

BRIDGE HOUSE OF SHREVEPORT, INC.

Rules and Regulations

1. All new residents are on a probationary period for the first 30 days. The Resident can attend AA meetings, work, and be with their sponsor only, unless otherwise instructed by the house manager. Contact with non-approved friends or relatives is not allowed.
2. All residents must attend at least one AA meeting per day. 7 Days a week. The following are Mandatory Meetings for residents of the Bridge House:
 - a) 9:00 AM Sunday Morning Men's Bridge House Meeting (**Can Be Excused**)
 - b) Tuesday—White Dove—Big Book Study @ 7:30PM
 - c) Thursday—426 Men's Group @ 7:00PM
 - d) Third (3rd) Saturday Bridge House Speaker Meeting
 - e) Monthly Oakwood Speaker Meeting (**No Fraternization with Oakwood Clients at any time**)
 - f) Monthly Intergroup Meeting
 - g) Twice a year AA retreats.
3. Residents must attend the house community meeting as defined by date and time by the House Manager.
4. All residents must return to the house by **6:00PM every day** unless otherwise approved.
5. All residents must be up at 7:00 am daily except for Saturdays. **Unless otherwise approved Residents are required to be absent from the Bridge House Monday—Friday from 9:00AM—3:00PM**
6. Residents must be home by 10:00 pm on weekdays, 11:00 pm on weekends (subject to Item 4).
7. Residents must be in bed by 11:00 pm on weekdays, midnight on weekends.
8. The manager's room is off limits to residents unless invited in.
9. All residents will be assigned a household chore to be completed first thing in the morning, or when designated. The chore list is on the bulletin board in the dining area.
10. Phone calls on the house phone are limited to 15 minutes.
11. Residents will not use the house phone after 10:00 pm on weekdays and 11:00 pm on weekends.
12. **NO SMOKING or VAPING** is allowed in the house, only in the yard or Gazebo. **NO SMOKING ON THE BACK DECK.**
13. **NO SMOKELESS TOBACCO (i.e., snuff-chewing tobacco—etc.) IS ALLOWED IN THE BRIDGE HOUSE. NO "DIP CUPS" ARE ALLOWED IN THE HOUSE OR ON THE DECK.**
14. All medications are to be held by the Resident Manager in his office/room. A resident/client **may** keep possession of his medication **if approved** by the Resident Manager. No over the counter medication is allowed upstairs—i.e., cough syrup, suppressant, allergy meds etc.
15. All residents must be employed (residents must inform the DIRECTOR of changes in employment) or volunteer (volunteer place to be approved by manager) at least 35 hours per week (volunteer hours may be amended from 35 hours by the house manager).
16. Any time a resident leaves the house, the resident must sign out and inform the resident manager of his destination. The sign out sheet is on the table in the foyer. When returning to Bridge House, check in with the house manager and cross your name and destination off the sign out sheet.
17. Any resident who does not abide by these rules will be asked to leave Bridge House.
18. A five-day notice before moving out of Bridge House will be appreciated.
19. All Casinos and Casino events are strictly prohibited, and all casino facilities are off limits INCLUDING THE HOTELS.

- 20. Residents (who follow all rules) may reside at Bridge House for up to one (1) year unless otherwise amended by the Management Committee.
- 21. New Residents will have an AA sponsor within three (3) weeks of moving into Bridge House. Any existing resident who changes sponsors will inform the House Manager of the change.

GENERAL RULES FOR ALL RESIDENTS OF THE BRIDGE HOUSE

- A. Residents must make their beds and clean their rooms daily.
- B. All residents are required to bathe daily and maintain personal hygiene.
- C. Residents will clean the bathroom after each use.
- D. Residents are required to keep the kitchen tidy, i.e., rinsing off dishes after use, keeping the trash emptied and general policing of the kitchen area. The Stove/Cooktop is for Dinner Use only. The oven is not to be used by residents. **When the Stove is being used the Exhaust fan must be engaged.**
No Deep Frying is allowed by the residents.
- E. Food Storage Boxes will be provided to each resident (Dry & Refrigerated) to store his individual food items. No space is available outside of the food boxes provided by Bridge House. Residents may store a few items in the outside freezer but no more than 6 items. **NO STORAGE OF FOOD ITEMS IN THE CLIENTS ROOMS IS ALLOWED.**
- F. **Eating is allowed ONLY in the dining room.**
- G. After dinner, all residents must participate in the cleanup.
- H. Before leaving the den or living room, pick up after yourself and turn off the TV.
- I. DO NOT go into another resident’s room unless invited. Please respect others’ privacy.
- J. Only Residents, Director & Board Members are allowed upstairs UNLESS OTHERWISE SPECIFIED by the Director and/or board. No Overnight Visitors.
- K. DO NOT leave your laundry unattended--Clean the dryer lint trap after EVERY use.
- L. Rent is Due each Friday and is Paid in advance. No refunds or proration of rents will be given for early departure from Bridge House. Current weekly rent is \$85.00. Any resident unable to pay his rent on time must work out a payment schedule with the House Manager.
- M. Moving the furniture from its’ original location and/or hanging anything on the walls is prohibited.
- N. Candles, Incense, scented oil and other forms of air fragrances are prohibited.
- O. Kitchen House are as follows:
10:00PM Curfew—Kitchen Closes @11:00PM and remains closed until 5:00AM
11:00PM Curfew-Kitchen Closes @ 12:00AM and remains closed until 5:00AM.
- P. Loaning and Borrowing of Money is prohibited by and between Bridge House Residents.

IN ADDITION TO THE ABOVE, THE FOLLOWING ARE “CARDINAL RULES”:

Breaking the following rules (Cardinal Rules) will result in immediate dismissal:

- 1) **No drinking or unauthorized use of drugs will be allowed. All residents will be subject to random drug/alcohol testing during their stay. Any resident found to be in possession of alcohol and/or drugs or drinking or using drugs and/or has a positive drug screen for drugs and/or alcohol will be subject to dismissal.**

- 2) Any resident found consuming/using any herbal-natural-synthetic drugs, i.e., Kratom and/or any over the counter mood altering substances will be subject to dismissal.
- 3) No theft – taking or borrowing another person’s property without permission.
- 4) No striking/fighting with another resident or visitor will be allowed.
- 5) A Resident identified as a Gambler will be considered as breaking a Cardinal Rule and will be asked to leave immediately if he fails to pay his rent on time.

Dismissal is immediate – a resident will have 30 minutes to pack and leave. Cars and personal items can be picked up between 7:00 am and 8:00 pm the day following dismissal.

RESIDENT:

Bridge House Manager

PRINTED NAME:

DATE: