

Turner House Rules

Welcome to Turner House, Kerrville's only non-profit men's sober home established in 1971. We are happy to have you here and hope this can be a good place for you to fully commit and get started on your sober journey. The Turner House Board of Directors approved and facilitated major improvements to the house, and we need to keep it nice for everyone who comes after you. But like anything else, there are some rules that you MUST follow:

Curfew:

1st 30 days: Monday-Thursday 10 pm Friday-Sunday 11 pm

After 30 days: Monday-Thursday 11 pm Friday-Saturday 12 AM

- Residents must be up by 8:00 am Monday through Friday. There is a **mandatory** morning meeting at 8:00 am. You must be present unless you are working. There is no going back to bed after the morning meeting. Make your bed and get ready for the day.

Chores: (Must be done to Board of Directors Standards-Posted in the dining room)

- You will be assigned a DAILY chore, which will be done EVERYDAY.
- You will also be assigned a WEEKLY chore. This will be a deep clean of your daily chore and MUST be signed off by a house manager. (Due on Friday's at 5 pm)
- BEDROOMS will be required to be deep cleaned once per week. But your room should remain clean on a daily basis. Bed is to be made each morning.
- All chores must be initialed on the chore sheet after completion. No initials mean incomplete and will be highlighted. TWO daily chore highlights=one week of restriction. If you miss your weekly deep clean, you are on weekend restriction.

You and you alone are responsible for your own chores, Always.

TV time: 11am – 11 pm

Do all your dishes immediately. Do not leave them in the sink for someone else to do them. Your dishes are your responsibility.

Make sure to mark all your food and toiletries with your initials.

No food or drinks in the bedrooms. Eat in the dining room and clean up your mess as soon as you are done.

Do not dump sodas, coffee etc. in the grass. It attracts lots of critters.

Do not use nails or tape on the walls. Each bedroom area has a bulletin board that you are more than welcome to pin your photos to. All other walls are off limits.

Do not move any of the furniture.

Help conserve water and electricity. Turn off all lights and fans before you leave the house. Also, phone chargers, laptops, etc. when they are not in use. The easiest way to do this is to turn off your surge protector.

Surge protectors are the only extension allowed. Extension cords are prohibited. Surge protectors cannot be plugged into one another either. These are fire hazards.

No smoking indoors and if you are using any type of tobacco, dispose of it properly. DO NOT throw cigarettes or spit cups in the yard at any time. Use the ashtrays so we don't cause a fire!

Burning candles or incense is prohibited.

You are not allowed in someone else's room unless they are present.

You are not allowed at anyone's private residence for your first 30 days. There are some circumstances where this will be allowed but you must notify the house managers prior.

It is highly recommended that you do not lend or borrow clothes, money, food, cars, etc. Turner House will not be held liable.

Be mindful of your space in the bedrooms and refrigerator. If your stuff does not fit in your personal space, it must be packed away in luggage and stored in the shed or it must leave the property.

Employment must be secured within your first **10 days**, or you will be placed on house restriction until you **begin** work.

You are not allowed to leave Kerr County for your first 30 days unless you have permission from the house director.

No overnight passes for your first 30 days. After that, you must get approval for an overnight pass 72 hours in advance. Fill out the overnight pass form completely and give it to the house manager. (Special arrangements can be made for holidays or court)

You are not allowed inside any bars or pool halls for the first 90 days. After that you must ask permission from the house manager.

Women's sober homes are completely off limits unless you are dropping off or picking someone up. If you are in a same sex relationship, you are not allowed in men's sober homes either.

No women are allowed in resident rooms at any time. This same rule applies if you are in a same sex relationship. All visitors must remain in the common areas (living room, kitchen, porch)

Romantic relations between residents are strictly prohibited and both parties will be asked to leave immediately.

Any visitors that the house manager finds is not conducive to recovery will be asked to leave the property.

The quiet time in the house is **11 pm - 7 am** every day. This doesn't mean you have to be asleep, but you must be mindful of your house mates. No cooking, loud music, laundry, talking on the phone loud, etc. Quiet time is Quiet time.

We do not tolerate stealing of any kind. You will be asked to leave immediately. This also applies to food and toiletries. Do not touch anything that doesn't belong to you. Turner House is more than happy to assist you with your needs.

Confrontations between residents will not be tolerated. Both parties will be asked to leave. We will not always agree on everything, but there are ways to solve issues without confrontations. Any aggressive behavior is also grounds for eviction. Racial slurs will also not be tolerated.

You MUST attend the MANDATORY house accountability meeting every **Sunday morning at 8:30 am.** Have your meeting sheet complete and ready!

Meeting Etiquette:

You must get a sponsor within one week of move-in and you must meet with your sponsor at least once per week. Sponsors must sign your meeting sheet.

You must attend at least 5 meetings per week. We suggest 90 meetings in 90 days.

Do not text or internet surf during a meeting.

Do not get up and down during a meeting, it is disrespectful and distracting. Go to the bathroom before the meeting.

Introduce yourself as an alcoholic at AA meetings and a drug addict at CA, OAA, NA, etc.

Choose a home group and attend their group conscience every month. (Suggest Guadalupe Group)

Get a service commitment and/or position.

Sign up for H & I's

Get involved in the fellowship of AA. Your life depends on it.

The door code should NEVER be given out to anyone who does not live in this house. Not your parents, sponsor, best friend, etc. (this is for the safety of all residents)

Washer/Dryer:

Please do not overstuff them.

Clean the lint trap before and after every use of the dryer.

Be sure to only use your assigned washer and dryer.

Do NOT leave the house while you are doing laundry. There are many other men who live here who also have to do laundry.

The house manager has the right to search your room/car/property. You are not required to be present. Failure to comply will result in you being asked to leave. (We don't just go through your stuff for no reason)

If you witness any problems with other residents please report them to the house manager. Especially if you suspect that someone may be using or drinking.

Weapons: Possession of weapons or ammunition is prohibited.

Medications:

All prescription medications should stay in its labeled bottles. Do not lend or borrow medication from anyone.

Make sure you get refills on medications before you run out. Make a doctor's appointment well in advance. Do not stop taking your medications because you feel better or don't need them. All medication changes should be by your doctor.

Notify the house manager of any medication changes.

Anytime you have to visit the ER you must take a manager, director, sponsor or another resident from the house with you. Never go alone.

Medications that MUST be avoided at all costs:

-Any meds containing pseudoephedrine or dextromethorphan such as Sudafed, Dayquil, NyQuil Theraflu, Benadryl, Robitussin DM or any other meds containing DM

-Prescription opiates of all kinds such as Tylenol #3, Percocet, Vicodin, Darvocet

-All Benzos such as Ativan, Xanax, Klonopin, Valium

-Diet pills are prohibited and so are ADHD medications such as Adderall, Ritalin, etc.

-All PM medications are not allowed such as Tylenol PM, Advil PM, Ambien, Lunesta, etc.

-Alcohol based mouthwash is not allowed.

-Cough syrups and cough suppressants are also not allowed.

And of course, all illicit drugs are prohibited.

The house manager, director and Board of Directors can make any adjustments to the rules as we see fit. We want to make sure that this stays a safe place for everyone that lives here.