



## WELCOME TO NSR OF ASHEVILLE

NSR of Asheville is an extended care 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 (or a 12-step program of your choice), 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, 

**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 taking Methadone, K2, Spice, or any other controlled substance, including but not limited to, CBD oil, Valerian root, Kava Kava, diet pills, or “bath salts.” Red Line energy drinks are a banned substance.
- 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 program fees due the 1<sup>st</sup> of each month.
- You agree to work, be in PHP/IOP, volunteer, and/or enroll in school.
- Must attend all mandatory house meetings, group meetings, obtain a sponsor, and work your individual 12-Step program of recovery. Tuesday is a mandatory house meeting, clean up, and internal AA/NA meeting.
- Must attend at least four (4) 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, DBT Skills, Relapse Prevention, and other Life Skills classes 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 II.
- Understands violation of our zero-tolerance policy will result in immediate dismissal.
- Understands that dating is not why you came to a recovery environment but is permitted on Level IV.

## **FINANCIAL RESPONSIBILITY**

- \* Monthly program fees are due on the beginning of each month upon admission. Acceptable forms of payment are accepted through our Cashbox system online via our website.
- \* Credit card information must be provided upon move-in unless other arrangements have been made in advance. If payments are late, the credit card on file will be used for monthly payments.
- \* 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 asked to leave NSR of Asheville for violence, threats of violence, weapons on property, bullying, sexual harassment, or racial or sexual slurs, will not be qualified for reimbursement.

## **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 resident, staff member, or volunteer
- \* Sex in any NSR house is not permitted (Zero Tolerance)
- \* Abuse of over-the-counter or prescription medication
- \* No Smoking, vaping, lighting candles, or incense inside the houses. Each house has a porch for smoking and ashtrays.
- \* Refusal to give a urine screen or Breathalyzer will be counted as a positive screen.
- \* Repeated rule violation

## **MANDATORY 12-STEP AND RECOVERY MEETINGS**

- \* All Residents must attend a minimum of four (4) 12-Step meetings per week
- \* All residents are required to attend a house meeting on Tuesday nights at 6PM. No one is allowed to leave the property on Tuesday nights which are reserved for deep cleaning and an in-house 12-step meeting.
- \* Residents must obtain a sponsor, verified by your case manager, 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, DBT skills 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**, 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. Red Line energy drinks and Kombucha are banned substances. If you have a question about any substance, please ask staff before ingesting.
- \* 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 except for 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 the Program or Executive Director.

## 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

- \* Apart from 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, 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. You are also expected to take medications as prescribed.
- \* 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 and available morning, noon, and night at specific times.
- \* Abuse of over-the-counter medication and/or prescription medication will result in immediate dismissal from the program.
- \* Someone taking Suboxone will have to agree to switching to Sublocade monthly injection.

## 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 our PHP/IOP program are not required to be looking for work at the same time.
- NSR of Asheville will provide job search assistance if needed or requested.
- Residents are responsible for putting in transportation requests – Please see the **Transportation Policy** upon admission.
- All transportation requests are submitted at least 12 / 24 hours in advance via email to: transportation@nextsteprecovery.com.
- Every resident must be up by 8am Monday through Saturday and must be on the van by 9:30am.

## GENERAL GUIDELINES

- It is understood up front that residents are guests in our homes and not tenants.
- Residents are allowed to have a car after 30 days, 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 venues is prohibited for the first 60 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 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 strictly 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

- All residents enter NSR of Asheville on Level I
- Residents will have a 10:00pm curfew during the week and weekend
- Residents must attend at least four (4) AA/NA meetings per week
- Residents must obtain a sponsor within the first two weeks \*\*
- Attendance at all community meetings, DBT skills and relapse prevention groups is required
- Residents must obtain employment, be in IOP, 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 /no concerts

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

- Eligible at 30 days, residents will have a curfew of 10:30pm on weekdays, and 11:00pm 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
- Must maintain employment, IOP, be in school, or 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.
- Have a car with proper ID and insurance.
- Obtain a home group.

### Level III

In addition to successfully achieving and continuing all previous requirements:

- Eligible at 60 days, residents will have a curfew of 11:00pm weekdays & 11:30pm on weekends (Friday & Saturday).
- Residents must attend at least four (4) 12-step meetings per week.
- Maintain a sponsor and continue with 12-Step work & home group responsibilities.
- Wednesday 6:00pm group is optional.
- Must remain employed, be a student, or be volunteering at least 30 hours a week if not in PHP/IOP
- 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.
- Outdoor Adventure is optional.
- Can start going to concerts with prior approval & with other recovery people.

### Level IV

In addition to successfully achieving and continuing all previous levels:

- Eligible at 90 days, residents will have an 12AM curfew on weekdays & weekends.
- Must attend four (4) 12-step meetings per week.
- Must maintain sponsor and continue 12-Step work & home group responsibilities.
- Residents obtain a service commitment with home group or committee.
- Resident must remain employed, be a student or be volunteering at least 30 hours a week.
- Monday, Wednesday & Thursday night groups are optional.
- Dating is permitted.
- Concert attendance is allowed with prior approval and with other recovery people.



## **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- 30 day refills if possible
- Clothing (suitable for current weather) and hangers
- Cell phones are permitted after 30 days. New phone numbers are strongly suggested
- Twin-sized sheets, comforter and pillows
- Bicycles are permitted
- Computers are permitted after 30 days
- 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 unless pre-approved

## **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 humane 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* \_\_\_\_\_