

Shiela's Sanctuary Rules

Below are the requirements and some information about our program:

HOUSE OVERVIEW

Most rooms are shared rooms, some private rooms are available first come, first serve

Personal safe for med storage and anything else of value

Fully stocked kitchen-pots, pans, dishes, silverware, etc (some food is provided)

Full size appliances, garden bed, private back yard. Walking distance to bus lines.

EXPECTATIONS:

Sobriety is a priority

Community is embraced - a *minimum* of one family meal per week is REQUIRED

No visitors, No pets, No firearms or weapons

Abide by curfew

Working with a diversion officer, case worker, peer coach, community liaison et al and/or sponsor from AA/NA

As of July 1, 2025 everyone is required to work with a certified Peer Coach and attend individual therapy with a licensed provider

MEETINGS

You must attend 3 IOP and 2 NA or AA meetings/week. If you have completed an IOP, you need to attend 5 NA or AA meetings/week. 2 can be virtual. House meeting counts too. See below. Many community partners come to the house to hold meetings and count as meetings. And you are expected to attend in person meetings out of the house too.

The Weekly House Meeting is mandatory** and counts as one of your meetings.

** (Day and time to be decided democratically, by vote of availability in each home)

If you are unemployed, you must attend two meetings each day until you have a job.

CURFEW

Sun-Thurs 9:30pm with lights out by 10:30pm

Fri and Sat 10:30pm with lights out by 11:30pm

WORK

No overnight work shifts are permitted.

You must find a job within 14 days or be enrolled in school.

If your work shift puts you out past curfew, communicate this to the house leadership team and Shiela prior to occurrence.

SUBSTANCE USE

No substance use is permitted. No illicit drugs or alcohol including cannabis, psyllicybin and kratom..

OPEN FLAMES

No open flames inside the home or garage. This includes lighting cigarettes, candles and/or incense. There are designated smoking areas.

CHORES

Each resident is required to complete weekly chores.

Chores are rotated through the residents weekly.

OVERNIGHTS

Overnight sleeping at another location is permitted with approval after 60 days of our program. When you return from an overnight stay, you will be required to complete a UA and/or breathalyzer and the cost is \$8, payable immediately.

DRUG & ALCOHOL SCREENING

We conduct Urine Analysis(UA) as needed.

If there is reason to believe you may be using, you will be asked to test. We do not need a reason to test as we do random testing. Random UAs by The Sanctuary are free.

LGTBQ+

We are an inclusive community and you must be accepting of anyone who identifies as LGTBQ+ or any other identity.

Sexual Harassment is not tolerated.

CHARGES

Every resident in our sober living home has earned their place by committing to recovery. Many are justice-involved. We do not tolerate discrimination or hate crimes of any kind. Everyone deserves a chance to rebuild their lives in a safe and respectful environment.

VEHICLE INSURANCE AND REGISTRATION

Proof of license, insurance and registration are required.

RANDOM ROOM/VEHICLE SEARCHES

Random searches are conducted from now and then. Be aware we can search any part of the house, backpacks and any vehicles parked on the driveway and on the street adjacent to the house at any time.

BREAK IT - YOU REPLACE IT

From time-to-time things may break. If you break something, we will ask you to replace it with the same or similar item

FOOD

Food is provided. The house manager will show you how to integrate your food and kitchen needs. Also, to clean and sanitize properly.

Some shared food is available. Extra cabinet storage in the kitchen.

Register with SNAP for food stamps if needed.

CLOTHING

Some partners of Shiela's Sanctuary have clothing available. Let us know your needs.

ACCOUNTABILITY

We will hold you accountable, so you must be ready to commit to a clean & sober lifestyle.

Your peers, the other residents, will also hold you accountable.

If the bed/program fees are more than 3 days behind, you will be asked to leave immediately.

FEES

Intake fee: \$350, one time

Bed Fees range from \$895-\$1150/mo depending on the property and room.

The house is furnished. All utilities are included + WiFi.

You are limited to 1 large duffle or suitcase and 1 small because of the group setting.

SHARED SUPPLY FEE

This amount varies as it includes perishable items such as toilet paper, paper towels, hand soap, dish soap, dishwasher pods, laundry detergent, dryer sheets, and any cleaning supplies. To-date the highest supply fee in a given month has been \$17. Supplies are typically purchased at Family Dollar, the receipt shared for visibility and the cost is divided by the number of residents in the house at that time.

PETS & ANIMALS

We cannot allow any pets due to allergies and the group setting.

WHAT TO BRING

We are NOT a storage facility. You are allowed 1 large bag + 1 small backpack and one item with wheels (car, bike OR scooter; but not all)

ONLINE APPLICATION

Complete an online application and see pictures of our home at

<https://www.shielassanctuary.org/application>