



## **RESET MINISTRIES POLICIES**

### **ELIGIBILITY CRITERIA**

An applicant:

- Must be at least 21 years of age.
- Must be open to hearing and embracing the Gospel.
- Must be clean from all mind/mood altering substances for at least 30 days upon arrival and provide a negative drug screen. **NO EXCEPTIONS.**
  - Reset is not an appropriate level of care for individuals "off the streets" or new to sobriety/recovery. Individuals who need to detox or who are in crisis should be referred to an appropriate level of care. Preferably, potential residents will have completed, or will soon complete, a residential or outpatient Substance Abuse Program (SAP). Potential residents who have not completed a program must adhere to the 30 days clean upon arrival requirement and show an interest/willingness in some element of the program, such as coming to Bible study, prior to entering the program.
  - Potential residents who have exited a program against medical advice (AMA) or have been discharged non-compliant will be considered on a case-by-case basis.
- Must not be a sex offender.
- Must be employable and desire employment.

### **APPLICATION/INTERVIEW PROCESS**

An applicant must have the ability to proceed through the application/interview process, which requires:

- Applying online or in person using the Reset Ministries Resident Application found at [resetministries.org](http://resetministries.org).
- Interviewing with the House Director in person or by phone using the Pre-Screen Interview form.
  - If a potential resident is incarcerated, the application process may take place via phone or through visit(s) to the facility in which the resident is housed.
- Attending assigned weekly meetings such as Bible study/recovery meetings.
- Meeting other residents in the house and interviewing with House Manager(s).

## **HOUSE RULES/RESIDENT EXPECTATIONS**

Residents must adhere to the following:

- I will respect my roommates, myself, and the entire program by NEVER bringing drugs, alcohol, pornography, or guests with such items into our house.
- I agree to subject myself to random and/or scheduled drug tests and room searches because I know that when I'm doing what I'm supposed to do, I have nothing to hide.
- I understand that there is wisdom in seeking counsel, and will therefore only leave the house for overnight absences if I get it approved beforehand.
- I realize that trouble and darkness go hand in hand and therefore agree to an 11:00 pm curfew on weeknights and a midnight curfew on weekends. I also agree to never bring a person from the opposite gender into my bedroom and will make sure that all guests are out of the house by curfew.
- I know that I need to continue moving forward, so I will attend and participate in the following weekly activities: Local church service; in-house Bible study; two recovery meetings; one extra meeting (with a coach or counselor, an additional recovery meeting or an additional church service/Bible study/small group); house meetings; regular personal development classes; and quarterly outreaches.
- I realize that I will be assigned a Coach who will serve as a mentor and will guide me through the Personal Development Plan so I can realize the potential that God has placed inside me.
- I realize that I will need to meet regularly with a Biblical Counselor and Financial Counselor. I realize that this will mean opening up about my life and my finances.
- I will honor my financial commitments by paying rent on time for the upcoming week/month. I understand that rent will go from \$90/week to \$390/month to \$465/month (with \$75 as savings if I graduate) as I progress through the program.
- I will maintain or seek full-time employment because I know that it helps me to stay busy, maintain my financial commitments, and feel productive. If I lose my job for any reason, I will immediately inform my leaders and begin a full-time job search and/or volunteer workload.
- I will respect my roommates, myself, and the house by not smoking in the house, by keeping my room and common areas clean, and by doing my weekly house chores.
- I desire a peaceful home and will therefore make sure that I keep weapons, violence, and threats of violence away from the house.

## **MEDICATION POLICY**

Medications that are hazardous to sobriety are prohibited at Reset. A list is provided with this policy that is representative, but not all-inclusive, and will be updated regularly.

- Reset has a zero-tolerance policy on all mind or mood-altering substances, including medically assisted treatment (MAT).
- Reset medication guidelines are based on the premise that alcoholism and other chemical dependencies are symptoms of very similar, and perhaps, the same disease process. People who have developed dependence on alcohol and other drugs have a peculiar susceptibility to any type of mind and mood-altering medication. This means that a sober resident who takes other mood changing drugs is very likely to become dependent on the new drug and/or return to alcohol or the original drug of use.

- A resident who has a history of addiction to drugs (such as sedatives, tranquilizers, or narcotics) who stops the drug abuse, but begins (or continues) to drink alcohol could become addicted to alcohol and may also return to the original drug of use.
- It is important that residents recognize this risk as they build their life in recovery. In addition to street drugs and narcotics, there are over the counter and prescription medications that have mind and-mood altering side effects which may jeopardize recovery. Residents should avoid any self-medication, because people in early recovery tend to overuse even the most common over the counter medications.
- Residents must get approval from the House Director before taking any prescription or over the counter medications.
- If medications lead to overuse, abuse or relapse, residents will be removed from the Reset program and referred to detox or an appropriate level of care.

### **JOB POLICY**

Each new resident has two weeks to gain employment unless actively engaged in an approved workforce development program. Individuals not enrolled in a workforce development program must follow the two-week policy and pay rent with the first paycheck. Residents are required to be out of the house from 8 am – 4 pm Monday through Saturday until employment is obtained. Exceptions will be made on a case-by-case basis, for those awaiting a social security card, driver's license, etc.