheet by the house manager.
- 4. Medication Storage & Safety
 - a. Residents must use “days of the week” pill organizers.
 - b. All pill bottles must be stored in designated lockers.
 - c. Pill counts may be conducted at any time without prior notice.
 - d. All medications must remain in their original pharmacy containers with current prescription labels and dates.
 - e. Mismanagement of medications, including unapproved doses or missing pills, may be treated as relapse behavior and could lead to expulsion.
- 5. Over-the-Counter (OTC) & Restricted Substances
 - a. All OTC medications must be approved by the House Manager.
 - b. The following substances are strictly prohibited:
 - i. Pseudoephedrine
 - ii. Any product containing alcohol (e.g., mouthwash, kombucha)
 - iii. CBD products of any kind, including natural forms (as they may cause failed drug screens)

Section 10: House Meetings & Process Groups

- 1. Weekly House Meeting
 - a. Attendance is MANDATORY for all residents.
 - b. House Meetings are facilitated by Rachel Ausbern-Liebegott (Owner/Operator) or the Program Director.
 - c. Meetings occur every Sunday at 5:30 PM and begin promptly.
- 2. The purpose of these meetings is to:
 - a. Address house functioning and structure
 - b. Voice concerns or frustrations in a healthy way
 - c. Provide updates and discuss any needed improvements
- 3. Progress Sheets must be filled out completely and thoughtfully prior to the start of each meeting. Sheets are located in the dining room.
- 4. A complimentary dinner will be provided for all residents during Sunday evening meetings.
- 5. The only valid reasons for missing a house meeting are:
 - a. A verified work emergency
 - b. A verified medical emergency
 - c. In both cases, prior approval from the House Manager is required
- 6. Confidentiality

- a. Sharing personal inventory, experiences, or emotions in meetings is encouraged and supported.
 - b. Strict confidentiality is required: what is shared stays within the group, unless it involves:
 - i. Threats to self or others
 - ii. Suspected relapse or drug/alcohol use
7. Emergency Meetings
- a. Any resident may call an emergency meeting if a serious issue arises.
 - b. Emergency meetings typically involve:
 - i. Suspected relapse
 - ii. Urgent conflict or confrontation
 - c. A minimum of House Manager OR majority of residents must be present to proceed.
 - d. If the meeting involves a vote for expulsion, all residents and the House Manager must be present.
8. Meeting Protocol
- a. To maintain structure, safety, and respect during meetings:
 - i. No lying down
 - ii. No eating during the meeting
 - iii. No cell phone use (phones must be on silent)
 - iv. No leaving unless to use the restroom

Section 11: Random Searches

1. Policy Overview
 - a. In order to maintain a safe, sober, and accountable environment for all residents, random searches may be conducted at any time without prior notice.
 - b. These searches are conducted at the discretion of Journey Way management or staff.
2. Areas Subject to Search
 - a. Personal belongings (including but not limited to: bags, drawers, closets, and storage bins)
 - b. Living areas and bedrooms
 - c. Vehicles parked on or near the property
3. Cooperation Requirement
 - a. Residents are expected to fully cooperate with all random searches.
 - b. Refusal to comply with a search request may result in disciplinary action, including possible expulsion.
4. Purpose
 - a. These searches are not intended to invade privacy, but to ensure:
 - i. Sobriety and compliance with house rules
 - ii. Safety and trust within the household
 - iii. Prohibited items, substances, or medications are not present

Section 12: Drug Screens/Breathalyzer

1. General Policy
 - a. Drug screens and breathalyzer tests are conducted randomly and without prior notice.
 - b. Being asked to test does NOT mean you are suspected of relapse—it simply means the staff is following standard protocol to ensure house safety and sobriety.
 - c. Refusal to submit to a test is considered an admission of guilt and will be treated as such.
2. Testing Procedure
 - a. If you are selected for a urine analysis (UA):
 - i. You must remain in the common area and in direct view of the on-duty house supervisor until your sample is submitted.
 - ii. The test will be observed to ensure accuracy and integrity.
 - b. If a positive result is obtained:
 - i. You may be asked to leave the house immediately.

- ii. The sample will be sent to a certified lab for confirmatory testing using proper chain of custody.
 - c. If the test result is inconclusive or shows a faint line:
 - i. The test will be sent to a laboratory for further analysis.
 - ii. You will be responsible for the cost of the lab testing.
 - iii. If the final result comes back negative, you will be reimbursed for the testing cost.
3. Important Reminders
- a. Testing is not punitive—it is a part of maintaining community accountability.
 - b. All residents are expected to comply immediately when asked to test.
 - c. Failure to do so or tampering with a test in any way may result in immediate dismissal from the program.

Section 13: Behavior

1. Definition of Disruptive Behavior: Disruptive behavior is defined as any action or conduct that negatively impacts the recovery environment or disrupts the safety, peace, and harmony of the house. This includes, but is not limited to:
 - a. Verbal aggression or hostility toward other residents or staff.
 - b. Repeated violations of house rules, despite previous warnings or consequences.
 - c. Engaging in “old behaviors” such as:
 - i. Stealing
 - ii. Lying
 - iii. Manipulating
 - iv. Being in another resident’s room without clear permission.
 - v. Neglecting assigned chores or refusing to complete responsibilities.
 - vi. Creating excessive noise that disturbs others, especially during quiet hours.
 - vii. Any behavior or attitude that conflicts with a recovery-oriented lifestyle, including disrespect, dishonesty, or acting in bad faith with the program’s goals.
2. Consequences of Disruptive Behavior
 - a. First infractions may result in a verbal warning and/or group discussion during house meetings.

- b. Ongoing or repeated behavior will lead to a Rule Infraction or Behavior Contract, outlining the specific changes that must occur and the timeline to correct the issue.
 - c. Failure to comply with the Rule Infraction or Behavior Contract, or if the behavior worsens, may result in:
 - i. Loss of privileges
 - ii. Increased supervision
 - iii. Immediate expulsion/eviction from the house may occur, depending on the severity and impact of the behavior, particularly if it threatens the safety, emotional wellbeing, or recovery of others in the home.
- 3. Commitment to a Positive Environment
 - a. Residents are expected to:
 - i. Maintain a respectful, honest, and recovery-focused attitude at all times.
 - ii. Take accountability when addressed by staff or peers.
 - iii. Understand that supporting each other's recovery requires mutual respect, emotional safety, and clear boundaries.

Section 14: Confrontation/Communication

- 1. Importance of Healthy Communication
 - a. Learning to express feelings, concerns, and observations in a respectful and recovery-minded way is essential in sober living. Open and honest communication promotes personal growth, accountability, and a safe community environment.
- 2. When to Speak Up
 - a. Residents are encouraged to address concerns when:
 - i. A peer is neglecting responsibilities (e.g., chores, curfew, house rules).
 - ii. A resident is displaying negative behavior or a poor attitude.
 - iii. Someone appears to be exhibiting signs of potential relapse.
 - iv. There is a conflict affecting the harmony or safety of the house.
- 3. How to Approach Issues
 - a. Individual Approach: Speak to the person privately, using a calm and non-confrontational tone.
 - b. Group Discussion: Bring the issue to the next house meeting if it's unresolved or affects the entire household.
 - c. Always approach others with the intention to help them grow in their recovery, not to shame, blame, or control.

- d. Focus on how the behavior is affecting the house or your own recovery, not on judging their character.
- 4. Boundaries and Accountability
 - a. Do not attempt to "work someone else's program." Everyone is responsible for their own recovery journey.
 - b. However, do not ignore behavior that is harmful or disruptive to the house environment.
 - c. Avoid gossip or triangulation:
 - i. If someone shares concerns about a third party, help them process their feelings.
 - ii. Then encourage them to address the issue directly with the person involved or with the group in an appropriate setting.
- 5. Role of the House Manager
 - a. If you're unsure how to approach a situation or feel unsafe doing so, bring your concern to the House Manager or Program Director for guidance.

Section 15: Personal Conduct

- 1. Prohibited Environments
 - a. Residents are not permitted to enter public places where:
 - i. Illicit drugs are commonly present, or
 - ii. Alcohol consumption is the primary business (51% rule).
 - b. This includes, but is not limited to:
 - i. Nightclubs
 - ii. Adult entertainment clubs
 - iii. Dance clubs
 - iv. Bars
 - c. Exceptions must be pre-approved by the House Manager and typically require you to be accompanied by someone in recovery.
- 2. Body Modifications
 - a. Residents are not permitted to get tattoos or piercings within their first 90 days at Journey Way.
 - b. After 90 days, permission must still be requested and approved through house management.
- 3. Social Media & Personal Boundaries
 - a. Nude photos or sexually explicit content posted on social media is strictly prohibited and will result in a behavioral contract.
 - b. Respect personal privacy and boundaries in all online and in-person interactions.

4. Borrowing & Lending Items

- a. Do not borrow or lend any of the following:
 - i. Money
 - ii. Clothes, shoes, or accessories
 - iii. Jewelry
 - iv. Cigarettes
 - v. Food
 - vi. Vehicles
- b. If you choose to borrow or lend anything, you do so at your own risk.
- c. Management and owners will not be held responsible for any disputes or losses involving borrowed property.

5. Theft Policy

- a. Theft of any kind, whether on or off premises, is grounds for serious consequences.
- b. Residents may be required to provide proof of purchase (receipts) for any questionable items.
- c. Failure to produce receipts when asked may be treated as evidence of theft, and disciplinary action will follow.

6. Weapons & Valuables

- a. No weapons of any kind are allowed on the premises.

7. Residents are strongly encouraged to:

- a. Keep cash and valuables on their person, not left unattended.
- b. Use designated secure storage when available.

Section 16: Consequences of Infractions

Journey Way operates on a structured and fair accountability system designed to support personal growth, responsibility, and recovery. Residents are expected to follow all house rules consistently. Repeated or severe infractions may result in loss of privileges, behavioral contracts, or expulsion depending on the nature of the behavior.

1. Progressive Disciplinary Actions

- a. First Infraction Consequence: Verbal warning by house management OR group discussion during the weekly house meeting.
- b. Second Infraction Consequence: Written infraction notice (“Character Defect”) and loss of privileges, which may include:
 - Restricted phone use
 - Earlier curfew
 - Loss of visitation rights

- Denial of overnight passes
- c. Third Infraction Consequence: Behavioral contract or dismissal, based on:
 - Severity of the infraction
 - Resident's history and attitude
 - House vote and management discretion

⚠ *Reminder: Journey Way offers individualized care. Do not compare your consequences, privileges, or process to that of other residents.*

2. Infractions That May Result in Disciplinary Action *Includes but is not limited to the following:*

- a. Failure to respond to a call or text from management within 2 hours (except during verified work hours)
- b. Lying in bed during the day without valid reason
- c. Unexcused absence from the weekly house meeting
- d. Failure to properly sign out or sign in
- e. Bedroom not being kept clean and maintained
- f. Food or open drinks in bedrooms
- g. Disrespecting others or spreading gossip
- h. Missing curfew, wake-up, or lights-out times
- i. Neglecting chores or failing to clean up after oneself in shared spaces
- j. Leaving on lights, fans, or appliances unnecessarily
- k. Failure to attend the required number of support group meetings (AA, NA, IOP, PHP, etc.)
- l. Watching TV or sleeping during restricted/prohibited hours
- m. Failing to seek employment or volunteer opportunities:
 - i. Day 1–3: Verbal warning
 - ii. Day 4: Write-up
 - iii. Day 5: Grounds for dismissal
- n. Allowing dirty laundry to pile up; failure to wash/dry/put away clothes on assigned day

3. Grounds for Immediate Expulsion

Any of the following may result in immediate dismissal from Journey Way or referral to a higher level of care (e.g., detox, inpatient treatment, PHP, IOP):

- a. Chemical Relapse (alcohol or drug use while in residence)
- b. Theft or Criminal Behavior, including online activities such as internet gambling

- c. Medication Misuse (self-adjusting dosage, sharing, or stockpiling)
- d. Using Mind- or Mood-Altering Substances, including:
 - i. CBD (natural or synthetic)
 - ii. Kratom
 - iii. Any unapproved OTC herbs or compounds
- e. Physical Aggression or destruction of property (house or personal)
- f. Providing Security Information (door code or key) to any non-resident
- g. Smoking Indoors
- h. Unexplained Absence, missing overnight check-ins, or disappearing without notifying staff
- i. Refusing:
 - i. Urine Analysis (UA)
 - ii. Breathalyzer testing
 - iii. Room or belongings search
- j. Failure to report a peer's serious violation (e.g., relapse, theft, drug use): *If you knowingly conceal another resident's harmful behavior, you may also be expelled.*

4. Departure and Re-Entry Policy

- a. If expelled or leaving voluntarily, you must take your belongings with you.
- b. If unable to take them immediately, you must schedule a time with staff to retrieve them during normal business hours.
- c. All personal property must be removed within 3 days of departure. After this period, items may be donated to charity.

5. Re-admission Policy:

- a. Residents expelled for behavioral reasons may petition for re-entry after 2 weeks.
- b. Residents expelled due to a chemical relapse may petition for re-entry after 30 days, contingent on house approval.

PROHIBITED MEDICATIONS

Use of the following medications is prohibited unless pre-approved by Journey Way staff.

Benzodiazepines (Benzos)

Alprazolam (Xanax)
Ativan (Lorazepam)
Clonazepam (Klonopin)
Dalmane (Flurazepam)
Librium (Chlordiazepoxide)
Restoril (Temazepam)
Serax (Oxazepam)
Tranxene (Clorazepate)
Valium (Diazepam)

Barbiturates

Phenobarbital
Nembutal (Pentobarbital)
Fiorinal (Butalbital/aspirin/caffeine)
Soma Compound (Carisoprodol + Aspirin + Codeine – contains barbiturate properties)

Sedative-Hypnotics/Sleep Aids

Ambien (Zolpidem)
Lunesta (Eszopiclone)
Sonata (Zaleplon)

Opioids/Narcotics

Codeine Phosphate
Darvocet (Propoxyphene + Acetaminophen)
Darvon 65 (Propoxyphene)
Dilaudid (Hydromorphone)
Hydrocodone/Codeine
Kadian (Morphine Sulfate ER)
Meperidine (Demerol)
Methadone
Morphine Sulfate
Oxycodone (Roxicodone, Oxy IR)
OxyContin (Oxycodone ER)
Percocet (Oxycodone/Acetaminophen)
Percodan (Oxycodone/Aspirin)
Vicodin (Hydrocodone/Acetaminophen)
Ultram (Tramadol)

Stimulants / Amphetamines

Adderall (Amphetamine/Dextroamphetamine)
Concerta (Methylphenidate ER)
Ritalin (Methylphenidate)
Vyvanse (Lisdexamfetamine)

Muscle Relaxants/Sedating Agents

Carisoprodol (Soma)
Soma Compound (with Aspirin and sometimes Codeine)
Limbital (Chlordiazepoxide/Amitriptyline – benzo + antidepressant)
Opioid Treatment Medications
Suboxone (Buprenorphine/Naloxone)
Subutex (Buprenorphine)

Over-the-Counter Medications (with abuse potential)

Benadryl (Diphenhydramine – sedating antihistamine)
NyQuil (contains Dextromethorphan and alcohol, sometimes acetaminophen)

Other Substances

Kratom – Not permitted
CBD (Cannabidiol) – Not permitted
Note: We test for Kratom and CBD. Please be advised that use of these substances may result in immediate discharge.