
HOUSE RULES & RESIDENT STANDARDS | 2026 EDITION

CORE PRINCIPLES

- **Respect:** The amount of respect you give is the amount you will receive. Respect the rights and privacy of others at all times.
- **Safety:** Be sure doors are shut tight and locked whenever you leave.
- **Meetings:** Attendance at house meetings is **mandatory**. No cell phones are allowed during meetings.
- **Communication:** It is your responsibility to keep up with information posted on bulletin boards.

ZERO TOLERANCE & PROHIBITIONS

- **Substances:** No illegal drugs and **no alcohol** allowed in the house or on the property.
- **Conduct:** No profanity and no pornography.
- **Smoking:** No smoking inside the house. Do not throw butts on the ground; dispose of them properly.
- **Mail:** Only the House Director (or designee) is allowed to remove mail from the mailbox.

GUEST POLICY

- **Restricted Access:** Females are **not allowed** inside the house. Female visitors are restricted to outside areas only.
- **Approval:** Visits by females must be approved at least **one day in advance** by the House Director.
- **New Residents:** No visits or visitations are permitted during your first **30 days** in the Vitals program.

ENVIRONMENT & UTILITIES

- **Energy Conservation:** Turn off all electrical devices when you leave your room. Tenants share the cost of utilities per month.
 - **Thermostat:** Residents are **not allowed** to adjust the thermostat. See the House Director for issues.
 - *Heat settings:* 68°F – 72°F
 - *A/C settings:* 75°F
 - **Quiet Hours:** Everyone works different schedules. Be as quiet as possible so everyone can get the sleep they need.
 - **Television:**
 - *Weekdays:* TV must be off by **11:00 PM**.
 - *Weekends:* TV must be off by **2:00 AM** (Subject to Director's discretion).
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HOUSEKEEPING & HYGIENE

GENERAL CLEANLINESS

- **Common Areas:** The house must be kept clean at all times. Whatever you use, clean it and put it away immediately.
- **Kitchen:** Clean the table, countertops, and dishes **immediately after use**. Wash, dry, and put dishes away. Do not leave them for hours or the next day.
- **Bedrooms:** Your room must be kept clean and neat. **Make your bed daily**.

BATHROOM PROTOCOL

- Rinse down shower walls and floor immediately after use.
- Do not leave personal items in the shower. Keep hygiene products in cabinets or your room. Items left out will be collected.
- **No glass cups** in the bathroom.
- **No hair cutting** in the bathroom. Haircuts must be done on the deck (clean up after yourself).

WEEKLY CHORES & FINES

- We all share weekly cleanup responsibilities. The schedule is posted on the bulletin board.
- Cleanup must be completed by **10:00 PM Sunday night**.
- **Penalty:** Failure to complete your assigned responsibility by the deadline will result in a **\$50.00 fine** deducted from your account.

LAUNDRY FACILITIES

- **Hours:** 9:00 AM – 11:00 PM.
- **Supplies:** Use **laundry detergent only**. Never use hand soap, dish soap, or non-HE products.
- **Etiquette:**
 - Do not leave clothes in the washer/dryer. If you do and someone removes them, do not be upset.
 - Dispose of lint and dryer sheets in the wastebasket. Do not leave them on the floor.

FINANCIAL & PERSONAL RESPONSIBILITIES

PROGRAM FEES

1. Program fees and transportation charges are always the **first deductions** from your account.
2. Fees are deducted based on your pay schedule.

RESIDENT PROVISIONS

You are responsible for purchasing and maintaining your own:

- ☐ Hygiene products (Soap, shampoo, etc.)
- ☐ Laundry detergent
- ☐ Clothing
- ☐ Food
- ☐ Phone
- ☐ Transportation

Revised: January 2026