



*Rules and Regulations for*  
**The Nehemiah House**  
*Men's Residential 7-12 month Faith Based Recovery Program*  
*Updated March 23, 2010*

The Nehemiah House program is designed to help people with life-controlling problems such as drugs, alcohol, tobacco, etc. by providing short term residential care for adult males 21 years and older. Our goal is to foster emotional, personal and spiritual maturity in each resident. This is achieved through our extensive seven month curriculum that develops character in areas such as (but not limited) to attitude, boundaries, temptation, and surviving in the workplace.

Ultimately, The Nehemiah House provides an opportunity for hearing the Gospel and coming to the realization of one's need for a personal relationship and commitment to Christ. Additionally, they are presented with an opportunity to get away from the negative environment of the past. This allows time for the student to make quality decisions about the continuing progress of their recovery.

While at the Nehemiah House, students will be involved in counseling, study courses, chores, employment counseling, community service and church services are attended on Sunday and Wednesday nights.

**Anyone desiring to enter our program must be willing to make a commitment to complete the seven month program.** He must be willing to submit to the rules of the program. It is equally important that no student come into the program to change the program or the staff. Each student must remind himself that he is here to change what is wrong in his own life. Each student is responsible to learn and abide by all the rules of the program. This handbook is to help you to know these rules. If a student persists in demonstrating an attitude that rules of the program do not apply to him, he will be asked to leave.

**“Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.” Hebrews 13:17**

Violation of any of the following rules will result in disciplinary action in the form of, but not limited to: verbal/written warnings, restriction of privileges, being restricted to the property, repeating a phase, or removal from the program.

**The following Rules and Regulations are subject to change.  
PLEASE KEEP THESE COPIES FOR YOUR INFORMATION**

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## **GENERAL RULES AND REGULATIONS**

1. I will address all members of staff with proper respect.
2. I will not abuse (physically or verbally) any of the staff.
3. I will not threaten any staff.
4. I will submit to the authority of the staff and not be disobedient or insubordinate.

Remember Hebrews 13:17.

## **BATHROOM COURTESY**

5. No showers between 8:00am – 5:00pm without permission.
6. I will leave the sinks and showers clean when finished. I will pick up my mess and clean the hair off sinks. I will not waste water while shaving (letting water run continuously) or stay in the shower longer than 5 minutes.

## **CHORES**

7. I will do my chore in a timely manner.
8. I will let the supervisor know when the chore has been completed.
9. I will follow all house cleaning rules.
10. It is my responsibility to look at the cleaning list to see how a chore is done correctly.

## **CONDUCT**

11. I will treat other students as I would want to be treated.
12. I will bring any problem I have with another student to the staff and not to other students.
13. I will not fight or threaten another student. I will not call people names, curse, or use off-color expressions or bodily gestures.
14. I will not possess or use drugs and/or alcohol at any time.
15. I am not allowed to have the following items in my possession (on person, in room or stashed) while in the program: ***pornography, guns, weapons.***
16. I will not talk street life, drugs, or reminisce about sinful pleasure. Do not glorify the past.
17. I will not use someone's personal property or ask for money.
18. I will participate in all scheduled activities including class, chapel, church, work and recreation.
19. I will be punctual at all times.

## **DORMS**

20. I will keep my area clean and tidy.
21. I will make my bed at wake-up time and keep it that way.
22. I will not bring any food upstairs.
23. I will turn out the lights when I am the last one to leave the room.
24. I will respect my roommates when they are sleeping.
25. I will not change beds without permission.
26. I understand that the dorm room may be inspected or searched at any time by the staff.
27. No eating or drinking allowed upstairs unless approved by the staff.

## **DRESS CODE**

28. I will be dressed when not in my room: shirt and pants.
29. Tank tops/t-shirts are not allowed during serving time or when we are having a service inside or outside.
30. No hats allowed during chapel service.

## **LAUNDRY**

31. Each student is assigned time to do laundry. Laundry must be done then so it doesn't accumulate.
32. Sheets should be washed once every week.

## **LOCKERS**

33. I can only use a lock on my locker when the staff has approved it and they have a duplicate key.

## **MEDICINE**

34. Prescription drugs and other medications should be surrendered to the Resident Supervisor upon arrival. Prescriptions will be made available to the student at the scheduled time.
35. Under no circumstances should any resident take any medication that is not specifically prescribed for them or an over-the-counter medication that has not been approved by the staff.
36. Do not ask another student to "borrow" a dose even if it is the same medication.

## **MONEY**

37. Upon entering the program all students will give all money to supervisor to manage.

38. For any bills that need to be paid, you will need to get the money from your supervisor and get a money order.

39. You will be given the amount you need and you will need to show a receipt for purchases.

The supervisor will keep a running total of balance that is left.

## **OFF LIMITS**

**40. I will observe as off limits, unless authorized by staff: all offices, staff quarters, clothing room, freezers, kitchen, pantry, basement, and thermostats.**

## **PERSONAL DEVOTION**

41. Personal devotions will be done for 15 minutes between 6:30am and 7:00am every day.

## **PRAYER ROOM - Please use on a regular basis**

42. Please do not bring food or drinks into the prayer room.

43. If you leave any of your personal belongings in the prayer room make sure it is marked and not left on the floor or the desk.

## **RELATIONSHIPS**

44. Any sexual relationship or promiscuous behavior will be subject to automatic dismissal.

## **SIGN IN/OUT POLICY**

45. **I will not leave the premises without permission.** Doing so could result in being dismissed from the program.

46. I will use the Sign In/Out sheet to verify where I am going. Example: work, doctor's appt. Failure to do so may result in loss of privileges.

## **STUDENT ILLNESS**

47. Students that are ill will need to report to the supervisor.

## **TELEPHONE**

***No student is allowed to answer the phone unless instructed to do so by Staff.***

48. Residents must use long-distance cards, unless authorized by the staff.

49. No outgoing phone calls are permitted Monday through Friday, 9:00 am to 5:00 pm unless specifically authorized by the staff. Incoming calls during these times may also be restricted or limited by the staff's discretion.

## **TV & VCR & HEADSETS/MUSIC**

50. NO TV from 8:00am to 5:00pm

51. Movies rented for Friday and Saturday night cannot be above a PG/PG13 rating. The movie must be approved by the supervisor. To misuse is to **LOSE**.

52. No iPods or personal televisions.

53. Radios with headsets may be played but not during serving time or classes.

54. Christian music is allowed.

## **RENT**

55. While the program is free, residents will be required to pay 20% of all monies sent in, received and earned to the Nehemiah House.

## **PASS - 24 HOUR**

56. In the sixth month of residency you may apply for a 24-hour pass. You will need to fill out a pass request two weeks prior to the date you want to be gone. Passes are available from the supervisor. All information will be verified and approved by Lighthouse staff. Once approved you are then required to get pre-approval from your probation/parole officer. We will need the proof in writing.

No weekday passes allowed.

## **MONTHS 1-6**

In addition to the general rules and regulations, residents must also comply with course curriculum and not only participate but succeed in all classes.

\*\*The first month also includes the student's Initial 30-Days Restriction in which visitations, phone calls and leaving the property are prohibited. After this first month the student gains privileges of scheduled visitations and phone calls.

## **MONTH 7**

After a case-by-case review of the student's progress, the seventh month will begin the transition period in which the program will strive to shift the student back into society and the workplace.

## **VISITATION**

Hours: Sunday between 1pm – 3pm

1. Have a photo ID.
2. Sign in and state your relationship with student.
3. Leave purses and personal belongings locked in your vehicle.
4. You may bring food and eat in the dining hall.
5. Any money, clothes, cigarettes should be given to the supervisor and we will give to the student after the bag has been checked.
6. All money should be reported to supervisor. NO exceptions.
7. You are not allowed to take the student off of the property in a vehicle.
8. You may go for a 15 minute walk.

## **MAIL PROCEDURES**

1. All mail should be sent to the student in c/o The Lighthouse, PO Box 54494, Lexington, KY 40555.
2. Do NOT mail cash.
3. All mail will be read and distributed.
4. Any mail that we consider negative to the student's recovery will be kept and given to them when they graduate the program.
5. No contraband sent in their mail. It will be reported to the police.

Thank you for respecting the rules of the program.

I have read and understand the above Rules and Regulations.

Signed \_\_\_\_\_ this day \_\_\_\_\_

Witnessed \_\_\_\_\_ this day \_\_\_\_\_