

DRINKING PROBLEM?

**FOUNDATION HOUSE MEN'S SOBER LIVING HOUSE
FOR FUN AND FOR FREE
NOT FOR PROFIT**

STATEMENT OF PURPOSE

To provide an environment of sober and clean living by utilizing the spiritual principles of the twelve steps and twelve tradition of Alcoholic's Anonymous & AA's experience.

To encourage a manner of living that will promote a positive change in one's character.

To learn to enjoy life

To become self-supporting.

To become an asset to the community and family

More Information:

THE FOUNDATION HOUSE
2410 E ROUTE 66
Flagstaff AZ 86004
Flagstafffoundationhouse.com
info@flagstafffoundationhouse.com
(928) 774-8845
Follow us on facebook

APPLICATION
SOBER LIVING HOUSE
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Flagstaff, Arizona 86004
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(928) 774-8845

NAME _____

ADDRESS _____

TELEPHONE HOME (____) _____ WORK (____) _____

REFERRED BY _____

REFERRAL'S TELEPHONE (____) _____

DATE OF BIRTH _ _ _

ARE YOU ON PROBATION / PAROLE YES NO

IF YES, NAME _____ PHONE _____

SOURCES OF INCOME _____

MONTHLY INCOME _____

MONTHLY EXPENSES/BUDGET:

BED FEE	250.00
FOOD FEE	215.00
CREDIT CARDS	_____
CHILD SUPPORT	_____
LOANS	_____
FINES	_____
FELLOWSHIP	\$35.00
CHILD SUPPORT	_____
OTHER _____	_____
TOTAL:	_____

DO YOU:	<u>YES</u>	<u>NO</u>
HAVE TUBERCULOSIS	_____	_____
HAVE ANY COMMUNICABLE DISEASE	_____	_____
HAVE ANY HEART PROBLEMS	_____	_____

HAVE OR NEED ANY PRESCRIPTION MEDICATION _____

HAVE OR NEED ANY OVER THE COUNTER MEDICATION _____

IF YOU ANSWER YES TO ANY OF THE ABOVE QUESTIONS, PLEASE GIVE MORE DETAILS ON THE BACK OF THIS FORM FOR EACH YES ANSWER ABOVE.

PLEASE EXPLAIN YOUR ARREST HISTORY _____

HAVE YOU BEEN IN ALCOHOL AND/OR DRUG RECOVERY TREATMENT?

YES _____ NO _____

IF YES, PLEASE EXPLAIN WHERE, THE RESULTS AND DATES OF DURATION OF EACH TREATMENT PROGRAM:

IN CASE OF EMERGENCY, NOTIFY:

NAME _____ RELATIONSHIP _____

ADDRESS _____

TELEPHONE HOME (____) _____ WORK (____) _____

I have read, and I do understand the meaning of all of the regulations of the house. I agree to obey these rules under penalty of being terminated from living in the house. Furthermore, I am aware that the 'House Book' is available to me to review any and all requirements for my stay at the Foundation House.

*** I understand that I am committing to stay in the Foundation House 6 month's min.

Print Name

Signature

Date

Approved By

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CONTRACT

These are the rules we use to insure success at the house. You are required to read each rule, to ask for clarification of meaning if unclear about each rule's meaning, and to sign swearing to the fact that you have read and do understand these rules. Some are more important than others. We have found it very important to be as detailed as possible in the explanation of what is required from each person living at the house.

ALCOHOL/DRUGS: Total abstinence is required while living at the house. Alcohol nor drugs and/or drug paraphernalia in any form will not be allowed in your possession or on the property at any time. Violation of any of these prohibitions will be grounds for immediate dismissal from the house. If you witness any alcohol or drug use you must report to the manager at once or be removed from the program your self.

ACTIVITIES: Attendance is mandatory at all meetings and appointments assigned by the house manager. Tardiness will not be tolerated. Responsibility and reliability are habits that lead to a sound mind and body which are contrary to our old nature and essential for our new way of life.

BED AREA: Your bed and sleeping area are yours to keep clean and neat. You will be expected to have your bed made when you are not in it. You will be assigned a storage/closet area. All clothes must be hung up or put away and the bedroom area kept tidy.

BORROWING: Do not borrow money, cigarettes, or anything else from another member of the house. Members may borrow tangible objects that can be used and returned immediately.

CHORES: You will be assigned chores weekly. From time to time you will be assigned additional work to be completed. It is mandatory that you do your tasks and assignments. Your chores are a part of learning normal behavior and team work. All members of the house are responsible for the upkeep and cleanliness of the inside and the grounds of the Foundation House. We recognize that the alcoholic is a very sick person and will need help in this area.

COMMUNITY SERVICE: You will be required to do community service projects each month, you must participate.

DISTURBING THE PEACE: Any disruption of the peace and harmony of the house and those living in the house is considered a violation of these house rules.

DRESS CODE: Clothing must be worn at all times. Dress must be clean, modest and appropriate. Shirts with sleeves (short or long) must be worn at all. No advertisements, logos, or characterizations for alcohol, drugs, will not be permitted on clothing, posters, pictures etc.

DRUG AND ALCOHOL SCREENING: At any time you are subject to give a urine sample for a

substance test. At any time you are subject to an alcohol breath test. These tests may be required at your own personal expense. Refusal to take a demanded test or undue delay in taking a demanded test is considered grounds for immediate dismissal from the house.

ENERGY CONSERVATION: Energy costs money! Please turn off any electrical appliance, light, so on, when not in direct use.

FEES: The bed fee for living at the The Foundation House is \$250.00 per month. You are also required to pay a food fee of 215.00 per month. Additionally you will pay a \$35.00 fee each month for the round up fund. Fees totaling 500.00 per month. All fees must be paid upfront. (If you borrow money from ANYONE for these fees they must be paid back. i.e mom, social services providers, courts, probation, jail, any borrowed funds must be paid back before you complete the 6 month program) if you break your 6 month commitment for any reason FEES PAID ARE NON REFUNDABLE.

FIGHTING: Fighting, physical or mental abuse, sexual abuse, or any other kinds of abuse of other are strictly forbidden. Violations of any of these prohibitions will be grounds for immediate dismissal from the house.

GAMBLING: There will be no gambling or wagering allowed at any time.

GUESTS: No overnight guests will be permitted. All visitors must be cleared at least one day in advance by the house manager. Family Day is every Sunday from 1:00pm to 4:00 pm.

HYGIENE: You are expected to shower daily and to maintain a neat appearance at all times. It is your personal responsibility to maintain a current supply of personal hygiene products for your personal use at your own expense.

INSPECTION OF PERSONAL PROPERTY: Your personal belongings are subject to search at any time by the house manager. No other persons are allowed to inspect the personal belongings of members of the house.

INSUBORDINATION: Insubordination will not be tolerated. Violation of this rule will be grounds for immediate dismissal from the house

INTERNET: Internet not provided, no computers allowed without managers approval.

KITCHEN: Each member of the house is responsible for cleaning the kitchen after each visit to the kitchen. All garbage must be removed from the kitchen at the end of each day. All dishes, silverware, pot, pans, and all other cleaning utensils must be cleaned and placed into their respective places in the kitchen. You may cook your own food AND you must clean up after yourself and clean up after anybody else who may have failed to clean up after themselves. It is best to work together on this important mission of keeping the kitchen clean and orderly. In order to keep the house clean and sanitary for all living in the house you are not allowed to eat or serve food on any of the carpeted areas.

MAIL: The mail will be collected by the manager only and distributed to the members of the house. Please do not enter the mail box for any reason.

MEALS: Breakfast, bag lunch and dinner provided Monday- Saturday.

MEETING: All members of the house must attend a formal or informal AA meeting every day.

PORNOGRAPHY: No pornography will be allowed in or on the house grounds.

PRESCRIPTION MEDICATIONS: Must be reported to house manager. It may effect your eligibility to stay at the house.

PROFANITY: Your language is to be free from cursing, and crude expressions. We recognize the alcoholic is a very sick person and will need help.

QUIET TIME: After 9:30 p.m. please be as quiet as possible so other people will not be disturbed.

RADIO: No radios will be played past 9:00 p.m. This does include personal radios, MP3 players You are not allowed to disturb the peace and quite of others.

RETURNING TO THE HOUSE: Those who leave the house membership, whether by self-termination or by staff termination, will not be considered for re-entry for 30 days after the date of such termination, unless otherwise agreed to by house manager.

SLEEPING: Please sleep in your own bed. Please do not sleep on the couches.

SPONSOR/ STEPS REQUIREMENTS: All members must have a sponsor and work the 12 steps of AA. (you must get a sponsor in first 2 weeks) You are required to complete steps 1-9 in first 3 months and work the remaining 3 steps for the last 3 months.

STEALING: Stealing will not be tolerated. ***BORROWING WITHOUT ASKING IS STEALING*** Stealing is grounds for immediate termination for the house. The alcoholic is a very sick person. Fear will cause us to lie, cheat and steal.

TELEVISION: No television allowed Monday thru Friday.

VEHICLES: Parking is always a concern. Please follow the rules the house manager set down with you.

WORK ASSIGNMENTS: You will be required to work, do community service or attend school while living at the house. You will not work, do community service or attend school between the hours of 6 p.m. and 6 a.m.

WEAPONS: *NO WEAPONS OF ANY TYPE ARE ALLOWED IN THE HOUSE NOR ON HOUSE GROUNDS AT ANY TIME!*

The For Fun and For Free Board of Directors is responsible for all rules, changes to rules and all displays and information displayed in the foundation house.

I agree that this is not a treatment facility of any kind.

I understand that the manager will notify my PO or like if my stay is terminated from the Foundation House.

I understand that my belonging need to be removed from the Foundation House within 24 hours from my termination of stay.

I fully understand that I am committing to a stay at the Foundation House for a min of 6 months and no less. NO Exceptions.

I have read and I do understand the meaning of all of these above listed rules of the house. I agree to obey these rules under penalty of being terminated from living in the house.

NAME (PRINT)

PHONE

SIGNATURE

DATE

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FOUNDATION HOUSE

Mandatory Weekly Meeting and Events

SUNDAY: Open day... **must attend 8pm AA meeting at alano club**

MONDAY: Prayer and meditation 6:00 A.M. – 6:20 A.M. • breakfast 6:20 A.M. – 8:00 A.M.
Dinner 6:00 P.M. – 7:00 P.M. • attend meeting at Foundation House from 7:30 P.M.
– 8:30 P.M.

TUESDAY: Prayer and meditation 6:00 A.M. – 6:20 A.M. • breakfast 6:20 A.M. – 8:00 A.M.
Dinner 6:00 P.M. – 7:00 P.M. **MUST** attend meeting of choice (flex night)

WEDNESDAY: Prayer and meditation 6:00 A.M. – 6:20 A.M. • breakfast 6:20 A.M. – 8:00 A.M.
Dinner 6:00 P.M. – 7:00 P.M. • attend meeting at Foundation House from 7:30
P.M. – 8:30 P.M.

THURSDAY: Prayer and meditation 6:00 A.M. – 6:20 A.M. • breakfast 6:20 A.M. – 8:00 A.M.
Attend meeting at Flagstaff Alano 6 to 7 p.m. club and mandatory dinner & no man
left behind meeting at Foundation House from 7:00 P.M. – 9:00 P.M.

FRIDAY: Prayer and meditation 6:00 A.M. – 6:20 A.M. • breakfast 6:20 A.M. – 8:00 A.M.
Dinner 6:00 P.M. – 7:00 P.M. • attend speaker meeting at Flagstaff Alano Club from
7:30 P.M. – 9:00 P.M.

SATURDAY: Prayer and meditation 7:00 A.M. – 7:20 A.M. • breakfast 8:00 A.M. – 9:00 A.M.
Dinner (leftovers) 6:00 P.M. – 7:00 P.M. • attend meeting at Foundation House from
7:30 P.M. – 8:30 P.M.

MUST BE OUT OF THE HOUSE BETWEEN 9 A.M. TIL 3 P.M. MONDAY THRU FRIDAY

Curfew is at 10 P.M. every night!

Note: Signature cards may be required for open meetings

Mandatory Roundups & Projects scheduled:

Beginning in March running thru September there will be roundups at least one a month. Other workshops and such will be during the winter months.

Dates to be announced as they are available.

Softball is mandatory fun.