

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 (you bring your own food*)

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 firearms or weapons

No pets

Abide by curfew

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

MEETINGS

THREE AA/NA/or the like (IE. A Way Forward or Recovery Cafe) meetings are required per week

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

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

One meeting can be done via online (Zoom) and the other two must be done in-person.

If you are unemployed, you must attend one meeting 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 11:59pm

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.

SUBSTANCE USE

No substance use is permitted. No illicit drugs or alcohol.

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 30 days of our program. When you return from an overnight stay, you will be required to complete a UA and breathalyzer and the cost is \$8, payable immediately.

DRUG & ALCOHOL SCREENING

We conduct Urine Analysis(UA) as needed. The cost is \$8 per UA/breathalyzer after the first three.

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.

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.

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 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

Bring in your own food. The house manager and 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. Other resources below:

Westview Presbyterian Church (the round or 'Chocolate Chip' church)
1500 Hover Street, Longmont
Hover St. and 15th Ave.; Bus #326

Our Center
220 Collyer St, Longmont, CO 80501

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 fee is more than 3 days behind, you will be asked to leave immediately.

FEES

Intake fee: \$250, one time

Bed Fees range from \$895-\$1500/mo depending on the property and room.

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

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.

ONLINE APPLICATION

Complete an online application and see pictures of our home at <https://www.shielassanctuary.org/application>