



**Sara's House  
Recovery and Discipleship  
Program for Women**



## **Sara's House**

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Sara's House is dedicated to providing strong recovery support for women through a specially designed home, mentorship, accountability, pro-social activities and discipleship.

### **Straight Street Mission Statement**

Straight Street, Inc. Recovery Housing was founded by a recovering addict who has first-hand experience in regards to recovery. Our Mission is to provide a community based, faith-led structured and supportive residential recovery housing environment for those in recovery from addiction and returning citizens with an emphasis on relapse prevention and reintegration back into society. Our houses are accredited with the National Association of Recovery Residences (NARR). Straight Street is an active member of the Missouri Coalition of Recovery Support Providers and the Recovery Coalition of Recovery Support Providers.



## **Sara's House**

### **Program Commitments**

#### **Recovery Plans**

Residents of Sara's House commit to participating in the development of their Recovery Plan with the Recovery Team as well as being fully engaged, making great effort to advance in their recovery and accomplish personal goals. A Recovery Coach will assist in coaching and monitoring progress to encourage a successful outcome.

## **Community Group and Participation**

Each resident commits to participate in 5 approved Community Groups per week. House meetings and attending/ volunteering at Sunday service is required. Accountability sheets are required to be signed at each Group.

Options for Attendance Include:

- Friday Night Recovery Service at Freedom City Church
- NA/AA
- Celebrate Recovery
- Living Free
- Weekly Sara's House Resident Meeting (mandatory weekly)
- In-home Life Skill and Discipleship Classes
- Mentor Meetings
- Women's Bible Study
- Women's Ministry Events

Additional opportunities will arise as training and other growth, community and recovery support are available.

## **Mentorship**

Each resident commits to working one on one with a mentor with the goal of a mentor serving as a guide for personal formation through:

- Empowering the resident to progress towards successful independent living through learning life skills.
- Coaching the resident through the goals and milestones of their Personal Recovery Plan.
- Assisting the resident in deepening their understanding of a personal ethical code.
- Providing the resident with spiritual resources to effectively navigate life.

## **Personal Development**

Residents commit to growing in their personal and interpersonal skills as they progress towards a sober, safe and successful life. Areas of support for personal growth include:

- Budgeting
- Parenting
- Housekeeping
- Identity
- Purity
- Positive Relationships
- Boundaries
- Handling Conflict

The needs of each resident are taken into account. This is not an extensive list, but rather examples of areas in which support for growth can be provided.

## **Romantic Relationships**

Sara's house is a place for healing, restoration and establishing personal identity. For these reasons, residents commit to not engaging in romantic relationships during the first three months of the program. Residents will be surrounded with a community of support and provided extensive opportunities for healthy and authentic friendships.



## **Community Standards**

Residents commit to the following Community Standards. Failure to comply with the Community Standards will result in consequences up to dismissal from the program.

### **Tobacco, Drugs and Alcohol**

- No illicit drug use or possession on or off premises.
- No alcohol use or possession on or off premises.
- Tobacco products and vaping are only permitted in designated areas.
- Conversations that are not in alignment with Recovery Housing will not be tolerated.
- Residents will submit to random and regular drug tests.

### **Curfew**

In an effort to maintain structure, reduce the amount of transition taking place at night and reduce risk of outside harm for residents, residents have a 9:00 p.m. curfew for the first 30 days. After completing the initial 30 days of the program, curfew is extended to 10:00 p.m. Approval is required to extend curfew, and has strict limitations.

For the first offense of exceeding curfew, a warning will be issued. Subsequent non-compliance will result in a fee for under 30 minutes. Beyond 30 minutes, additional fees may apply. Excessive non-compliance may result in dismissal from the program.

### **Quiet Hours**

Out of consideration for the varying schedules and needs of the residents, quiet hours begin at 10:00 p.m. and end at 7:00 a.m. During quiet hours, residents are to avoid loud talking, playing loud music, high television volume, etc. The expectation is that residents are able to rest without disruption.

## **Overnight Passes**

After completion of 30 days of the program, residents will be eligible for an overnight pass. Approval by House Manager and notice is required to be turned in by Sunday morning the week before requesting.

## **Visitors**

- Overnight guests are strictly prohibited.
- House guests must be approved by the House Manager before arriving on premises.

## **Work & Employment**

Employment has been shown to play a significant role in sobriety. Being employed provides fulfillment, a community to be part of, skill advancement as well as funding necessary to pay for current and future needs.

- Residents are required to find a job of gainful employment.
- Residents are expected to secure a job within 10 business days from the date of program entry.
- Difficulty in meeting the 10 day time frame is to be discussed with the house leader in order to collaborate and explore available resources.

## **Transportation**

- Residents are responsible for their own transportation to and from Community Groups, work, legal appointments, etc.
- Any vehicles kept on the premises must be legally owned by the resident, maintained and up to date on inspection.

## **Household Cleanliness**

- All common areas (such as the kitchen, living room, bathroom) are the responsibility of the household to clean and maintain order of. You must clean up after yourself.
- Chores will be assigned on a weekly basis by the house leader to keep up with shared responsibilities. Failure to complete chores will result in fines.

## **Lifestyle**

- Movies rated R and beyond are prohibited on the premises.
- Music with profanity, drug references, or illicit topics are limited to being played through headphones for the individual.
- Gaming is limited to bedrooms, with the exception of approved household activities.
- M rated games require approval from the house leader and AO (Adults Only) are prohibited.

- Residents should be considerate of their roommates at all times.

### **Personal Appearance**

Residents are expected to maintain appearance and personal hygiene through:

- Showering daily.
- Washing and brushing hair.
- Brushing and flossing teeth.
- Using deodorant.
- Dressing modestly and in clean clothing.
- Laundry is to be done weekly.

### **Room Inspections**

Establishing home care routines through chores and maintaining a clean and orderly space is an important component of transition. A room inspection will take place a minimum of once per week.

Room inspections will consist of:

- Bed must be made daily.
- Surfaces must be clear of clutter and trash.
- Floors must be vacuumed, or swept.
- Clothes must be put up and organized, including closets.
- Flame candles are not permitted.
- No outward facing objects visible from the window to the outside (flags, posters, signs).
- Décor in rooms must not be explicit or illicit in image or wording. The house leader has the right to make the final call on what is appropriate or not.
- Any food stored in resident bedrooms is required to be in a sealed container.

Failure of meeting room criteria can result in a fine.

### **Intake Requirements and Acknowledgements**

- All residents are required to have two emergency contacts on file in case of a medical emergency. A medical form must be completed upon intake.
- Upon intake, residents must sign the policy forms.
- Breaking any rules or policy can result in immediate eviction.
- Residents agree to take ownership for the care and safekeeping of all Sara's House items.
- If there is reasonable cause to believe that a resident has contents in a room/vehicle on premises that are inconsistent with our stated standards and policies, personnel may conduct a search, confiscate the contraband, and prepare judicial proceedings. If an illegal substance is found, our is to call Springfield Police and ask them to remove the item/s from our property. Any subsequent police investigations are subject to city/state laws.