

PROGRAM RULES - FRESH START MINISTRIES

Remember that your way hasn't worked for you in the past. None of these rules are difficult, but they are necessary. Breaking of the rules can lead to a discharge from the program. The staff has full discretion in the interpretation of the rules. The staff wants you to work on yourself while you are here and these rules will be easy if you are working a good program. Keeping in mind that you are in a program to help yourself, not a club.

WHAT TO BRING:

Due to limited closet/drawer space, bring only necessary clothes. Example: you will need 2 or 3 outfits appropriate for church and outside meetings. You will need work clothes, jeans and tee-shirts, 1 pair of casual/tennis shoes and 1 pair of work shoes. All under clothes, socks and personal hygiene items. If available, bring a bible, 3-ring notebook or folder, paper and pens.

WHAT NOT TO BRING:

NO drugs or pills of any kind except aspirin, unless staff approved.
NO pornographic or suggestive material (including pictures of wives/girlfriends).
NO tight fitting, short or otherwise inappropriate clothes.
NO clothes with advertisements of drugs or alcohol.
NO secular (non-christian) literature or music (christian, jazz and classical are o.k.).
NO body building products.
NO valuables, we will not be responsible for lost or stolen items.
NO cell phones, unless absolutely necessary for work.

WHAT IS EXPECTED OF YOU:

COMMITMENT to growth and a willingness to fully work on all of your problems.
HONESTY to share from your heart and to be truthful regarding your past.
SINCERITY to work your program. We will help you as long as you are working a program.
RESPONSIBILITY to complete all assignments, work a full-time job, and budget your income.
ACCEPTANCE to change and be willing to listen and practice suggestions.
ACCOUNTABILITY – a willingness to be held accountable for ALL of your actions & attitudes.

GENERAL RULES:

1. No defiance of staff or senior brothers.
2. No profane or loose language.
3. No drugs, alcohol or medicine that contains alcohol (cough syrups, mouthwash, etc.)
4. Drug tests are done regularly. If you come up dirty, you WILL BE discharged.
5. Follow all schedules without question.
6. Attend all functions graciously and gratefully.
7. Be to classes, groups & quiet time 5 minutes before they start with appropriate materials.
8. Bible, pen and notebook is required at all classes/meetings.
9. Notes must be taken in all classes. (Must be left on top of bed every morning.)
10. You are expected to respect/observe and participate in "Quiet time" activities each night.
11. Leaving the living quarters before 5:00 a.m. is PROHIBITED.

12. Smoking/dipping is permitted only in designated areas and never on church or meeting property.
13. No smoking in any Fresh Start vehicles.
14. No going outside or smoking after curfew.
15. If an argument arises, try to resolve it, if you can't, call staff immediately. (Matt. 18:15-17).
16. There is NEVER any need for a physical confrontation.
17. No bragging about the past (war stories), they only bring others down & make you look silly.
18. Don't discuss your past life in DETAIL with anyone except your counselor or mentor.
19. Respect each other's recovery process. Careful not to discourage others.
20. Dissatisfied talk or talk of leaving only serves to upset others.
21. Notify staff when you see someone feeling extremely troubled. **Help your brothers succeed.**
22. No health food medicines without staff approval, some contain MaHung or Ephidrine.
23. Report to staff any drugs or other contraband. **Helping others from falling is not betrayal.**
24. If you disregard the rules & leave, please take your belongs. FSM is not responsible after 72 hrs.
25. Clients on restriction who must work on Saturday must notify staff & sign out before leaving.
26. If you are not on restriction, Saturday free time 10am-10pm with completion of sign-out log.
27. No wrestling or rough playing.
28. Fishing is a free-time privilege. Follow posted fishing schedules.
29. Only Christian, jazz or classical music and No headphones allowed.
30. All rented movies must be PG13 or prior approval by staff. Only 2 rentals per weekend.
31. T.V. time – Saturday & Sunday by staff permission only. (see Recreation Hall schedule)
32. No astrology, witchcraft, occult or new age related items (crystals, pyramids, tarot cards, etc.)
33. No card playing, no gambling.
34. All personal hygiene items are kept in your room, including your towels.
35. No hats worn inside the buildings.
36. Any personal food items or containers must be properly marked with your name or its free to all.
37. Underwear must be worn at ALL times, including under pajamas.
38. Sleeping quarters will be locked from 8:00am until 3:30pm.
39. A/C and/or Heat to be turned on with staff permission only.
40. If you have a day off, you must stay at Fresh Start & notify staff if you have errands to run.
41. Expect to receive consequences for your actions. Break rules, receive a discipline.
42. Own up to your own responsibilities.
43. Take your own DMI. Don't worry about what others are doing unless it affects someone's sobriety..
44. All homework must be turned in on time – NO exceptions.
45. Do whatever a senior brother or mentor asks of you without question.
46. Clients are not allowed to have personal items, such as furniture, pets, exercise equip, etc.
47. Staff housing is off limits, except by invitation.
48. Clients are not to counsel each other, but rather to share with staff who is equipped to help.
49. If you leave the program early/not on good terms, you will NOT be allowed to contact the remaining clients by mail, phone, or visitation. (You may re-apply to the program in 30 days.)
50. Vehicles are permitted providing they are properly registered, insured & your license is valid.
51. All clients ride together to groups & church or carpool in a caravan only.
52. All incoming mail is distributed & screened by staff.
53. All client mail must be addressed to:

Your Name
 c/o Fresh Start Ministries
 4436 Edgewater Dr., #19
 Orlando, FL 32804

The telephone number you give to family and prospective employers is (407) 293-7919.

CHRISTIAN ETIQUETTE:

54. Respect the rights and belongings of others.
53. Respect the authority within the house. If you disagree with what you've been told, be willing to do it anyway and discuss the matter later with staff.
54. Avoid arguments – but don't stuff – DEAL with your emotions correctly.
55. Do NOT gossip. It tears down others and yourself.
56. Avoid sarcasm and off-color jokes – they are not Christ like.
57. Learn to live with each other's fault's, look for Jesus in everyone & be respectful of others.
58. Keep your daily attitude positive, be thankful and appreciative.
59. Speak courteously, seek after peaceful relationships.
60. ALWAYS respect authority and seek a disciplined life.
61. Encourage positive group spirit, build one another up, not put down.
62. Take care of the property & facilities. This program belongs to God & you should respect it.
63. Be considerate of other's needs. If you can help someone, ask staff for permission.
64. Negative talking is totally unacceptable; in particular, talking about staff is not permitted.
65. Profanity is absolutely NOT in our vocabulary – a bad habit that is not edifying.
66. Love yourself, but consider one another more important than yourself. (Phil. 2:3).

DORM AND HOUSING RULES:

68. DMI, journal & class notes are to be left on top of the bed every day for staff review.
69. Lights are to be turned off when there is no one in the room.
70. Each person's space is private and is not to be violated.
71. We encourage you not to lend or borrow at all. If you must, staff needs to approve it.
72. Lights out at 10:30 p.m.
73. Cease speaking at bedtime and quiet time.
74. All lights out in rooms at scheduled time – not later.
75. Keep bedrooms clean and neat at all times, making bed tight when you first arise.
76. Hang towels neatly on the bedpost or in a designated area.
77. No sleeping on top of your comforter.
78. Beds must have a fitted sheet, flat sheet and/or blanket on at all times.
79. Dresser tops clean & neat. Toiletries are to be kept in container or bag not on dresser.
80. Closets kept neat with dirty clothes out of sight (in laundry bag).
81. Trash cans in living quarters will be emptied daily.
82. Drawers kept neat, clothes folded.
83. No food or drinks allowed in the sleeping areas.
84. No shirts or hats hanging on bed posts.
85. Because we are cleaning ourselves, only Christian, jazz or classical music.
86. No posters or pictures hung on walls without staff approval. Use wall hanger for pictures.

BASIC MANNERS:

87. Remain in class, activities, dinner table, etc. until they are fully complete.
88. Dress appropriately. No pants below the waste, no ripped clothes, collared shirts & socks are to be worn to church.
89. Length of hair is to be only to the top of the collar on a dress shirt.
90. No one is allowed in another resident's room without staff permission.
91. No overly loud music or television, - be courteous of your roommates.
92. You are responsible for washing your own laundry including your bedding.
93. Use time efficiently (bathrooms & showers), conserve energy and supplies.

TABLE MANNERS:

94. Mealtime should be pleasant & enjoyable. It is a time when we can fellowship & bond.
95. Be grateful for all meals. (You've probably had worse!)
96. Always be on time (5 minutes prior to pray over the meal).
97. Come to the table with clean hands and face, shirt, pants, shoes, and no sleeveless shirts.
98. Don't slouch over your plate or lean back on the chairs.
99. Ask for things to be passed.
100. Don't whisper at the table.
101. Eat your meal before your desert.
102. Everyone helps to clear the tables, clean off dishes & stack them properly after meals or snack.
103. Don't overuse the condiments.
104. Don't throw paper etc. at the trash can, place it inside the can.
105. Breakfast: you are responsible for cleaning up your own mess, wipe tables & throw away trash.
106. Eating and drinking will be in the dining area only or outside – not in the kitchen.

PERSONAL HYGEINE:

107. Showers are to be taken daily. Only fifteen minutes of bathroom time. Deodorant is required.
108. Clothing, etc. is to be picked up before leaving bathroom. No hair left in sink or tub.
109. Hair should be washed at least 3 times per week.
110. Ears, fingernails & toenails should be cleaned and trimmed regularly.
111. Teeth should be brushed every morning and before retiring.
112. Each client supplies their own soap in a soap dish to be kept with his toiletries.

SICKNESS:

113. When sick, you may only miss class if approved by staff & you must be in bed.
114. If you are too sick to work, you are too sick to have free-time. You will stay in bed for the day.
115. All medication is kept and administered by staff.
116. For emergency visits to doctor or hospital, client will be financially responsible.

VISITATION AND PHONE PRIVELEDGES:

117. NO overnight furloughs except immediate family emergencies. (death of immediate family member)
118. Visitation can begin the third weekend after admission.
119. Visitation is limited to Saturdays 1pm to 5pm and only 2 immediate family members.
120. Staff must be notified immediately of any guests on property.
121. Phase I and Phase II have various times available for phone calls, see phone schedule.

- 122. All cell phones & beepers are to be on vibrate during classes, meetings & church.
- 123. No cell phones in Phase I unless pre-approved by staff. (only if required by work)
- 124. The telephone number you give to family and prospective employers is **(407) 293-7919**.

MANNERS FOR OUTSIDE ACTIVITIES:

- 125. ALWAYS stay together with the group.
- 126. Fresh Start ALWAYS sit together as a group, family can sit with you at outside meetings.
- 127. When driving to an activity, stay together between the leader & finisher.
- 128. No passing notes during lectures.
- 129. Always dress appropriately, shirts tucked in, clean hands & face, hats off inside buildings, etc.
- 130. Always participate in cleanup work if needed.
- 131. Never discuss the program's problems with anyone but your counselor(s).
- 132. Eating during lectures/quiet-time or homework times is not permitted, including no chewing ice.

I have read and fully understand the rules, regulations and policies of Fresh Start Ministries of Central Florida, Inc., and I agree to follow them to the best of my ability.

Failure to comply with these rules could result in disciplinary actions or discharge from the program based on staff's discretion.

Signature

Date

Witness

Date