



TCRetreat is opening a Quality Sober Living Residence for Men

If you have 30-days sobriety (or are being discharged from an approved facility) and are willing to work a 12-step program, you may have what it takes to begin a life beyond your wildest dreams.

Expectations include:

- 100% complete abstinence from all mind altering substances
- Minimum Six month commitment to the residence
- Active involvement in 12-step recovery
- Attend weekly house governance meeting, meal & Big Book study.
- Work full time and pay rent/bills on time.

This residence is a self-governing, mutually managed sober living facility for men providing a community based bridge to 12-step recovery. TCRetreat gives individuals the opportunity to practice the principles of recovery in their daily lives with close proximity to meetings, coffee houses and employment opportunities. Residents become fully immersed in the recovery community and are provided the time, structure, safety and support essential to building a strong foundation of recovery.

If interested please contact Jenny at 989-513-8833 or send email to tcretreat@yahoo.com for application.



Guest Application

Name: _____

Age: _____ Date of Birth (month, day, year) _____

Marital status (circle one)

Single Married Divorced Separated Widowed

Do you have children? If yes, list ages: _____

Current Address: _____

How many times have you completed treatment, and/or detox? _____

How long have you been free from alcohol & drugs? (Current sobriety date) _____

Did you successfully complete treatment? (if so, where, when) _____

How many 12 step meetings do you attend weekly? _____ Where? _____

Which steps have you completed? _____

Do you have a sponsor? (if yes, name and phone number) _____

Do you have a job? _____ If yes, where do you work? _____

How many hours per week, hourly rate of pay? _____

Do you have a Doctor? If, yes, Name & Number: _____

Do you take prescription drugs? Please list medicine & dose: _____



Have you ever been convicted of felony? _____ If yes, please explain:

Are you currently on probation? *(Circle one)* Yes (or) No

When do you hope to move into TC RETREAT? _____

Do you have the ability to pay a deposit and monthly rent? _____

Emergency Contact: _____ Phone _____

I realize that TC RETREAT to which I am applying for residency has been established in compliance with conditions of 2036 of the Federal Anti-Drug Abuse Act of 1988, PL.,100-690, as amended, which provides that the house required the house residents to (A) prohibit all residents from using any alcohol or illegal drugs, (B) expel any resident who violates such prohibition, (C) equally share household expenses including the monthly lease payments, among residents, and (D) utilize democratic decision making within the group including inclusion in and expulsion from the group. In accepting these terms, the applicant excludes himself or herself from normal due process afforded by local landlord-tenant laws.

Signature _____ Date _____

(Staff notes)

Interview date: _____

Accepted _____ Not Accepted _____

Move-in date _____

Deposit amount _____



Responsibilities & Expectations

In choosing to live at TC Retreat. A mutually – managed, democratically operated quality sober living environment, you are agreeing to abide by the following rules and expectations:

1. There are three rules at TCRETREAT: (1) No use of mood altering chemicals including alcohol; (2) No exclusive relationships with any guest of TCRETREAT (male or female); (3) No violence or threats of violence. Violations of these rules will be grounds for immediate dismissal from TCRETREAT. You will not receive a refund of your sobriety deposit and you are not entitled to the pro-rated portion of your paid shared living expenses.
2. If you relapse you will have to leave the house **immediately-NO EXCEPTIONS!** You will not receive a refund of your sobriety deposit and you are not entitled to the pro-rated portion of your paid-shared living expenses.
3. Your monthly shared-living expenses must be paid in a timely manner to TCRETREAT staff. A \$25 fee will be charged for late payments (received after the 5th day of the month) and for NSF checks. Failure to pay shared living expenses on time may result in dismissal from the house.
4. Because we are a group dedicated to practicing the principals of recovery, we are expected to participate in at least 4 outside AA/NA meetings per week, and a minimum of one service commitment per week and to work closely with a sponsor. It is essential that each member commit to practicing their own spiritual disciplines, positively contribute to the recovery environment at the residence and be willing to take direction and guidance from others.
5. We commit, while residing at TCRETREAT, to refrain from all romantic, exclusive or sexual relationships. Our focus during this short window of time in our lives is on our recovery and on developing relationships with GOD, our sponsor, Alcoholics Anonymous, Service in AA and creating lasting friendships. We are committed during this time at TCRETREAT to living our personal and spiritual recovery disciplines, to developing a strong work ethic and practicing these principles in all our affairs.
6. We are expected to attend all weekly community meetings, Big Book Studies, and special house meetings. Unexcused absences may result in dismissal from TCRETREAT.
7. We are expected to respect each other's right to anonymity. *Who you see here, what you hear here, let it stay here.*
8. No overnight stays are permitted within your first 30 days at TCRETREAT.
9. After your first 30 days, TCRETREAT staff, and housemates must be notified if you will be gone overnight. As a courtesy, it is expected that you give a number where you can be reached in case of an emergency. Only occasional overnights will be acceptable.
10. We are expected to have a full-time job within 2 weeks of entering TCRETREAT and maintain a full-time job throughout your stay.
11. All prescription and over- the- counter medication must be kept with your own personal belongings. You are expected to follow all doctors' orders for self-care and medication. All prescribed medications must have a label from the pharmacy where they were obtained.
12. Do not use anyone's personal items without permission. Mark all your personal items with your initials. Taking someone else's personal property without permission constitutes theft and will be dealt with immediately by the house.
13. You may store valuables including cash, jewelry, etc., in safekeeping at TCRETREAT, or be responsible for them.
14. Gambling or loaning money is prohibited.
15. Loaning your car to another resident is prohibited.



16. If you notice something in disrepair anywhere in the building (FIX IT!) or notify TCRETREAT staff.
17. FAILURE TO ADHERE TO THE EXPECTATIONS AND RESPONSIBILITIES OF TCRETREAT MAY CONSTITUTE DISMISSAL FROM THE RESIDENCE AND THE DEPOSIT WILL NOT BE REFUNDED.
18. All food and beverages are restricted to the kitchen and dining area. NO FOOD OR BEVERAGES are allowed in the bedrooms.
19. We are expected to keep our rooms neat and clean at all times. Beds are made by 9am daily. It is each guests' responsibility to keep the residence neat and in order. Failure to do your chore may result in dismissal from the residence.
20. Guests are encouraged to prepare and eat meals together as much as possible and help with cleanup for all meals. Dishes must be clean and put away after each use.
21. Turn off lights, TV and radios when not in use. Keep the volumes DOWN!
22. You are expected to give a minimum of one-month (30 days) notice when moving out of the residence or you will not receive a refund of your deposit.
23. Please keep your feet off the furniture. No sleeping in the community areas.
24. There is NO SMOKING permitted anywhere inside residence.
25. All the food in the refrigerator must be labeled with the name and date. Please do not eat other people's food without permission.
26. No pornography (magazines, videos, cable stations) will be permitted in the house at any time.
27. The appearance of TCRETREAT residence should always be neat and in good order. If you make a mess clean it up promptly.
28. Do your assigned chore completely and during the scheduled time.
29. No visitors allowed in the bedrooms. No visitors allowed in the residence between the hours of 10:30pm and 9:00am.
30. The curfew is midnight on weeknights and 1:00am on weekends.
31. When there is a phone call for someone who is unavailable you must agree to take a written message. If you listen to voicemail, take a written message before you erase the message.
32. Please keep your shower time to a minimum. There are others who may need hot water.
33. It is the responsibility of the guests of the residence to maintain the yard and sidewalks to the highest standard possible.
34. Do not smoke in front of the house. Use backyard for gathering and smoking.

I understand and agree to abide to the above responsibilities and expectations.

Guest Signature / Date

Witness Signature / Date

EMERGENCY CONTACT INFORMATION:

Name

Relation

Phone Number(s)