



Andrea's House

Andrea's House Residence Manual

Our Mission

The mission of the Andrea's House Staff is to empower and bring hope to women recovering from the disease of addiction. We strive to encourage our women and their children with strength, power, inspiration, and knowledge that come from our Savior Jesus Christ. We aspire to honor God's symbol and covenant, *the rainbow*, to all his people, by bringing the message of hope to all, no matter race, ethnicity, religious denomination or lack thereof.

COVID-19

House guests are required at ALL times to wear masks and other appropriate PPE when outside of Andrea's House. We ask that all house guests also refrain from attending any activities, gatherings, or events, where there are more than 10 people and social distancing cannot be implemented. If you or your child(ren) are experiencing any symptoms of COVID-19 (i.e., fever, cough, headaches, shortness of breath, body aches, etc.) please inform Andrea's House CNA as soon as possible. If you feel that you or your child(ren) may have been exposed during any time to the virus, please inform staff ASAP.

Admission

Upon admission to Andrea's House each house guest will be asked to take a drug urinalysis as well as an alcohol breathalyzer. Failure to do so will result in the house guest not being admitted into the program. Andrea's House guests are asked to bring no more than 14 days of clothing; all clothing and personal belongings will be searched prior to admission into the program. **At the time of admission, ALL clothing will be placed in our dryer on high heat for one hour for bedbug prevention. After completion, clothing will be returned to the**

resident. Bedding, pillows, towels, and hygiene products are provided to each house guest. Andrea's House staff asks that you please do not bring personal or material possessions that you deem to have sentimental or monetary value. **We will not be responsible for these lost or stolen items within the house should you decide to do so.** Lastly, we ask that all house guests entering Andrea's House inform the case manager of the following but not limited to; health/mental health diagnoses, prescribed medications (**any medications in your possession that do not have a written prescription or that are not in a prescription bottle with YOUR name, will be destroyed**), all doctors, psychiatrists, and/or clinicians in which you may be involved, and any pending legal cases(including your probation/parole officer if applicable, CPS cases, out of state charges, guardianship disputes, etc.) You will be asked to sign release(s) so Andrea's House staff may effectively communicate, regarding your treatment and the safety of your children, with your current providers and community agencies.

Confidentiality

Andrea's House guests are responsible for ensuring the continued safety of Andrea's House by not revealing the location; this includes not sharing the address, town, and nearby or surrounding areas. **Clients who reveal the confidential location will be immediately discharged from the house.** This includes telling family, friends or other community workers the location of the house. We ask that guests do not disclose the identity of other Andrea's House guests to anyone during or even after their stay. Any guest who needs suggestions on how to set up transportation to and from Andrea's House should speak to an Andrea's House Staff Member. **There are to be no pictures taken at Andrea's House;** this includes inside and outside of the property. We asked that guests do not Face Time, skype or use other apps that allow a visual of the inside or outside of the house.

Goals and Case Management

Andrea's House Case Manager will work with house guests to set goals to help house guest's move towards empowerment and self-sufficiency. It is the responsibility of the house guests to work on achieving these goals during their stay. House guests will be expected to meet with the Andrea's House Case Manager a minimum of two times a week to create and review a recovery plan, as well as a parenting plan. These plans begin when a guest enters Andrea's House; to include but not limited to goals set by house guest and case manager that work towards safety, sobriety, healthy parenting, and self-sufficiency. Some of these goals house guests may reach while at Andrea's House, while others may take longer. It is the house guest's responsibility to develop a plan for where he/she will be staying after exiting the safe house. House guests are also **required** to attend daily AA/NA/Celebrate Recovery self-help groups as well as any mental health or behavioral services deemed necessary for the house guest to progress in their recovery. House guests are also required to attain a sponsor and/or a

spiritual advisor. House guests will also be required to submit a minimum of 5 job searches weekly and provide information to your case manager. Once employment is obtained, house guest will set an amount, based on their monthly income, that will place in savings. This is to ensure that upon completion of the program, house guests and their child(ren) begin their path to financial security. **Andrea's House stay will be at the discretion of the Andrea's House Executive Director and Case Manager for each guest;** but house guests may be asked to leave sooner if she has reached her full potential within the Andrea's House case management program **or** in the event the guest is failing to thrive or comply to the program rules and Expectations.

Drug Screenings

Andrea's House staff reserves the right to administer random urinalyses and/or breathalyzer tests and/or upon any suspicion observed or reported by staff and/or housemates.

Program Fees

Program Fees are expected to be paid on a weekly, bi-weekly, or monthly basis per the resident's situation. It is your responsibility to make sure your program fees are up to date. In the event that there is an issue, this should be reported to the ED or director in a timely manner. ***Failure to pay program fees can result in termination from the program.*** Program fees are used as an accountability tool and a way to help our residents become responsible and independent mothers.

Andrea's House Visitation/Overnights for Children

ALL visitors must be approved by Andrea's House Executive Director and Andrea's House Case Manager prior to visitation. **Visitation will be at the discretion of the director and case manager to protect the anonymity and privacy of Andrea's house women and children.** Children are permitted to go for day visits or overnight visits with verified and approved family members **ONLY. A LOA (Leave of Absence) form must be submitted and approved prior to your child(ren) visiting outside of the Andrea's House residence.** This is for the safety of your child(ren) as well as the residents of Andrea's House.

Daily Devotionals and Treatment Programming

Andrea's House devotional readings are done **daily and are mandatory**. These readings are peer led and are mandatory in adherence to the faith-based program of Andrea's House as well as the 12 Step programs of AA/NA/Celebrate Recovery. Andrea's House staff requires

all house guests to pick a minimum of 2 classes to participate in on a weekly basis in accordance with treatment programming i.e., financial literacy, nutrition, resume writing, job literacy, GED/College Prep classes. Failure to do so can result in termination from the Andrea's House program.

Curfew

Curfew is put into place for the safety of all Andrea's House guests and staff. House guests with children are expected to return to the house by 8pm each evening unless otherwise approved by staff. House guests without children are expected to return to the house by 930 pm each evening. **There are no overnight stays outside of the house;** all house guests are expected to return each night to Andrea's House. When a house guest leaves the house, Andrea's House staff asks that house guests sign out and inform their house manager(s) where they are going and when they plan to return. This is in hopes to help ensure safety and encourage accountability. House guests should speak with a case manager to create a personalized safety plan that meets the needs of each house guest and family member while they are staying at Andrea's House.

Pets

Andrea's House does not allow pets that are not identified as a service animal in accordance with ADA laws. If a house guest is worried about a family pet, the house guest can make arrangements with the Frederick County Humane Society for possible placement of their pet. Please speak to the case manager about setting up this service and care for the family pet while at Andrea's House. Service animals are not permitted to be at Andrea's House without its owner. House guests are expected to care for their service animal (feed, clean up after, take to the bathroom, etc.) and have it with them at all times, on a leash. House guests are asked to be respectful of other house guest's comfort with animals and to be mindful that their animal is not touching, jumping on, or scratching other house guests who are not comfortable being around animals. It is the house guest's responsibility to be mindful of the location of the animal at all times.

Security

ALL Andrea's House locations are armed and secured between the hours of 11pm and 6am. Please DO NOT exit the house for any reason during these times as you will set the alarm off. If there is an extreme circumstance, please contact staff IMMEDIATELY.

House guests are expected to not only sign out but inform the house manager(s) when leaving Andrea's House. House guests should include and inform the house manager of each destination, the time that they plan to be at that destination and what time they plan to return. If your plans change, guests should call into the house to make Andrea's House staff aware.

IMPORTANT: If a house guest does not call in or return when expected, house guests should immediately inform the house manager and staff, and an attempt will be made to contact the house guest by phone. If house guest does not answer, the emergency contact will be called. If staff is still unsure of where house guest is, law enforcement will be informed of the potential problem.

Emergencies

In the event of the following house-related emergencies, the expectations are:

Fire: Call 911. Please exit Andrea's House with your children and go out into the cul de sac. If you are in your bedroom, exit and shut the door behind you without locking it. For your safety, please do not re-enter the house until the Fire Department or Andrea's House Staff have confirmed that it is safe.

Health Related: If another house guest or yourself is in need of medical attention, please alert the Andrea's House Staff member to call 911. If a house guest reports that she has hit her head in some capacity, 911 must be called to examine the house guest, regardless if the guest refuses medical treatment, due to the severity of head injuries.

Overdose: In the event that there is an overdose; there is Narcan on every level of Andrea's House. If you have been trained to administer the naloxone, please follow all safety precautions when doing so. **Please remember to call 911 prior to performing any rescue/life-saving techniques.**

Violence: Remove yourself from the area that the violence is occurring. This may consist of going outside or on a level of Andrea's House that is furthest from the violence. Alert staff member to call 911 immediately.

Child Care

House guests are responsible for their children and need to supervise their activities at all times. Andrea's House staff **will not** provide childcare for children. House guests are expected to be on the same floor as their children. When children are playing together, we ask that they are supervised by both parents. If children are asleep in their rooms, parents may leave the room but are expected to check on the children frequently. House guests may use a baby monitor from Andrea's House staff to listen to sleeping children while they are not in the room. **Children are not allowed to be at the house without their parent and cannot be watched by another resident if the parent is not at the house.**

All minors in house guest care are not permitted to use the stove or other kitchen equipment without supervision of their guardian. This includes knives, glassware, stove top, oven, microwave, dishes, etc.

Children are expected to attend school during the academic year, while they are staying at the Andrea's House. If a child must miss school due to illness, house guests are expected to check in with the **Andrea's House Case Manager**. House guests who have school-age child(ren) will be asked to sign a Release of Information for a case manager to connect with their child's/children's school resource worker. School bus transportation will be set up by Andrea's House Case Manager. House guests are expected to accompany children to the bus stop and are expected to be on time for the school bus. House guests are expected to be waiting for their child when the child is being dropped off from school bus, on time, and walk back to the house with the child. **Children are not permitted to be at the house without their parent.**

Parenting/ Discipline

The Andrea's House Case Manager is available to discuss parenting issues. Information on child development and appropriate discipline is also available. Andrea's House is a nonviolent environment. We ask that house guest use positive child discipline while inside the house. Staff is here to support you and offer suggestions for positive child discipline. You may not hit or spank your child while residing at Andrea's House. In addition, no verbal abuse of children will be tolerated. Verbal abuse is defined as any verbal assault that undermines a child's self-esteem, such as screaming, name calling, belittling, etc. Andrea's House staff reserve the right to interpret behavior as abuse.

Andrea's House staff will report any suspected child abuse or neglect to the Frederick County Child Protective Services (CPS).

Smoking

For safety reasons, we ask that house guests do not go out front of the Andrea's House to smoke. **Smoking cigarettes, the use of e-cigarettes, and any form of chewing tobacco is allowed out back at the picnic table only.** Cigarettes, e-cigarettes, any form of chewing tobacco, lighters and matches are to be kept in a safe place and out of the reach of children by house guests when not in use. Curfew is at 930pm, however, from **930pm– 11pm**, smoking will be permitted in the back of the residence. **There will be NO smoking after 11pm. Smoking is not allowed inside of the house; this includes bedrooms and bathroom areas.**

Personal Rooms

Due to limited space, staff cannot guarantee a private room. Please respectfully share space with your roommates and their children. Staff can authorize room changes at **ANY** time. Staff will attempt to alert you ahead of time, but please understand that this may not always be

possible. Staff reserves the right to search rooms at any time. House guests are responsible for the upkeep of their assigned bedroom. All doorways must remain clear, and clutter must be kept at a minimum. House guests are expected to always keep their rooms neat. All personal items are expected to stay in their assigned space in their bedrooms. We ask that house guests do not take food, drink, medication, cigarettes or lighters into their bedrooms. House guests are asked to sweep/vacuum and dust their rooms on Mondays, Wednesday, and Fridays as well as wash their bed linens at least once a week. **10pm to 7am is considered quiet time in the house and is created to allow those to rest.** House guest should be quiet and respectful of those sleeping if they choose to be out of their rooms after 10pm. House guests are asked not to be in another resident's bedroom. This includes children of different house guests. This is to maintain safety and privacy for all house guests.

Phones

For house guests who have their own cell phone, be mindful that if you have GPS tracking on your phone that it will need to be disabled or set to 911 only. This is important for every house guest's safety. If any house guest would like more information on cell phone tracking and stalking, please see Andrea's House staff. Please be respectful of others when using your cell phone. **Taking pictures/video, using FaceTime or Skyping on your cell phone is strictly prohibited** (See section on Confidentiality). Andrea's House office phone may be used with staff permission. Andrea's House staff will need to dial the number for house guest and will block the number by dialing *67 before making the call. Please do not give out the Andrea's House number as a way for family, friends and other community agencies to contact you. **Cell phone use during case management, devotionals, and other treatment programming will not be tolerated and will result in a verbal or written warning.**

Laundry

House guests are responsible for their own laundry. As other guests may need to use the laundry facilities, please remove your cleaned and dried clothes from the laundry machines in a timely manner. House guests should not leave the house if they have laundry in the machines. Staff will remove laundry and place in house guest's laundry basket if the facilities are needed while house guest is out. Each time you use the dryer, please empty the lint filter. **Laundry can be completed between 9am and 9pm.**

Transportation

House guests who have their own transportation can park their vehicle at Andrea's House. Staff will provide transportation for house guests and their child(ren) as deemed appropriate and must be approved by Andrea's House staff. Transportation for mental health appointments, medical appointments or appointments to Department of Social Services, CPS

visitation, with appropriate notice of appointment date and staff approval, will be provided. If a house guest is able to get transportation from outside support, they will need to set up a place to **meet away from Andrea's House**. Please speak to a staff member about how to do this. There is also a local transportation service that house guests can use. For information on the area bus transit or the local taxi service please speak to Andrea's House Staff. There will be 2 weekly opportunities for house guests to go to the grocery store, in which transportation is provided by Andrea's House staff. Please be advised that if you bring your own vehicle to Andrea's House, it must be insured and have valid license plates. **You must also have a valid driver's license and tags in order to operate any vehicle brought on Andrea's House premises.**

Kitchen Procedures

House guests are expected to clean up after themselves and their children immediately after each meal. Please remain in the kitchen while operating the stove. Children should not be operating the stove or the oven for any reason. For safety reasons, all children must be supervised while cooking. Please store your perishable and nonperishable food items in the assigned areas as space is limited. Please label all of your food with your initials. If any appliance is not in working condition, please notify staff immediately so that the problem can be fixed. Andrea's House Staff does provide some food items; however, items are not guaranteed, and we strongly encourage house guest to utilize their own means (money, WIC, SNAP) for food while at Andrea's House.

Common Rooms

Common rooms, such as living room, dining room and kitchen are to be shared by all house guests. House guests are expected to clean up after themselves and their children. We ask that that only G, PG or PG 13 movies or video games to be viewed on the TV. Please do not bring pillows or blankets into the common rooms. If you are leaving the living room, please turn off the TV. The only beverage permitted is water. Food in this area is prohibited in order to prevent bugs and other pests.

Medication

House guests are asked to make Andrea's House case managers and CNA aware of all medications, over the counter and prescribed. **All house guests are required to turn ALL medications over to Andrea's House staff upon admission.** House guests are responsible for refilling all medications as directed by Andrea's House CNA. House guests are not permitted to share medication with one another. If a house guest needs an over-the-counter medication, they may check with staff to see if there is anything available. Andrea's House CNA will keep a daily log of all medications for each house guest and do medication counts randomly and at her discretion. ALL medication refills are picked up by Andrea's House staff,

NO EXCEPTIONS! Failure to comply or adhere to medication regimens will result in a discharge from Andrea's House program.

Mail

Andrea's House staff encourages house guests to forward their mail to a family member or friend; or to obtain their own personal P.O. Box. House guests cannot give out the address of Andrea's House. Please talk to the Andrea's House Case Manager prior to making a decision about mail. We encourage house guests to obtain their own P.O. Box in order to ensure proper delivery of their mail. **Any mail received from jails, prisons, treatment facilities, or institutions will be returned or destroyed.**

Drugs, Alcohol, Violence threats and Disruptive Behavior

To ensure the safety of all house guests, the following behaviors will not be tolerated:

Drug & Alcohol use: The use of alcohol, illegal drugs, and/or paraphernalia is not permitted at Andrea's House. The possession or consumption of drugs or alcohol inside the Andrea's House during your stay will result in immediate discharge from the Andrea's House program. Andrea's House is a sober living environment with the goal of maintaining safety for all house guests. If a house guest returns to Andrea's House under the influence of alcohol or drugs, this may result in immediate discharge from the Andrea's House. Andrea's House staff reserves the right to request a random urinalysis from any Andrea's House guest at any time and may also request that the guest go to the Frederick County Health Department for a Substance Abuse Evaluation as part of case management services. **Andrea's House guests who do not follow case management requests regarding the drug and alcohol policy will have their stay at Andrea's House terminated.** If any house guests are concerned with their own alcohol or drug use, they can speak to the Andrea's House Case Manager so that support and treatment referrals can be provided.

Violence, Threats and Disruptive Behavior

No threats or acts of violence will be tolerated against any staff or house guests. **Any threats, abusive language or behavior, aggression, or any other disruptive behavior such as inappropriate gestures or comments, verbal abuse, intimidation, hostility etc. will be grounds for immediate discharge.** Using degrading ethnic, racial, sexist, homophobic or transphobic language is considered unacceptable behavior and will be grounds for immediate discharge. Joking about violence of any sort is considered inappropriate. If violence occurs; **ALL** offending parties will be discharged. If a threat of violence is made, the house guest who is making the threat will be discharged.

Warning System and Termination Policy

Warnings will be given when a house guest is not following the safety and self-sufficiency-based rules of the Andrea's House program that have been listed in the handbook. The initial warning will be verbal. The case manager or staff will speak directly to house guest regarding the rule and remind house guest of the expectations. This verbal warning will be documented in the house guest file and reported to the Andrea's House Executive Director. If the behavior continues it will result in written warnings/behavior contract from any Andrea's House staff. The written warning/behavior contract will be typed up by Andrea's House staff and reviewed with the house guest who will be asked to sign the warning/contract. The written warning/behavior contract will be placed in the house guests file and staff will notify the Andrea's House Executive Director. If a house guest receives a 3rd warning from the Andrea's House staff regarding behavior, the house guest will be asked to leave. **All staff reserves the right to discharge a house guest based on issues concerning safety for staff and other house guests.**

House guests will be immediately terminated without any warning for the following infractions:

Breaching of confidentiality; Being verbally or physically threatening or violent to other house guests or Andrea's House staff; Bringing, using, or soliciting alcohol or any illicit drugs in Andrea's House.

Discharge: If a house guest is discharged from Andrea's House program for any reason, you will have 48 HOURS to retrieve all of your belongings. Failure to do so will result in your clothing being removed from the premises. We will not store any house guests' personal belongings nor do we have the space to do so. Please make the necessary arrangements to retrieve your belongings and make staff aware of your arrangements prior to returning to the house. **DO NOT return to retrieve your personal belongings without prior consent from staff to do so.**

Andrea's House staff wants to welcome you to our faith-based recovery home. We hope that during your stay as our house guest that you can obtain the support needed to establish a relationship with God, sobriety, and to begin your steps towards self-sufficiency and healthy parenting.

CLIENT ACKNOWLEDGEMENT

I acknowledge I have received a copy of the Andrea’s House Residence Manual. I have been given an opportunity to ask questions to my case manager of topics that may not have been clear to me. I understand that while I am a guest in Andrea’s House that this manual is my guide for expectations during my stay. I understand that if I am unable to follow these guidelines during my stay, staff has the right to ask me to exit Andrea’s House.

Date _____

Client Name _____

Client Signature _____

