



Application for Services

Bridge to Shore Recovery seeks to provide a path for women in recovery to heal, rebuild self-esteem and repair relationships by connecting residents to 12- step recovery, accountability and housing. By encouraging women to heal, take their power back, gain stability and become productive members of their society, they can, in return, give back to their communities and let their voices be heard. All residents do not need to have the full amount of move-in fee. We are willing to add fees onto rent if accepted into the program.

Fees include:

- Resident move-in fee- \$150 (due on move-in day)
- Weekly payment for housing and living expenses \$130 (paid weekly at house meeting)
- Late fees will be charged at a rate of \$5/day or \$30/week until payment is made.

**** If you are in treatment at the time of acceptance to Bridge to Shore Recovery, your acceptance will be contingent upon successful completion of treatment. If you are discharged from treatment prior to the scheduled discharge date, this could forfeit your recovery living program acceptance.**

Are you currently employed? Where:

Are you willing to engage and work a 12- Step recovery program?

Can you pay a deposit of \$150 and \$130? If so, how?



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Criminal justice involvement?

Do you have a primary care provider?

Do you have any pending charges? If yes, please explain:

Do you take prescription medications? If yes, please list what medication/dosage and what it is prescribed for:

Have you ever been convicted of a crime that places you on the sex offender registry? If yes, please explain:

Have you ever lived in a sober living? When? Where?

Is there any reason you are unable to work?

Do you have transportation?

What is your weekly income?



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Why do you want to reside at Bridge to Shore Recovery?

What will you contribute to the recovery living program community?

Desired move-in date:

I have read the attached rules and expectations and I agree with all.

Signature: _____ Date _____



Bridge to Shore Recovery has a phase program that allows residents more freedoms as they meet certain requirements within the program. Listed below are the requirements for each phase and list of General House rules. Residents are required in the program to be an active member within a 12-step community.

1. To maintain phase one (1-30 days enrolled in the program), the resident is:
 - a. required to be on the property by 10pm on weekdays and 11pm on weekends.
 - b. not allowed to have visitors on Bridge to Shore property without prior approval from staff.
 - c. not allowed to have overnight privileges
 - d. to have a "sponsor" (guide, coach) within a recovery program
 - e. required to have chosen a homegroup within the recovery community
 - f. required to attend five meetings per week (including in-house meetings and at least three outside meetings).
 - g. required to have employment or actively be looking for employment (Note: residents on SSI or other supplemental income must meet with staff to determine opportunities for community service or other work opportunities).

2. To maintain phase two (between 30-90 days in the program), the resident is:
 - a. required to be on the property on weeknights at 11pm and 12 am on the weekends.
 - b. allowed overnight stays at the discretion of the staff, but may not exceed one overnight throughout the week.
 - c. allowed to have visitors on the property with staff approval.
 - d. required to start 12 step work and present progress at weekly house meetings (including a written report about chapters they have studied out of the BB, NA book etc.)
 - e. required to have some form of service commitment within the recovery community.
 - f. required to attend four meetings per week (including in-house meetings and at least two outside meetings)
 - g. required to spend 60 days in this phase.

3. To maintain phase three (three to six months in the program), the resident is:
 - a. required to be on the property on weeknights at 12pm and 1am on the weekends.
 - b. allowed overnight stays at the discretion of the staff, but may not exceed two overnight throughout the week.
 - c. allowed to have visitors on the property with staff approval.



- d. required to be in steps six through nine in their 12 step work and present progress at weekly house meetings
 - e. required to have a service commitment with local H&I or attending after care regularly.
 - f. required to chair a meeting in the recovery community.
 - g. required to attend four meetings per week (including one in-house meeting and at least two outside meetings)
 - h. required to be an active role model in the home without any character notices for at least 2 weeks straight.
4. To maintain phase four (more than six months in the program), the resident is:
- a. required to be on the property on weeknights at 1am and 2am on the weekends.
 - b. allowed overnight stays at the discretion of the staff, but may not exceed two overnight throughout the week.
 - c. allowed to have visitors on the property with staff approval.
 - d. required to complete their 12 step work and create a discharge plan from the program with Bridge to Shore staff.
 - e. required to have a regular service commitment.
 - f. required to chair a meeting in the recovery community.
 - g. required to attend four meetings per week (including one in-house meeting and at least two outside meetings)
 - h. required to be an active role model in the home without any character notices for at least 2 weeks straight. We believe that phase four participants should be an example of how active recovery changes lives and should model this both inside and outside the home.
 - i. required to be current on all requirements and weekly payments.



General Rules and Guidelines

Your personal success in the Bridge to Shore program will be contingent on your participation, cooperation and willingness to abide by house rules. We do not tolerate disruptive behavior of any kind in the program or any consumption or possession of any drugs or alcohol. The following rules and guidelines are in place to ensure the safety and success of every Bridge to Shore client.

Please initial. I understand that:

_____ Random drug testing and/or breathalyzer tests will be given at a minimum of once per week.

_____ Residents are subject to drug tests and/or breathalyzer tests at any time. Tests will always be administered by housing staff or peers as designated by staff.

_____ All drug testing and/or breathalyzer tests will be supervised. Any peer observed screen will require TWO people and must be approved by staff.

_____ Failure to take a drug/breathalyzer test is ground for automatic dismissal.

_____ Residents will have 90 minutes to complete drug/breathalyzer screening. Failure to do so may result in automatic dismissal from the program.

_____ A positive drug/breathalyzer test may result in automatic dismissal from the house.

_____ Should a client be asked to leave the house, they will have 20 minutes to collect their belongings. A staff member will accompany participants in the home while belongings are being packed.

_____ Residents must wait 30 days from dismissal from the program to re-apply. (Note: Bridge to Shore staff may use flexibility with this policy at their discretion)

_____ Participants may be required to complete inpatient treatment before returning to the program.

_____ Bridge to Shore participants are not to engage in illegal activities.

_____ If you are arrested while you are living in one of Bridge to Shore homes, you are subject to dismissal from the program at staff discretion.

_____ All participants are responsible for reporting any illegal activity they observe while on Bridge to Shore properties.

_____ The client's current phase will determine curfew and privileges.

_____ Curfews are subject to change house staff prior approval.

_____ Vacations and possible additional nights out can be requested and reviewed by Bridge to Shore staff on a case-by-case basis. These must be submitted no less than three days in advance during weekly house meetings or in the house group chat.

_____ Request forms for overnight phase up will be available on house notification boards.

_____ Before visitors are permitted at Bridge to Shore properties, they must be approved and placed in group chat.

_____ All visitors are subject to drug tests and/or breathalyzer tests at any time. If refused, visitors can be asked to leave.



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_____ Everyone entering and exiting the home must sign in regarding arrival times, departure times, who they are visiting and reason for visit.

_____ No visitors will be permitted 10pm during the week and 12am on weekends.

_____ Staff can ask visitors to leave at any time.

_____ All visitors must remain in the common areas. No visitors are allowed in personal spaces/bedrooms.

_____ All participants are expected to respect the other members of the home and neighbors. This includes disruptive behavior and loud music/tv.

_____ All residents are required to attend the house meeting weekly. Anyone unable to attend must have prior approval by staff

_____ All residents must attend in-house group meetings weekly.

_____ Pill counts, meeting attendance slips, proof of employment, reports of employment, and service work will be reviewed at weekly house meetings

_____ Residents need to bring all other appointments/information about the week ahead to this meeting

_____ Weekly program fees are due at each house meeting to be paid directly to Bridge to Shore staff via money order or through Venmo.

_____ If the resident pays any other time than the house meeting, the resident must utilize group text for a two-part authentication process and name the staff that the money order was given to.

_____ No tobacco, smokeless tobacco, dipping or vaping of any type will be used inside the house. Smoking/ vaping and smokeless tobacco areas will be designated outside.

_____ All residents must obtain employment during the first 30 days of admission to the program. This will be revisited if the participant is under certain restrictions with drug court or other programs.

_____ Any unemployed resident must show proof of active and ongoing employment seeking.

_____ If receiving disability/SSI, you must volunteer a minimum of 15 hours per week.

_____ Housing staff reserves the right to search houses, rooms and property of residents at any time. Any refusal may result in immediate eviction.

_____ Clients entering the home for the first time must immediately wash all clothing before placing it in a private room.

_____ All residents must attend outside 12 step meetings, faith-based recovery meetings, or alternative recovery meetings and show proof of attendance at house meetings.

_____ Any suspicion or accusation of theft will be investigated and action will be taken at staff discretion.

_____ Participants are not allowed to move rooms for any reason without prior approval from staff.

_____ All residents and visitors are under surveillance while on B2S properties.

_____ Residents are to be clothed while in the common areas of the home and outside their personal bedrooms and bathrooms.

_____ Residents are not allowed to leave any personal belongings throughout the home or in the bathrooms. Residents will be provided with a shower caddy to place their personal belongings inside.

_____ Residents will be responsible for taking medication as prescribed. Any discrepancies in pill count will be dealt with by housing staff and could be ground for eviction. No scheduled drugs are allowed in the home. Emergency situations require a case-by-case evaluation and necessary action to



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be determined by staff. Any medication change must be reported to staff. The abuse or misuse of any substance for the purpose of mood or mind alteration will be grounds for immediate eviction.

_____ Food is only permitted in the kitchen, dining room, or outside porches.

_____ Residents are responsible for dating open food and leftovers using a marker. Leftovers will be disposed of weekly during refrigerator clean out.

_____ Residents are responsible for the cleanliness of the home. Residents will be assigned daily and weekly chores in the home.

_____ Residents are responsible for picking up after themselves. This will be monitored by staff during house checks.

_____ Residents are not permitted to lend money or property to others or gamble.

NOTE: The General Rules and Guidelines of Bridge to Shore Recovery are subject to change at any time at the discretion of staff.

By signing below, you are agreeing to the General Rules of the home above. For any questions or concerns please contact Bridge to Shore staff.

By signing the underlined, I am submitting my application to be considered for the Bridge to Shores Recovery program. I understand that my application does not guarantee my admission to the program:

Program participant name (PRINT): _____

Program participant signature: _____

Date of signature: _____

For any questions and/or to schedule an interview please contact:

Tia Hughes at 423-470-9203 or Bridge2shore423@gmail.com