



WELCOME TO NSR OF ASHEVILLE FOR MEN

NSR of Asheville for Men is a transitional sober living facility located 5 minutes from downtown Asheville, NC where residents can learn to recover from alcoholism and chemical dependency; both diagnosable and treatable diseases. Our program is designed to help you live in a sober environment, immerse yourself in the fellowships of AA or NA, and to help you live a healthy lifestyle. Recovery is possible if you are willing to follow suggestions and have an open mind to new ideas.

NSR of Asheville requires residents to commit to a minimum of 90 days; however, the average length of stay is six to nine months. At 12 months, the resident will re-evaluate their stay with the Executive Director.

In any group of individuals, there must be standards for behavior and expectations for participation. At NSR of Asheville, these standards are based on practical needs. We want to help you build self-respect, foster self-discipline, and become a part of a recovery-based community. Establishing a chemical-free community life with other residents is essential.

At NSR of Asheville, you are responsible for your own treatment and recovery. We are here for you every step of the way holding you accountable. You will become part of a community with other recovering people where cooperation and consideration for others are cornerstones of the program.

This program is designed to immerse all residents in the 12-step way of life. Foundations of our program include: consistent employment, volunteering, or education in a recovery-safe environment; building a trusting relationship with a Sponsor; and adherence to our Program Guidelines. NSR of Asheville's standards promote self-discipline, which is required for full acceptance of any 12-Step program. These standards are essential to your health, safety, and welfare. They are not to be viewed as disciplinary or punitive measures.

We sincerely want you to be an active participant in your own recovery process. There is one goal at NSR of Asheville - RECOVERY. Do not try to change the program; work on changing yourself.

Sincerely,

A handwritten signature in black ink, appearing to read "Susan Stader", written in a cursive style.

Susan Stader, MS, LPC, LCAS, CCS
Founder/ Director

STANDARDS

NSR of Asheville affords the time and support needed for you to acquire the necessary skills to effectively transition into a healthy, sober lifestyle and return to work while residing in a structured environment.

Addiction Treatment and Chemical Dependency Professionals stress the importance of long-term client exposure to recovery and addiction treatment. Alcohol and drug addiction studies have shown that the chances of achieving long-term sobriety are greatly increased by an extended stay in a sober living home that offers 12-step support. If a client forgoes an alcohol and drug-free sober living home, the result is all too often a return to alcohol and/or drug use, thus leading to further costly addiction treatment.

Everything you are asked to do at NSR of Asheville has a therapeutic value. The standards are a therapeutic tool adhered to by residents for their protection and care. At first, you may not understand the value of these standards, but as your time at NSR of Asheville increases, they will become clear. Here, life in the community may be challenging at times, but you will soon find the meaning and strength that comes with being a part of a community of individuals working together in their recovery program.

Standards will be discussed periodically by the staff of NSR of Asheville to ensure understanding and compliance.

Failure to comply with NSR standards will lead to one of the following interventions:

- Meeting with the Executive Director and/or staff to develop a therapeutic resolution
- Depending upon the seriousness of the problem and the frequency of the offense, a decision for a therapeutic discharge may be made.

ADMISSION CRITERIA

Any male 18 and over is eligible for admission if the applicant agrees to and meets the following criteria:

- No sex offenders, violent crimes, or arson charges/convictions.
- Not currently using Suboxone, Methadone, K2, Spice, or any other controlled substance, including but not limited to, CBD oil, Valerian root, Kava Kava, diet pills, or “bath salts.”
- Dating or engaging in intimate relationships with house members or members of staff is strictly prohibited.
- NSR of Asheville prefers residents come directly from a chemical dependency treatment facility or have had at least 30 days clean and sober from any mind-altering chemical. We will take into consideration personal hardship or special requests on a case-by-case basis.
- Commits to at least a 90-day length of stay.

- Is in recovery and wants to live in a community with others for the purpose of remaining clean and sober by practicing a 12-Step way of life.
- The ability to pay the admission fees and weekly program fees (due each Friday @ 7PM).
- You agree to work, volunteer, and/or enroll in school options during the first 30 days (unless enrolled in our IOP program) and you will be assisted with this process.
- Must attend all mandatory house meetings, group meetings, obtain a sponsor, and work your individual 12-Step program of recovery.
- Must attend at least four 12-step meetings a week.
- Must do daily chores, be able to self-govern your dietary needs, and share in the tasks of community clean up.
- Must attend weekly house meetings, Life Skills, Relapse Prevention, and Meditation/Mindfulness classes and other groups as scheduled by the Director.
- Must continue to be under the care of a psychiatrist (if applicable).
- If applicable, must abide by our disordered eating criteria while a resident.
- Must accept curfew policy, which begins for new residents at 10:00pm throughout the week.
- No overnight passes allowed until Level 1.
- Understands violation of our zero-tolerance policy will result in immediate dismissal.
- Understands that dating is not why you came to a recovery environment.

FINANCIAL RESPONSIBILITY

- Entrance fee is non-refundable and due upon admission. Weekly program fees are due each Friday by 7PM. Acceptable forms of payment include: cash, check, Visa/Mastercard, or money order.
- Credit card information must be provided upon move-in unless other arrangements have been made in advance. The credit card on file will be used for weekly rent. If payments are late, the credit card on file will be used for weekly payment.
- If there is an outstanding balance on any account, no passes or extended curfews will be granted and 10:00pm curfew will be enforced.
- Residents who relapse or are asked to leave NSR of Asheville will not be reimbursed any funds.

ZERO-TOLERANCE POLICY

Violation of any of the following will result in immediate dismissal from NSR:

- Violence or threats of violence
- Weapons of any kind
- Stealing of any kind
- Bullying of any kind

- Sexual harassment
- Racial or sexual slurs
- Destruction of property
- Use or possession of drugs, alcohol and/or banned substances on or off property
- Sexual relations or intimate bodily contact with another NSR resident, staff member or volunteer
- Sex in any NSR house is not permitted (Zero Tolerance)
- Abuse of over-the-counter or prescription medication
- Smoking, vaping, lighting candles, or incense inside the houses. No smoking or vaping in the houses are permitted. Each house has a porch for smoking.
- Refusal to give a urine screen or Breathalyzer
- Repeated rule violation

MANDATORY 12-STEP AND RECOVERY MEETINGS

- All Residents must attend a minimum of four 12-Step meetings per week
- Residents are required to attend the house meeting on Tuesday nights
- Residents must obtain a sponsor, verified by the Program Director, within 4 weeks of admission.
- Working a 12-Step program is mandatory and non-negotiable.
- Residents are required to record 12-Step meeting attendance on the Master Meeting Sheet, located in each house.
- All residents are required to attend weekly life skills, meditation/mindfulness and relapse prevention groups unless approved by staff or appropriate level.

DRUG AND ALCOHOL TESTING

- Use of alcohol, drugs or banned substances will result in immediate dismissal. Banned substances include, but are not limited to, Suboxone, Methadone, K2/Spice, any designer drug or controlled substance, CBD in any form, Valerian Root, Kava Kava, diet pills, bath salts and overuse of energy drinks.
- If you are asked to submit a urine analysis (UA) or Breathalyzer (BA) you must stay on the property until the test is completed.
- Refusal to give a urine screen or Breathalyzer will result in immediate dismissal.
- Tests are conducted at random on a daily basis.
- NSR of Asheville requires that one screen per week be sent to a clinical laboratory for further analysis. This is for the safety of individual residents and the community at large. Utilizing this method will curtail the use of devices that deceive drug screens. This also provides the ability to monitor prescribed medications and rule out any false positives.
- When returning from an overnight pass or extended curfew, it is resident's responsibility to contact the manager on duty and submit a UA and BA.
- If you suspect another resident of using drugs/alcohol, it is your responsibility to report this matter immediately to staff. Knowledge of others using mood-altering chemicals and not notifying staff can result in a discharge from the program.
- Anyone dismissed from the program will not be permitted to return for a minimum of 30 days with the exception of picking up personal belongings. This must be done within three (3) days of dismissal or the belongings will become the property of NSR. Please note: If you need longer than three (3) days, you can make special arrangements in advance with staff members.

SAFETY

- In case of a true emergency, call 911 and then notify the manager on duty.
- Safety is the primary concern at NSR of Asheville; therefore, any suspicious activities should be reported to the manager on duty immediately.
- Fire extinguishers are located in each house. Please familiarize yourself with their location.
- Do not share razors or cut each other's hair. This is for your own protection from infectious diseases transmitted through blood-borne pathogens.
- No smoking, burning candles or incense is allowed in any house. Smoking is permitted outside on porches only.

VISITATION

- With the exception of family, visitors are not allowed to "hang-out" in houses without prior approval. There are other residents living in our recovery community whose anonymity must be respected.
- Family members may spend a maximum of 10 minutes in resident rooms, but are always welcome to visit with residents in common areas.
- Residents must respect the anonymity of all other residents. Resident information is confidential.

CHORE EXPECTATIONS

- All residents are expected to keep their entire houses clean. This includes making your bed, keeping your belongings neatly organized, and keeping the bath, commode, sink, and floor cleaned daily. Not keeping your room and bathroom clean will result in an early curfew.
- Every Tuesday at 6:00 pm residents participate in a mandatory house meeting. Later in the evening a deep cleaning of each house takes place. No one is allowed to miss deep cleaning. Please ask for help if you do not have experience cleaning.
- Cleaning up after yourself is mandatory. You are required to wash your own dishes/pans. Do not leave dishes for someone else to clean up for you.
- There is NO food allowed in the bedrooms. If dishes or cups are found in your room, you may receive a fine and not be permitted to advance in Levels or take overnight passes.

MEDICATIONS

- All prescription medication will be documented and locked in house safes.
- Over-the-counter medications or mouthwash containing alcohol are prohibited.
- Narcotic pain medications, Methadone/Suboxone, and/or benzodiazepines (Xanax, Ativan, Klonopin, etc.) are strictly prohibited. K2/Spice, Valerian root, Kratom, Kava Kava, diet pills, "bath salts," CBD oil or any designer drug is not permitted.
- Clients are responsible for obtaining their own medication refills. You are not allowed to stop taking your medication(s) without a doctor's note.
- If you are prescribed medication by a psychiatrist, you will be required to obtain one for continuation of care and possible re-evaluation for the duration of your stay.
- Residents will self-administer medication as directed by a physician. All prescription medication will be locked in a safe within each house.
- Abuse of over-the-counter medication and/or prescription medication will result in immediate dismissal from the program.

EMPLOYMENT/SCHOOL/VOLUNTEERING/IOP

- Residents must obtain a job, enroll in school, or volunteer their time in the community for at least **30** hours per week.
- Residents who participate in an IOP program are not required to be looking for work at the same time.
- NSR of Asheville will provide job search assistance four (4) times per week Monday through Thursday for the first 30 days. If you lose a job or quit a job, mandatory participation on the job van is required.
- Residents are responsible for putting in transportation requests as needed – Please see **Transportation Policy** upon admission.
- All transportation requests are submitted at least 24 hours in advance via email to: transportation@nextsteprecovery.com.
- Every resident who does not have a full-time job, volunteer position, or class schedule **MUST** be up by 9am Monday through Friday and **MUST** be on the van by 10:00am.
- Every resident who does not have a full-time job, volunteer position, or class schedule **MUST** be on the ‘job van’ Monday through Thursday from 10:00am – 4:00pm (even if you have your own car). For the first 30 days, new residents must participate in Downtown Orientation from 10:00am – 4:00pm on Fridays.

GENERAL GUIDELINES

- It is understood up front that residents are guests in our homes and not tenants.
- Residents are allowed to have a car provided they have permission and a valid driver’s license and insurance policy. Residents **MUST** provide the office with make, model, and license information.
- Residents are not allowed to loan their car to another resident for any reason.
- Residents **must** see a physician or psychiatrist if required by the Program Director or Executive Director.
- NSR of Asheville is not responsible for stolen, missing or damaged property. Residents are advised not to carry large sums of money or bring items they cannot replace.
- NSR of Asheville may search personal belongings at any time - including but not limited to houses, bedrooms, closets, dressers, nightstands, vehicles, luggage, etc. - for contraband items.
- All prescribed medication must be locked in the house safe.
- All residents are required to purchase and prepare their own food.
- A washer and dryer are provided in each house. Please be courteous in sharing these with your fellow residents. Residents must purchase their own laundry detergent.
- Shoes and shirts must be worn on property at all times. Nudity is unacceptable in common areas. Clothing advertising drugs, alcohol, or with double-entendres or offensive messages are not permitted.
- Volume on radios and televisions are to be kept at a reasonable level. **NO** TV or video games after 12:00am.
- Attendance at music concerts is prohibited for the first 90 days. No electric guitars or drums will be tolerated w/o headphones.
- No illegal cable hook-ups or cable boxes. We offer wireless internet and cable TV as an amenity. Illegal downloads will revoke internet access for the whole house. If you have questions as to what content is legal vs illegal, please ask a Staff member.
- Borrowing or lending money is not permitted.
- Gambling of any kind is strictly prohibited.

- ‘War stories’ are not permitted. We are more interested in who you are and supporting you on your road to recovery.
- Residents are expected to comply with the daily schedule. Participation in the full spectrum of community life is expected.
- Confidentiality provides the basic structure of trust within a community as well as the safety for residents to do the work necessary for healing. Revealing the issues of residents, even to other residents, is a breach of confidentiality and may result in discharge from the program. You are always welcomed and encouraged to share your own experiences with others outside of NSR.
- If you know of a situation that endangering the safety, sobriety or stability of a resident or the community, please let a staff member know immediately.
- All residents must adhere to all the rules of NSR of Asheville.
- All of us at NSR of Asheville rely on being a good neighbor. All residents are expected to be respectful and courteous to others. Do not engage in any verbal or physical confrontation with anyone. Do not block driveways, sidewalks, or garages when parking your vehicle. If you have any problems with neighbors, please report to staff immediately so we can help resolve issues immediately.

RECOVERY LEVEL SYSTEM

In order to move up a Level, you must submit a Level-Up Form for staff approval (advancement to another stage is not automatic).

Level I

- Eligible after 30 days, all resident will have a 10:00pm curfew during the week and weekend
 - Residents must attend at least four AA/NA meetings per week
 - Residents must obtain a sponsor within the first two weeks **
 - Attendance at all community meetings, life skills classes, and relapse prevention groups is required
 - Residents must obtain employment, go to school, or be a volunteer full time
 - NSR of Asheville will provide job search assistance 4 times per week, Monday – Thursday
 - No overnight or extended curfews will be permitted without permission, a week in advance after the first 30 days
 - Adherence to all program rules
 - Meet with your assigned Case Manager once a week
 - Consistently and satisfactorily complete daily chores and weekly deep cleaning
 - No dating allowed
 - No concert attendance allowed
- * Within 2 weeks of admission, residents must provide staff with the name and telephone number of their sponsor for verification at least once a month.

Level II

In addition to successfully achieving and continuing all of the Level I requirements:

- Eligible at 60 days, residents will have a curfew of 10:00pm on weekdays, and 10:30pm on weekends (Friday & Saturday)
- Continue attending at least four (4) 12-step meetings per week
- Residents must maintain a sponsor and start on 12-step work

- Attendance at 3 out of 4 house meetings, life skills classes, and relapse prevention groups is required
- Must maintain employment, go to school, or be a at least volunteer 30 hrs. a week.
- Continue weekly meetings with case manager and submit your weekly schedule
- Overnight & Extended curfews will be approved on a case-by-case basis
- Residents must turn in a request form one week in advance for an overnight pass or extended pass
- Community volunteering becomes optional only if you have work, school, volunteering up to 30 hrs. per week.
- Lead at least one 10 @ 10 meeting in your apartment per week
- Obtain a home group

Level III

In addition to successfully achieving and continuing all previous requirements:

- Eligible at 90 days, residents will have a curfew of 11:00pm weekdays & 11:30pm on weekends (Friday & Saturday).
- Residents must attend at least four 12-step meetings per week
- Maintain a sponsor and continue with 12-Step work & home group responsibilities
- Attendance at 2 out of 3 house meetings, life skills and relapse prevention classes are required
- Must remain employed, be a student, or be volunteering at least 30 hours a week
- Overnight passes will be approved on a case-by-case basis
- Extended curfews can be approved by manager on duty instead of a week in advance
- Maintain weekly case management meetings
- Continue to lead one 10 @ 10 meeting in your apartment once a week
- Weekend volunteering and outdoor adventure is optional
- If available, you are eligible for a two-man room
- Can start going to concerts with prior approval

Level IV

In addition to successfully achieving and continuing all previous levels:

- Eligible at 120 days, residents will have an 12AM curfew on weekdays & weekends
- Must attend four 12-step meetings per week
- Must maintain sponsor and continue 12-Step work & home group responsibilities
- Residents join H & I to start giving back to the AA/NA community
- Resident must remain employed, be a student or be volunteering at least 30 hours a week
- Monday, Wednesday & Thursday are optional
- Eligible for a one-man room if available
- Dating is allowed
- Start making an exit plan with case manager
- Concert attendance is allowed

WHAT TO BRING

- At least two forms of identification and an insurance card (driver's license, social security card, birth certificate, passport or military identification)
- All toiletries, bath towels and washcloths
- Prescribed medication you are currently taking- refills if possible
- Clothing (suitable for current weather) and hangers
- Cell phones are permitted. New phone numbers are strongly suggested
- Twin-sized sheets, comforter and pillows
- Bicycles are permitted
- Computers are permitted
- Hiking Boots
- Food for 5-7 days

Please use sound judgment when packing your personal belongings. Space is limited

WHAT NOT TO BRING

- Any products containing alcohol (including mouthwash)
- Narcotic pain medications or any other controlled substances
- Banned/controlled substances, as listed in rules – please contact main office with any questions (828.350.9960)
- Anything that may be considered a weapon
- Clothing advertising drugs, alcohol or with double-entendres or offensive messages
- Pets

COMPLAINTS / GRIEVANCES

NSR of Asheville is committed to meeting the needs and expectations of our residents. We will work with you to try to resolve any conflict and try to provide a satisfactory outcome for all parties involved within seventy-two (72) hours whenever possible.

If you have a complaint and/or grievance or wish to convey your feelings regarding any ethical issue during your stay at NSR of Asheville, please follow the procedures outlined herein.

COMPLAINT/GRIEVANCE RESOLUTION

Copies of the Complaint/Grievance form are enclosed in your admissions packet. These forms are also available in the office. The form is to be completed, signed and placed in a sealed envelope. The envelope is to be given to the Executive Director of NSR of Asheville.

If you are making a verbal complaint to a staff member, the staff member must complete the Complaint/Grievance form. The form must be signed by both you and the staff member and should be read back to you for accuracy and completeness. The form will be forwarded to the Executive Director for review and, if necessary, the Executive Director will meet with you to discuss possible resolutions.

RESIDENTS' RIGHTS

Admission into a sober living community does not constitute the surrender of your rights as a human being. NSR of Asheville supports and protects the fundamental human, civil, constitutional and statutory rights of each resident. We want you to be involved in your care and, as such, you, as the resident, have the right to:

- Reasonable access to adequate and human services regardless of your race, religion, sex, sexual orientation, ethnicity, age, handicap, or financial status. NSR of Asheville does not discriminate against residents on the basis of any of the above.
- Provision of services within the least restrictive environment possible that preserve personal dignity.
- Communication and information regarding your stay at NSR of Asheville.
- Attention that is considerate and respects your personal value/belief system and an adequate number of competent staff.
- Freedom from censorship of mail or phone calls, unless therapeutically contraindicated.
- Assurance of your health and safety. Emergency medical care will be accessed by using 911; however, NSR of Asheville is not responsible for resident's medical bills if they are hurt or require medical attention while at NSR of Asheville.
- Obtain program fees and financial responsibilities for residency at NSR of Asheville.
- Copies of House Rules & Standards in writing from NSR of Asheville that govern your conduct during your stay with us.
- Confidentiality and privacy as outlined in *House Rules and Standards*.
- To express your personal values, belief systems, and cultural practices. You are encouraged to discuss these with the staff. However, your beliefs and practices may not be expressed if they cause harm to others or interfere with a planned activity.
- If at any time you desire to leave, please give one week's notice to discuss this decision with staff so that appropriate procedures can be followed.

ACKNOWLEDGEMENT OF STATUS & AFFIRMATION OF HOUSE CONTRACT

I understand that when I am accepted at NSR of Asheville I will be a guest in the community and not a tenant, and that I will have none of the rights of a tenant under Chapter 42 of the North Carolina General Statutes Chapter 42, 'Landlord and Tenant'. I further understand that in order to continue in the program I must abide by all rules and guidelines set forth in the *House Rules and Standards* booklet, and that I may be dismissed from the program as a result of my failure to abide by any such rules at the sole discretion of the Executive Director. If I am dismissed, I must leave the premises immediately.

I hereby waive any and all rights, if any, I may have under North Carolina General Statutes Chapter 42. I further agree that if NSR of Asheville needs to employ an attorney to enforce my removal from the premises, I will be responsible for all legal fees associated with such removal.

Signature _____ *Date* _____

Witness _____ *Date* _____



**WELCOME TO NSR OF ASHEVILLE'S INTENSIVE OUTPATIENT PROGRAM
FOR MEN**

NSR of Asheville requires participants of the IOP program to commit to a total of 12 weeks of groups for 3 hours at a time five times per week. Participants will also agree to 1 therapy session per week of IOP.

While in IOP, participants will be responsible for showing up on time to groups prepared with food and water (as needed). On days IOP will be in the office, water and coffee are provided. We have a small refrigerator and microwave for use while here. You are expected to clean up after yourselves and keep the space clean of all clutter.

In any group of individuals, there must be standards for behavior and expectations for participation. We want to help you foster a positive support for each other the next 12 weeks. As in any group, speaking about another person and what was said in confidence is immediate grounds for dismissal from the group. Breaking confidentiality will not be tolerated. This is the cornerstone of outpatient treatment and any therapy group.

Each member will also be drug screened once per week while in IOP. Drug screens will be sent to a lab for confirmation. A positive drug screen will also be grounds for dismissal.

We are here for you every step of the way!

Sincerely,

A handwritten signature in black ink, appearing to read 'Susan Stader', written over a horizontal line.

Susan Stader, MS, LPC, LCAS, CCS
Founder/ Director

ACKNOWLEDGEMENT OF STATUS & AFFIRMATION OF IOP CONTRACT

I hereby agree to all the terms set forth herein for the duration of 12 weeks.

Signature _____ Date _____

Witness _____ Date _____



RELEASE OF ALL CLAIMS

I have requested to be accepted as a resident of NSR of Asheville, Inc. I understand that this is a group living situation and that I am expected to respect the belongings of other residents, as well as be responsible for my own belongings. I understand that NSR of Asheville is not responsible for any loss or damage to any of my possessions while I am a resident. I also understand that NSR of Asheville, Inc. is not responsible for damages or bodily injury I may sustain while a resident in the program, whether accidental or intentional, regardless of whether such damages or injury might be the result of negligence or intentional acts of other residents or staff.

I hereby release NSR of Asheville, Inc. and its officers, directors, employees, representatives, and agents from any and all claims or liability for any injuries or damages suffered by me and for any damage to my personal property incurred while a resident at NSR of Asheville, Inc.

Client Name Printed

Client Signature

Date

Staff Name Printed

Staff Signature

Date



Confidentiality Agreement

Residents of NSR of Asheville must agree to the following confidentiality agreement and understand that not following the guidelines outlined below may result in disciplinary actions or dismissal from NSR of Asheville.

Resident _____ agrees not to discuss other residents or staff of NSR of Asheville to any individual, entity, or community.

Resident _____ agrees not to discuss any incident or occurrence on NSR of Asheville property or an NSR of Asheville sanctioned event to any individual, entity, or community.

Resident _____ agrees not discuss any financial agreement, changes in a financial agreement, charges, or refunds with any individual, entity, or community.

Resident _____ agrees not to discuss any NSR of Asheville operations, individuals or occurrences upon completion or dismissal from NSR of Asheville.

Resident _____ acknowledges that by signing this agreement he/she will adhere to the guidelines set above. If any of the guidelines above are not adhered to NSR of Asheville reserves the right to implement disciplinary procedures that may include dismissal, or legal action.

Resident signature

Date

Staff signature

Date



ADVENTURE WAIVER

Acknowledgement and Assumption of Risks, Release and Indemnity Agreement

Please read this entire Acknowledgement and Assumption of Risks and Release and Indemnity Agreement (hereafter "Agreement") carefully before signing. This Agreement informs you about your responsibilities and assumption of risks, and includes release of liability, indemnification and compromise of your legal rights.

In consideration of my participation in the NSR of Asheville Adventure Program (hereafter "AP"), I agree to the following:

I understand that there are inherent risks associated with participating in AP educational/adventure activities. Some of these risks are inherent to the activities and cannot be eliminated or reduced. I further understand that my participation in AP activities may result in my death or disability or damage to my property. These risks include, by way of example, and not limited to:

- ❖ Sustained physical activity, including prolonged cardiovascular exercise;
- ❖ Transportation in NSR vehicles driven by NSR employees and/or volunteers;
- ❖ Objective outdoor hazards including, but not limited to, fast-moving water, rocky and steep footing, wild animals, weather, falling objects, extreme temperatures, poisonous plants and insects, lightning/thunder, solar radiation;
- ❖ Equipment malfunction and/or failure despite reasonable maintenance;
- ❖ Staff judgment and decision making;
- ❖ Traveling in remote locations that may be several hours from definitive medical care, where communication and transportation are difficult and where evacuation could be significantly delayed;
- ❖ The absence, impracticality and/or ineffectiveness of cellular phones and/or other communication technology;
- ❖ Conduct of individuals, associated or unassociated with the outing;

- ❖ Conduct of individuals and/or groups contracted by AP;
- ❖ Unsupervised free time, such as restroom/food breaks during transport, evening and various other times;
- ❖ Other risks, hazards and dangers, both known and unknown, that are generally associated with educational and/or adventure activities that may be present during an outing. These risks can lead to, by way of example, and not limited to:
 - " Physical and mental discomfort; simple and severe allergic reactions;
 - " Sprains, strains, dislocations and fractures; head, neck, and back injuries;
 - " Illness (e.g. gastrointestinal discomfort, Lyme's disease, flu, Hanta virus);
 - " Exposure (e.g. hypothermia, hyperthermia, frostbite, altitude sickness);
 - " Dehydration; respiratory distress; cardiac distress, failure and/or arrest;
 - " Minor/major abrasions, lacerations, puncture wounds, burns and infection;
 - " Being lost; drowning and near drowning; animal bites and stings;
 - " Temporary/permanent disability/paralysis; death.

My participation in these activities is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with knowledge of the risks. Therefore, I assume all risks, both known and unknown, inherent or otherwise, and accept full responsibility for injury, illness, death, property loss or experiences resulting from those risks, and, from my participation in AP activities.

Exculpatory/Indemnification. I hereby knowingly and intentionally agree to release, indemnify ("indemnify", meaning to protect by reimbursement or payment) and defend NSR of Asheville, its employees, Trustees, agents or representatives, and the Adventure Program, its directors, officers, employees, guides, contractors or participants (hereafter "AP Parties") with respect to any and all claims, actions, liabilities, losses, suits or expenses (including costs and attorney fees), whether foreseen or unforeseen, made or brought by anyone, including a coparticipant, arising directly or indirectly by the reason of any damage, injury, illness, paralysis or death in any way arising out of my enrollment in AP outings, participation in AP activities or use of AP equipment or facilities. This release includes losses claimed to be caused, in whole or in part, by the negligence of AP Parties. In addition I agree to waive all claims I may have against AP Parties, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against AP Parties, that I have now or may have in the future, as a result of any damage, injury, illness, paralysis, or death to me.

Choice of Law/Forum Selection. I agree that this and all other aspects of my relationship with AP, is governed by the laws of the state of North Carolina. Further, any suit or legal proceeding, arising out of or relating to my participation in AP Activities, or other dispute with AP must be filed exclusively in the state of North Carolina. I also agree that if I assert a claim or file a suit against AP, I will pay all costs and attorney's fees incurred by AP in defending that claim or suit, if the claim or suit is withdrawn or dismissed, to the extent a court determines that AP is not responsible for the injury or loss.

Policies. I have read and fully understand all policies regarding my enrollment in, and participation on, AP activities, and agree to abide by all laws, NSR of Asheville policies, and AP policies and instructions. I understand that once the outing begins, I will not leave the outing or activity however if, in the opinion of AP staff, I am not abiding by AP policies or philosophies, I may be removed from the trip at any point by and at the discretion of AP staff and that I will reimburse AP for all costs incurred from such action, including the cost of transportation back to NSR of Asheville.

Severability. Any portion of this Agreement deemed unlawful or unenforceable shall not affect the remaining provisions of this Agreement, and those remaining provisions shall continue in full force and effect.

I have carefully read, clearly understand and voluntarily sign this agreement. I am aware this is an acknowledgement and assumption of risk, a release of liability, a waiver of claims, an agreement not to sue and of indemnity and a contract between NSR of Asheville and myself. I acknowledge that this document shall be effective and binding upon myself, my heirs, assigns, personal representatives, and estate and all members of my family.

Client or Personal Representative Signature

Date

Staff Signature

Date



IMAGE RELEASE

The undersigned enters into this agreement with NSR of Asheville. I have been informed and understand that **NSR of Asheville** is producing videotape and photographs, and that my name, likeness, image, voice, and appearance are being recorded for use on website, literature and other media productions.

I grant **NSR of Asheville** and its designees the right to use my likeness, image voice and appearance as embodied in the Product whether recorded on or transferred to videotape, film, slides, photographs, audio tapes, or other media, now known or later developed. This grant includes without limitation the right to edit, mix or duplicate and to use or re---use the Product in whole or part as **NSR of Asheville** may elect. **NSR of Asheville** or its designee shall have complete ownership of the Product in which I appear, including copyright interests, and I acknowledge that I have no interest or ownership in the Product or its copyright.

I also grant **NSR of Asheville** and its designees the right to broadcast, exhibit, market, sell and otherwise distribute the Product, either in whole or in parts, and either alone or with other products, for internal use, closed-circuit exhibition or any other purpose that the **Next Step Recovery** or its designees in their sole discretion may determine. This grant includes the right to use the Product for promoting or publicizing any of the uses.

I confirm that I have the right to enter into this Agreement, that I am not restricted by any commitments to other parties, and that **NSR of Asheville** has no financial commitment or obligations to me as a result of this Agreement. I hereby give all clearances, copyright and otherwise, for use of my name likeness, image voice and appearance embodied in the Product. I expressly release and indemnify the **NSR of Asheville** and its officers, employees, agents and designees from any and all claims known and unknown arising out of or in any way connected with the above granted uses and representations. The rights granted **NSR of Asheville** herein are perpetual and worldwide.

In consideration of all the above, I hereby acknowledge receipt of reasonable and fair consideration from **NSR of Asheville**.

I have read the foregoing and understand its terms and stipulations and agree to all of them:

ClientNamePrinted

Client Signature

Date

StaffNamePrinted

Staff Signature

Date



RESIDENTS' RIGHTS

Admission into a sober living house does not constitute the surrender of your rights as a human being. NSR of Asheville supports and protects the fundamental human, civil, constitutional and statutory rights of each resident. We want you to be involved in your care, and as such, you, as the resident have the right to:

- ❑ Reasonable access to adequate and human services regardless of your race, religion, sex, sexual orientation, ethnicity, age, handicap, or financial status. NSR of Asheville does not discriminate against residents on the basis of color, national origin or marital status.
- ❑ Provision of services within the least restrictive environment possible that preserve personal dignity.
- ❑ Communication and information regarding your stay at NSR of Asheville.
- ❑ Attention that is considerate and respects your personal value/belief system, by an adequate number of competent staff.
- ❑ Freedom of censorship of mail or phone calls, unless therapeutically contraindicated.
- ❑ Assurance of your health and safety. Emergency medical care will be accessed by using 9---1---1 but NSR of Asheville is not responsible for residents' medical bills if they are hurt or require medical attention while residing at NSR of Asheville.
- ❑ Visits from family and significant others, regardless of age, unless contraindicated.
- ❑ Obtain the fee for residency at NSR of Asheville in writing.
- ❑ Rules and regulations of NSR of Asheville, in writing, that govern your conduct during your stay with us.
- ❑ Confidentiality and privacy as outlined in your 'Resident Standards'.
- ❑ To express your personal values, belief systems, and cultural practices. You are encouraged to discuss it with the staff. However, these beliefs and practices may not harm others or interfere with the planned course of action.



CLIENT DISCLOSURE STATEMENT (Information and Consent)

This document is designed to inform you of my background and to ensure that you understand our professional relationship and your rights.

Susan Stader, MS, LPC, LCAS, Executive Director

I am Susan T. Stader, a counselor with 15 years' experience in substance abuse issues. I have been professionally trained in one-on-one counseling, couple's counseling, and group counseling with adults (18 years and older). Earlier in my career, before I held a masters' in counseling, I worked and trained in a private school for adolescents with family problems and substance abuse problems. As a part of my ongoing education, I participate in continuing education classes, at least 30 hours per year.

* I have a Master's of Science degree in Community Counseling from Western Carolina University, whose program is approved by the American Counseling Association (CACREP accredited). I graduated from Western Carolina University in 2004.

* I am a National Certified Counselor (# 90622)

* I am a Licensed Professional Counselor (# 5243)

* I am a Licensed Clinical Addiction Specialist (# 1558)

* I am a Certified Clinical Supervisor (#20350)

Counseling Services Offered / Theoretical Approaches

People make better life choices when they have adequate information and understand how something works. Often just having a safe place to "think out loud" can quickly lead to resolutions. It will not be my job to make decisions or tell you how to run your life. I will help you in the process of coming to those decisions yourself, by giving feedback and support, assigning homework, suggesting readings, and teaching you skills. There is no "magic" to make your problems disappear; this will require willingness and effort on your part, or rather a "want to" and "how to." My belief is that you are beginning one of the most exciting adventures of your life @ the exploration of yourself. I consider it a privilege to join you on your journey.

My approach to therapy is derived from Cognitive Behavioral Therapies designed by Aaron Beck, Albert Ellis, Donald Michenbaum, and others. This will have us looking at the thoughts behind the emotions that may be leading to distress. Sometimes we have errors in our thinking that are automatic yet destructive, and it is my belief that one can benefit from learning how to look at things differently. I also believe that sometimes it is helpful to look back on our lives to examine where we have come from in order to determine where we want to go.

If we are to work together effectively, we will need to specify the goals, methods, and risks and benefits of treatment. We will come up with a plan of action that will achieve the best results for you. If part of your treatment plan calls for a diagnosis of a specific disorder, it will become part of your client records.

As with any journey, there are both benefits and risks associated with counseling and therapy. Risks might include experiencing uncomfortable levels of feelings like sadness, guilt, anxiety, anger or frustration, or having difficulties with other people. Some changes may lead to what appears to be worsening circumstances or even losses (e.g. counseling may not keep a troubled marriage intact).

Confidentiality

I regard the information you share with me with the greatest respect. Generally, I will tell no one what you tell me other than those people involved in your clinical team. The privacy and confidentiality of our conversations, and my records, are a privilege of yours and is protected by state law and my profession's ethical principles, in all but a few circumstances. There are two circumstances in which I will not guarantee confidentiality, legally and ethically:

- 1 When I believe you intend to harm yourself or another;
- 2 When I believe a child or an elderly person has been or will be neglected by you.

In rare circumstances, counselors can be ordered by a judge to release information. You will be asked to sign a Release of Information form when I need to discuss your case with another, such as your attorney.

Explanation of Dual Relationships

Although our sessions may be very intimate psychologically, it is important that you understand that we will have a professional relationship only, not a social one. Please do not offer me gifts or invitations. This is in keeping with the ethical standards set by the North Carolina Board of Licensed Professional Counselors.

Fees / Terms

There are no additional fees for my services while a resident at NSR of Asheville, Inc. Meeting with me is completely up to you. I have an open-door policy but need some warning ahead of time that you would like to talk so I can set aside time for you.

Complaint Procedures

If you are dissatisfied with any aspect of our work, please inform me immediately. This will make our work together more effective and efficient. I will make every effort to hear any complaints you have and to seek solutions to them. For clarification of client rights, you can contact:

North Carolina Board of Licensed Professional Counselors
P.O. Box 77819
Greensboro, NC 27417
(844) 622-3572 or (336) 217-6007

and/or,

NCSAPPB
P.O. Box 10126
Raleigh, NC 27605
(919) 832-0795

If you have any questions, feel free to ask. Please sign and date this form and keep one for yourself.; by signing and dating this document we agree to these terms and will abide by these guidelines.

Client Signature

Date

Counselor Signature

Date



CLIENT DISCLOSURE STATEMENT (Information and Consent)

This document is designed to inform you of my background and to ensure that you understand our professional relationship and your rights.

Terence Streeter, CSAC

I am Terence Streeter, the Program Director with NSR of Asheville. I have been involved with addiction recovery for the last 8 years. After a short time working in a recovery community, it was suggested by some of my peers to take classes in Addiction, so I enrolled in the North Carolina Peer Support Training Program in 2010. It was conveyed to me that good intentions and desire to help were not enough and that proper, clinical training were necessary to ensure that no harm was being done. Having worked at "ground-zero" of a transitional living recovery community has given me a wealth of experience in many areas. I am proud of my ability to connect and interact with residents providing constructive guidance, adherence to community policies, and accountability in seeking and setting their personal goals.

- Certificate of Substance Abuse Studies - AB Tech 2013
- Certified Substance Abuse Counselor (# 16603)
- Minimum 60 Hours Continuing Education Yearly

Counseling Services Offered and Theoretical Approaches

As a Certified Substance Abuse Counselor (CSAC) I adhere to and practice the 12 Core Functions which as a whole is suited in the areas of Assessment, Treatment Planning, Counseling, Case Management, and most notably Crisis Intervention

My approach to counseling has its foundations in William Glasser's "Reality Therapy." This is a type of cognitive behavioral therapy which states that all human beings have basic needs that can be broken down into simple categories (What Categories)? I feel that this is particularly effective because many

I feel it is important to realize that no two people are the same, no two addictions are the same either. There is no “one-size-fits-all” counseling technique or magic pill that will make all of your problems disappear. As with any journey, there are both benefits and risks associated with counseling and therapy. Risks might include experiencing uncomfortable levels of feelings like sadness, guilt, anger, frustrations and anxiety. Some changes may lead to what appears to be worsening circumstances or even losses (e.g. Counseling may not keep a troubled marriage intact).

As with any challenging life changing event, it is important that you have adequate information and understanding about how something works. It will not be my job to make decisions or tell you how to run your life. My job is to help you find your own “voice” and guide you through this process. Once again, there is no magic to make your problems disappear; this will require willingness and effort on your part, or rather a “want to” and “how to.”

Confidentiality

I regard the information you share with me with the greatest respect. Generally, I will tell no one what you tell me other than those people involved in your clinical team like my supervisor who is there to guide me. The privacy and confidentiality of our conversations, and my records, are a privilege of yours and is protected by state law and my profession's code of ethical principles, in all but a few circumstances. There are two circumstances in which I will not guarantee confidentiality, legally and ethically:

1. When I believe you intend to harm yourself or another
2. When I believe a child or an elderly person has been or will be neglected by you

In rare circumstance, counselors can be ordered by a judge to release information. You will be asked to sign a Release of Information form when I need to discuss your case with another, such as your attorney.

Explanation of Dual Relationships

Although our sessions may be very intimate psychologically, it is important that you understand that we will have a professional relationship only, not a social one. Please do not offer me gifts or invitations. This is in keeping with the ethical standards set by the North Carolina Board Substance Abuse Practicing Board

Fees / Terms

There are no fees for services here at NSR of Asheville, Inc. Meeting with me is completely up to you. I am available to you, but you must tell me in advance when you need to talk.

Complaint Procedures

If you are dissatisfied with any aspect of our work, please inform me immediately. This will make our work together more effective and efficient. I will make every effort to hear any complaints you have and to seek solutions to them. For clarification of client rights, you can refer back to our house contact and contact:

NCSAPPB
P.O. Box 10126
Raleigh, NC 27605
(919) 661-0820

If you have any questions, feel free to ask. Please sign and date both copies of this form and keep one for yourself.

Client Signature

Date

Counselor Signature

Date