



Second WakeUp House Faith Based Sober Living Application

This packet will explain how Second WakeUp House is structured to help facilitate a safe environment for all house members. Please read completely and carefully. Second WakeUp House can be long term or transitional depending on your needs. You are the one to decide if and when you are ready to move out into the community. There is no minimum or maximum stay limit.

Rents are \$625 per month for a shared room and \$725 per month for a private room if available. There is a \$200 non-refundable maintenance fee required to move in. Beds are on a first come, first serve basis. If you need to reserve a bed, the rent and deposit must be paid ahead of time and we will hold a bed for you. If you decide that you do not want to come to Second WakeUp House and go somewhere else, your monies will not be refunded because we held a bed for you.

Rent includes: Gym Membership, Utilities, Wireless Internet, Paper Towels, and Toilet Paper. Availability of beds changes from time to time so please keep in touch with us.

Second WakeUp House is faith based with a weekly church service required. Second WakeUp House is 12-step oriented with 12 step meetings required. Weekly house meetings are essential and also required.

For the safety of all house members, immediate expulsion is required of anyone who is found, by House Leadership, to be using drugs or alcohol. Other behaviors such as fighting, bullying, stealing, use or possession of weapons, compulsive gambling, selling of drugs, disruptive behavior, non-participation in required drug/alcohol testing, nonpayment of rent, collusion with other house members or not complying with other sections of this contract will also lead to expulsion from Second WakeUp House. Contact info: Lance Illman (360) 739-9298 lance@secondwakeup.com

PHASE ONE

Everyone coming into Second WakeUp House will begin with Phase One regardless of sobriety. Phase One members are required to:

- Attend 30 meetings in 30 days.
- Carry a meeting slip and have it signed by appropriate chairperson.
- Sign in and out on the Phase One whiteboard located by the entry door.
- Honor the 10:00 p.m. curfew.
- Sleep at the house every night.
- Reside in a shared room.
- Find and utilize a 12 step sponsor.

After 30 consecutive days without incidence, members then enjoy the benefits of Phase Two.

Name _____ Date _____

SECOND WAKEUP HOUSE RULES

1. PAYMENT OF RENT AND DEPOSIT

- a. All rents, deposits and fines are payable to Second WakeUp House.
- b. Rent is due on the 1st of the month. A late fee of \$40 will be charged after the 5th.
- c. If your move in date is on or before the 5th of the month the full amount will be due. If your move in date is after the 5th the rent will be pro-rated.
- d. If rent has not been paid in full by the 10th, you must vacate the premises. Arrangements may be made with the Treasurer for a possible extension.
- e. There will be a \$40 penalty fee for checks returned with non-sufficient funds.
- f. Deposit is a non-refundable maintenance fee.
- g. You will pick your own four-digit door code. Do not give out your code!

2. DRUG AND UA POLICY

- a. This is a narcotic, benzodiazepine and Suboxone free house. In addition, no whippets or Kratom allowed.
- b. Talk to your Floor Manager about any new prescription drugs before bringing them into the house.
- c. You will be asked to produce a random UA once a week if you are in Phase One.
- d. You will be asked to UA if two or more house members suspect alcohol or drug use.
- e. You will have a maximum of 30 minutes to UA when asked.
- f. Two Phase-Two house members will be randomly selected each week to UA.

3. WORK POLICY

- a. Having a job is encouraged if it does not interfere with your recovery.
- b. Working graveyard shift is not allowed. It greatly disrupts the flow of the house.
- c. Job cannot interfere with chores or House Meeting attendance.

4. CURFEW AND OVERNIGHTS

- a. Curfew is 11pm Sunday – Thursday and 1am Friday – Saturday.
- b. House members on Phase Two can stay away from the house 3 nights per week. Special permission is required to stay away longer than 3 nights consecutively.
- c. See Section 22 for information about Phase One curfew.
- d. If house member is late, it will count as an overnight.

5. QUIET HOURS

- a. Quiet hours are in affect 10pm – 8am Sunday-Thursday and 12am – 8am Friday and Saturday.
- b. Stereos, TV's & loud talking must be kept at a respectable volume out of respect for others.

6. VISITORS

- a. Visitors are subject to all of the house rules.
- b. Visitors are your responsibility. Whatever they do, you did!
- c. You may not leave your visitors in the house while you leave.
- d. Do not allow your visitors to roam the house.
- e. Visitors of the opposite sex are not allowed in your room.
- f. Be respectful of your housemates pertaining to visitors.
- g. No visitors past curfew hours.

INITIAL _____

7. BEDROOM USE

- a. You must occupy your own bedroom.
- b. Do not enter another member's bedroom without their permission.
- c. Members of the opposite sex are not allowed in your room.
- d. All single rooms become available by seniority.
- e. Your room is to be kept clean and presentable at all times and do not rearrange furniture in room.
- f. Rooms will be inspected without notification. Any room that does not pass inspection may cause consequences and/ or fines for both residents in room.
- g. Please keep bedroom doors open unless sleeping or changing.
- h. Only bring items that fit in half of the closet, dresser and can store orderly under bed.
- i. All fans, stereo systems etc. must be approved before use in member's room.
- j. No fans from October 1st – May 1st.
- k. Cooking devices, refrigerators, personal heaters, wax burning candles, or recording devices are not allowed in bedrooms.

I. NO FOOD OR DRINK(S) IN ROOMS.

- m. Please raise blinds fully during daytime hours.
- n. No TV's in shared rooms.
- o. You must have permission to paint, change, repair, or improve your room.
- p. Personal photos and items can be hung that are acceptable and God honoring.
- q. Pornography of any kind is not allowed on Second WakeUp House premises.
- r. No dark items such as Ouija boards, Tarot Cards, pentagrams etc. allowed on house premises.

8. BATHROOM USE

- a. Bathrooms and showers are on a first come, first served basis.
- b. Be mindful of others when using the showers. They need hot water too.
- c. **DO NOT FLUSH DISPOSABLE WIPES OR RECEIPTS DOWN THE TOILET.**
- d. Keep bathrooms clean.
- e. No use of hair dyes or bleach in bathrooms.

9. KITCHEN USE

- a. Kitchen and stove use are on a first come, first served basis. Any cooking requires immediate clean-up.
- b. Be mindful of the glass cook tops. Use correct pans and do not slide pans across the stove.
STOVETOP WILL SCRATCH!
- c. You are expected to clean up and wash your dishes after you are done.
- d. Please do not put eggshells, coffee grounds, bones, cooking grease, celery, potato peels or fruit pits down the garbage disposal as it will ruin the disposal.
- e. Clean up all liquids that spill on the floor. **LIQUIDS LEFT ON FLOOR WILL DAMAGE THE FLOORING.**
- f. Keep food stored in designated cabinets and fridge. Kitchen countertops are common areas and any food left or stored there is considered community donation.
- g. Please throw out your expired food from refrigerators and cabinets.
- h. **DO NOT USE ABRASIVE SPONGES OR CLEANER ON EXTERIOR OF FRIDGES. FRIDGES WILL SCRATCH!**

INITIAL_____

10. LIVING ROOM USE

- a. Do not sleep on couches. No dirty feet or socks on furniture.
- b. Do not rearrange any furniture without prior approval from leadership.
- c. No inappropriate public display of affection with your significant other.
- d. Keep TV volume to a reasonable level.
- e. No fish bowls or fish tanks.

11. LAUNDRY AREA USE

- a. Laundry hours are 8am to 10pm daily and are on a first come first serve basis.
- b. Please be mindful of others and keep your laundry flowing in a timely manner.
- c. Washers and dryers are for house residence only.
- d. Do not wash shoes in washer or dry in dryer.
- e. Use only fragrance-free laundry detergent and dryer sheets.
- f. Please be mindful and careful when using bleach.
- g. **DO NOT OVER-DRY YOUR CLOTHES. IT RUINS YOUR CLOTHES AND INCREASES THE ELECTRICITY BILL.**

12. GARAGE USE (IF APPLICABLE)

- a. Garage is for house meetings and community events.
- b. **GARAGE IS NOT FOR STORAGE OR BICYCLES OR ELECTRIC SCOOTERS.**
- c. Automobiles are not allowed in garage.

13. CLEANLINESS

- a. Do not make a mess and expect the person with that particular chore to clean up after you.
- b. **YOUR MOTHER DOES NOT LIVE HERE, SO YOU MUST CLEAN UP ANY MESS YOU MAKE.**
- c. Common areas to be kept free of all personal items.
- d. Be respectful of personal hygiene, which includes bedding, clothing, and showering regularly.

14. HOUSE SUPPLIES

- a. Second WakeUp House supplies paper towels, toilet paper and light bulbs.

15. FOOD

- a. Cabinet and refrigerator space are provided for each house member.
- b. **EATING SOMEONE ELSE'S FOOD WITHOUT PERMISSION IS CONSIDERED STEALING.**
- c. Please throw out your expired food from refrigerators and cabinets.

16. CHORES

- a. You will be assigned a rotating community chore.
- b. Failure to do your chore will result in the appropriate consequence.
- c. Daily chore must be done before TV/ video games.
- d. Each floor or house will have a mandatory monthly deep cleaning with full participation required.

INITIAL _____

17. SMOKING

- a. Smoking of tobacco products, including e-cigs are not allowed inside the house.
- b. All smoking to be done in designated areas, not by house member's windows, patios or doors.
- c. Be responsible with your cigarette butts.
- d. Keep noise levels down during quiet time hours (see Section 5).

18. AUTOMOBILES

- a. One auto per house member allowed.
- b. Assigned parking is available upon request. Residents with vehicles with assigned parking must maintain current and valid documentation at all times, including driver's license, registration, and tabs.
- c. If auto is not running, it needs to be fixed within 2 weeks or removed from property.
- d. Be responsible where your guests are parking.

19. HOUSE DOGS (IF APPLICABLE)

- a. Dogs have food allergies so do not feed. They will get sick.
- ~~b.~~ Do not feed the wildlife outside on all properties. Dog will eat the food and get sick and it attracts pests.
- c. No other animals or pets allowed in houses.

20. RELATIONSHIPS

- a. If you are in a relationship, please be mindful of the amount of time your significant other spends at the house. You are sharing space with your housemates!
- b. Absolutely no sexual activity allowed in the house. **You will be expelled!**

21. MEETINGS

- a. Attendance of one Christian Bible and Holy Trinity believing church service of your choice per week is required.
- b. You must attend three 12 step meetings of your choice per week, unless you are on Phase One. If you are on Phase One please see Section 22 concerning meeting attendance.
- c. **HOUSE MEMBERS MUST HAVE A SPONSOR AND BE ACTIVELY WORKING THE 12 STEPS.**
- d. You must attend both your weekly floor meeting and weekly house meeting.
- e. House Rep meetings are required for all House Reps.
- f. Attending our house meetings and full participation is mandatory. If you have an emergency, please contact your floor manager at least 3 hours before the meeting to request absence. Request of absence for work, school, vacations, or family events are voted and with consent of all house members in previous week's meeting.
- g. If you choose not to partake in church, 12 step meetings, or house meetings the house will defer to Consequences and Fines as defined in Section 25.
- h. What happens in the house meetings stays in the house meetings. Absolutely no gossiping!
- i. No phone use during meetings.

INITIAL_____

22. PHASE ONE

- a. Attend 30 meetings in 30 days.
- b. Carry a meeting slip and have it signed by appropriate chairperson.
- c. Sign in and out on the Phase One whiteboard located by the entry door.
- d. Honor the 10pm curfew.
- e. Exceptions to the 10pm curfew are work, meeting with sponsor, or at a meeting with fellow house members that are on Phase Two in which the Phase Two curfew will apply.
- f. Sleep at the house every night (10pm-5am).
- g. Reside in a shared room.
- h. Find and utilize a 12-step sponsor.
- i. Have all finances up to date before moving up to Phase Two.
- j. Failure to follow Phase One can lead to extension of Phase One or expulsion.

23. COLLUSION

- a. If you are found in collusion with a house member that is breaking the rules you will have the same consequences as the offending house member.

24. MISCELLANEOUS

- a. This is an honest program – please do not lie.
- b. Absolutely no gossiping!
- c. No gambling between house members.
- d. Do not tamper with exterior lighting.
- e. Do not tamper with fire extinguishers or Narcan.
- f. No houseplants or plant containers are to be placed on wooden window sills at any time. This protects the wood from moisture damage.
- g. Non-alcoholic beer is not allowed on premises.
- h. One bicycle per person and to be kept in bicycle area. Must be used regularly and in working condition. Use it or lose it. Please LOCK your bikes!
- i. Do not bring in any additional furniture unless pre-approved by management.
- j. **DO NOT CHARGE ELECTRONIC DEVICES ON YOUR BED (CELL PHONES, VAPES, TABLETS, ETC.). THIS IS A FIRE HAZARD.**

25. CONSEQUENCES AND FINES

- a. The first warning is verbal given by your Floor Manager with 6 hrs to comply.
- b. The second warning is written given by your Floor Manager with 6 hrs to comply.
- c. The third warning is a \$40 fine or 4 hrs of community service work designated by your Floor Manager with 24 hrs to comply and 3 days to pay fine.
- d. If the third warning is not observed you will be expelled from house.
- e. All fines are collected by the Floor Manager and given to the Treasurer.
- f. All fines and community service are to be put toward house needs.

INITIAL_____

26. EXPULSION

- a. You will be kicked out immediately for a positive UA, violent behavior, destruction of property, possession of a weapon, stealing, lying, compulsive gambling, selling of drugs, having sex in the house, collusion, disruptive behavior, or any criminal activity.
- b. If you are kicked out of the house, you have exactly 30 minutes to get some of your things and leave.
- c. You have 72 hours to call and collect the rest of your things.
- d. **ALL RENT, INCLUDING RENT PAID IN ADVANCE, AND DEPOSIT PAID ARE FORFEITED IF EXPELLED FROM THE HOUSE.**
- e. The Floor Rep and roommate will clean and move all personal items of expelled member from bedroom, kitchen and bathroom and move items to the garage.
- f. If money is owed to the house, you agree that any and all of your possessions that are at Second WakeUp House can be held as collateral.
- g. If possessions are not retrieved within 3 days from expulsion, they can be disposed of in any manner Second WakeUp House sees fit.
- h. If you are kicked out of the house you can apply again in 30 days. Re-entry must be approved by house member vote.
- i. Any situation that required police involvement must be discussed with the house manager before the police are called. Any police involvement without house manager approval will be grounds for expulsion.

27. MOVING OUT

- a. **Please give at least two weeks notice prior to move out date.**
- b. All financial obligations to the house need to be paid in full before leaving the house.
- c. Please clean your bedroom, closet, bathroom and kitchen areas for the next person.
- d. Any personal items left behind will become property of Second WakeUp House.

28. ALUMNI

- a. House members that reside at the house for 6 months or more, leave in good standing and remain sober are considered Second WakeUp House Alumni and each will receive a keychain.
- b. Alumni that chooses to move back only need to pay a \$100 non-refundable deposit, not the standard \$200.
- c. Returning alumni get first priority for the single rooms when available.
- d. Returning Second WakeUp House Alumni do not have to go through Phase One.
- e. Alumni are always invited to visit and attend house meetings to share their encouragement, strength and hope.

House Rules are subject to change depending on conditions at the house to provide a peaceful, sober environment. You will always be notified of any changes.

INITIAL_____

Living in Second WakeUp House is by membership only. Second WakeUp House does not fall under the Landlord/tenant act. This means that a resident can be voted out of the house for violation of the house rules, including but not limited to: not doing required chores, non-payment of rent, leaving windows and doors unlocked etc. The time given to move out will be determined by the current members of the house or the owners. Violations such as using or the selling of drugs or alcohol, disruptive behavior, or possessing a weapon will result in the resident member being given 30 minutes to gather their belongings and vacate the house and premises.

I have read the items in this agreement and understand that if I am accepted into Second WakeUp House, I agree to the terms listed and I waive any landlord/tenant rights that I may be entitled to. I also understand that I fully and freely subject myself to the rules of Second WakeUp House. I also agree to make an effort to live a faith-based lifestyle while residing at Second WakeUp House.

I agree to release and hold harmless Second WakeUp House or any of its agents or employees from liability for any injury or damage to any personal property or person happening on or about the premises being occupied, or for any injury or damage to the premises or to any personal property of mine or of any person contained herein. Also, I understand that Second WakeUp House is not responsible for any personal property not picked up within 3 days of expelled house member vacating their room.

Signature_____ **Date**_____

Print Name_____

INFORMATION RELEASE AUTHORIZATION

I, (print name) _____ do hereby authorize the release of any and all information deemed both public and confidential to Lance Illman, Owner of Second WakeUp House. This covers all Court Reports, Department of Correction's Reports, (both physical and psychiatric) and any other information deemed necessary for the treatment and/or safety of beneficiaries within Second WakeUp House.

This authorization, unless expressly limited by me in writing, is applicable to records pertaining to diagnosis and/or treatment for alcoholism and/or substance abuse, testing and/or treatment for HIV/AIDS and/or sexually transmitted diseases, and diagnosis and/or treatment for any mental health or psychiatric condition. This authorization includes the release of such information when it is integrally related to the diagnosis and/or treatment or a condition specific to this request.

Signature_____ **Date**_____

Print Name_____

PLEASE RETURN COMPLETED APPLICATION. THIS APPLICATION MUST BE SIGNED AND DATED WHERE REQUIRED AND INITIAL ALL OTHER PAGES.

SECOND WAKEUP HOUSE APPLICATION

Name: _____

Date of Birth: _____ Height: _____ Weight: _____

Present Address: _____

Phone Number: _____ Other Phone Number: _____

Driver's License #: _____ Social Security #: _____

Marital Status: Single _____ Married _____ Separated _____ Divorced _____

Are you an Alcoholic? _____ Are you addicted to drugs? _____

Date of last drink? _____ Date of last drug? _____

List drugs you used addictively. _____

When did you attend your first 12 step meeting? _____

How many 12 step meetings do you now attend each week? _____

Do you want to stop drinking alcohol and/or using drugs? _____

Have you ever been to a treatment facility for alcoholism and/or drug addiction? _____ If 'yes' list the treatment provider, phone number and primary counselor, if any. _____

Do you have a medical doctor? _____

If 'yes' list the doctors name and phone number _____

Do you take prescription drugs? _____ If 'yes' list drugs and reason the drug was prescribed _____

Are you employed? _____ If 'yes' who is your employer? _____

If you do not have a job will you get one? _____ If 'yes' what job plans do you have? _____

Will you be receiving any state or government assistance? _____ If 'yes' source of assistance _____

What is your monthly income right now? _____ What do you expect your monthly income to be next month? _____

Have you ever lived in a clean and sober house before? _____ If 'yes' provide the name and location of house. _____

Why did you leave that house? _____

List three emergency contacts and their information – You can list your doctor, family members and/or friends –
Write their name, address, relationship, and telephone number.

1. _____
2. _____
3. _____

Describe your criminal history here. Include your present sentencing and supervision requirements.

Failure to be truthful can lead to expulsion from Second WakeUp House _____

Describe your faith. _____

Describe why you think you would be a good fit for Second WakeUp House. _____

Things that might cause you to slip. _____

For Use by Second WakeUp House

Interview Date _____	Accepted Date _____	Not Accepted _____		
Pro-Rate Amount _____	Pro-Rate Nights _____	Deposit Amount _____		
Move In Date _____	Arrival Time _____	Key Code _____	Funding _____	
House _____	Unit # _____	Room # _____	Bed # _____	Parking # _____
Voting House Members _____				