



Welcome to Sunny Skye Recovery!

OUR VISION

At Sunny Skye Recovery, we believe in the inherent value of every woman walking the path to freedom from addiction. We believe that recovery is possible and achievable. We believe that the power to take back control of our lives is available.

Recovery can and will happen if we work for it.

OUR MISSION

Sunny Skye Recovery offers an affordable and supportive community for women who are serious about living life free from addiction. We offer a safe environment, ethical drug screenings, encouragement, empowerment, and enjoyment for women in recovery.

Entrance Criteria

To be considered for admission to Sunny Skye Recovery residences, each potential resident must:

1. Consider themselves an addict or alcoholic.
2. Be at least 18 years of age.
3. Agree to a background check (violent crimes or sexual offenses are prohibited).
4. Submit to a preliminary drug and alcohol screening.
5. Commit to a minimum stay of 90 days, although we encourage a longer stay at our residences.



POLICIES AND PROCEDURES

These policies are designed to protect all residents at Sunny Skye Recovery and to ensure that residents understand what is expected of them. As a resident, it is your responsibility to help keep this a safe and recovery-focused community. Together we must protect the integrity of the community to guarantee a safe place for everyone to live.

These policies and procedures are subject to change. Please consult with the staff of Sunny Skye Recovery if there are any questions during your residence with us.

Program Expectations

1. Each resident is required to attend at least five 12-step meetings of your choice each week. To verify meeting attendance, your meeting sheet **MUST** be given to the staff at Sunny Skye Recovery at the weekly house meeting.
2. Each resident **MUST** attend the weekly house meeting to discuss a variety of topics, including progress in recovery, sponsorship, recovery community integration, employment, and/or any issues with residency at our homes.
3. Each resident is required to secure and utilize a sponsor within two weeks and a home group within one month of residency at our homes. A sponsor is someone in the recovery community who can guide the newcomer through recovery using the twelve steps and regular communication. A home group is a meeting that you attend regularly, where you feel “a part of” and can build a strong, supportive network of like-minded persons in recovery.
4. Each resident is expected to be involved in the 12-step process during their entire stay at Sunny Skye Recovery.
5. Each resident is required to find employment, attend IOP, enroll in school, or do volunteer work. **No 3rd shift jobs are allowed.** Daytime hours are preferred. Volunteer work and schooling are only acceptable if the resident has an alternative viable means to pay their residential expenses.
6. It is required that unemployed residents search for employment during the hours of 10am – 4pm, until employment is secured.
7. Each resident is responsible for cleaning up after themselves, including making beds, keeping personal items in order, maintaining common areas, cleaning up after food preparation and/or cooking, and washing used dishes/pots/pans.
8. Each resident will be responsible for chores on a rotating weekly schedule to ensure that the home is safe and sanitary. There will be a checklist reviewed by staff at weekly house meeting.



9. No burning of incense, candles, cigarettes, or cigars inside the residence at any time. Smoking is allowed outdoors only. Any violations of this policy may result in termination of residence with Sunny Skye Recovery.

Zero-tolerance policies

1. Failure to submit to random, ethical drug and alcohol screenings, or testing positive, will result in termination of residency and forfeiture of all fees.
2. Violence, threats to staff or other residents, acts of aggression, or possession of any weapons will not be tolerated.
3. Commitment of a crime on or off residential property will result in termination of residency.
4. Bigotry of any kind will not be tolerated.
5. Sexual activity on residential property or allowing guests in the bedrooms is strictly prohibited and will result in termination of residency.
6. Knowledge of another resident breaking zero-tolerance policies or of a resident putting her own recovery or the recovery of others at risk must be reported to staff immediately. Withholding information is taken very seriously. This is not acceptable and will result in termination of residency.
7. Blatant disregard for following house expectations and/or discounting authority of Sunny Skye Recovery staff will not be tolerated.
8. Permitting anyone to use, or know, your personal door code will result in termination of residency.

Drug and Alcohol Screenings

Members must abstain from all mind and mood-altering substances. **This includes, but is not limited to, narcotics, alcohol, prescription-drug abuse of any kind, abuse of over-the-counter medications, Kava/Kratom, inhalants, hallucinogens, K2/Spice, Kombucha tea, foods with poppy seeds, etc.**

1. Each resident will be randomly and ethically screened for drugs and/or alcohol at least two times per week. There is no extra charge for this ethical process. All screenings are included in the non-refundable entry fee.
2. If any resident has a positive result or refuses to submit to any random drug and/or alcohol screening, this will be considered admission of guilt and will result in termination of residency. **THE RESIDENT MUST LEAVE THE PREMISES WITHIN ONE HOUR.** Personal belongings will be secured for 72 hours, after which time, they will be donated.
3. While we at Sunny Skye Recovery understand that sometimes relapse occurs, the safety of other residents' recovery comes first.



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4. We will attempt to refer the resident to either detox or short-term treatment after one relapse. Once treatment is completed, the resident may meet with staff of Sunny Skye Recovery to discuss next steps.

Drug and Alcohol Screenings (cont'd)

5. These instances will be considered on a case-by-case basis. Continued stay after treatment is **not guaranteed** once a resident has relapsed, but we will do what we can to find a suitable and safe alternative.

Medication

1. Residents are required to disclose ALL prescription medications prescribed to them and you must be able to administer your own medications.
2. All medications must be approved by Sunny Skye Recovery staff.
3. Medications must be taken as prescribed.
4. Residents must keep prescription medications in original bottles with labels intact.
5. Medications must always be stored in a safe place and out of view of other residents.
6. Sharing of medications will result in termination of residency for both the prescribed resident and the using resident.
7. Staff of Sunny Skye Recovery reserves the right to conduct random pill counts with the resident present.

Personal Property

Sunny Skye Recovery is not responsible for any loss, theft, or damage to any resident's personal property.

1. It is recommended that residents do not bring any valuables that are irreplaceable with you.
2. Residents are prohibited from entering another resident's room without prior permission and non-presence of said person.
3. No lending or exchanging of personal property including, but not limited to, money, vehicles, medications, or any other personal item is allowed.

Safety

1. Staff of Sunny Skye Recovery believe in safety first.





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2. Staff of Sunny Skye Recovery are trained in CPR, First Aid, Mental Health First Aid, and Non-violent Crisis Intervention.
3. Staff of Sunny Skye Recovery continue to stay prepared and up to date on all certifications.
4. First Aid kits and Narcan are supplied throughout the residences.

Community Respect

Sunny Skye Recovery wants each resident to feel at home and residents are expected to be considerate of each resident living at Sunny Skye Recovery's residences.

1. Excessive noise and disruptive behavior will NOT be tolerated.
2. Residents are required to respect other residents' personal property, the houses, the neighborhood, and the Sunny Skye Recovery community.
3. Members are responsible for their visitors and visitors are expected to conduct themselves properly or they risk being asked not to return.
4. Failure to meet these expectations could result in termination of residency.

Fees

- A one-time **non-refundable** administrative entrance fee \$700
- **Non-refundable** weekly fee \$225

Once a potential resident is approved for residency, Sunny Skye Recovery requires that:

- the entrance fee (**\$700**) **AND** the first four weeks' fees (**\$900**) be paid prior to moving in. **All fees are non-refundable.**

Residents will begin looking for employment upon move-in and having the first month's fees paid can alleviate the financial stress of their new path of recovery. Any fees paid to Sunny Skye Recovery will not be refunded, including entrance fees and/or advanced weekly fee payments.

Curfew





At Sunny Skye Recovery residences, we enforce curfews for residents. This is not to treat our residents as children, but to ensure safety in early recovery. **Overnight passes will not be approved until the resident enters Phase 2.**

Curfew (cont'd)

Phase 1

Days 1-30:

- Curfew is set Sunday through Thursday at 10pm and Friday and Saturday at 10:30pm.

Phase 2

Days 31-60:

- Curfew is set Sunday through Thursday at 10:30pm and Friday and Saturday at 11:00pm.

Phase 3

Days 61-90:

- Curfew is set Sunday through Thursday at 11pm and Friday and Saturday at 11:30pm.

Quiet time in the residence is between 10pm and 8am daily. It is expected that residents will be awake and begin their days no later than 9am daily.

Overnight passes outside the residence will be considered on a case-by-case basis and **MUST** be approved by staff of Sunny Skye Recovery with two days advance notice. There will be no overnight passes on Sunny Skye Recovery premises.

Notices

It is expected that residents who are considering moving on will give a two week notice to staff of Sunny Skye Recovery. All belongings must be packed up and a discharge cleaning sheet must be complete before leaving premises.





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Guest/Visitor Policy

Guests are only allowed during designated hours Monday through Saturday from 10am-10pm and Sunday from 10am-6pm. No visitors are allowed during weekly house meetings.

Guests/visitors are not allowed in resident bedrooms for any reason. They must always remain in the living area and be under the supervision of the resident being visited.

DO NOT leave guests unattended!

Residents will be held accountable for their guests and any damage, disruptive or inappropriate behavior, abuse, or theft will be the complete responsibility of the resident.

Guest/Visitor Policy (cont'd)

Absolutely **NO** sexual activity of **ANY** kind will be tolerated on Sunny Skye Recovery residence premises.

Guests must observe and respect all residence expectations, or they may be asked not to return.

Staff of Sunny Skye Recovery have the right to deny visitation by any visitor for any reason at any time.

Any violation of this policy may be grounds for termination of residence.

Privacy

All residents should respect the privacy of other residents. Personal information and confidentiality of residents, staff, and residence-related business shall not be discussed outside the residence for any reason. Issues and concerns should be brought to the attention of the house manager.

Residents may consult with their sponsor regarding issues related to their residence or housemates at their home but sharing of personal information is prohibited. (Refrain from using person's name but refer to them as "she/her/hers" only!)





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I have read and understand the house's expectations. I will comply with all policies and procedures. I acknowledge that failure to do so may result in immediate termination of residency and forfeiture of all fees.

Signature: _____ Date: _____
(Resident)

Signature: _____ Date: _____
(Sunny Skye Recovery representative)

