

# Tabitha Resident Expectations

We are so thrilled that you have decided to take on the most rewarding experience of your life. That is to regain your dignity, self-control, and respect of your physical body, mental health and spiritual condition. This means discipline in ALL areas to bring unity and purpose to your life. The following are not suggestions, but requirements we have found necessary to serve this endeavor.

- Be teachable and willing to follow directions
- Be physically capable to participate in all programs, activities, and work.
- You are expected to participate in every class and complete homework.
  - \*Be ready with all materials and dressed when the teacher arrives.
  - \*Be respectful of all volunteers and teachers.
  - \*Do not argue.
  - \*Do not cut up or have side conversations in class.
  - \*Go to the restroom before class and do not get up during class for any reason other than emergency.
  - \*If you have an issue with a teacher or class, please bring it to leadership. Do not discuss with other teachers under any circumstance or gossip with residents or graduates.
- Do not take calls during class.
- NO visits or phone privileges for 30 days.
  - \*Only immediate family members with exception for sponsors and support people who have been vetted. Must submit names and numbers of people you will have contact with. They will have to agree with our rules to have contact with you.
  - \*ABSOLUTELY NO FAMILY UNDER THE INFLUENCE OR WITH CURRENT SUBSTANCE CHARGES ALLOWED TO VISIT.
  - \*No one you have used with or been in jail/prison with is allowed to visit.
  - \*No visitors can bring bags or purses in unless willing to be searched. Please let them know that any medications or other banned substances in their possession must be locked in car or visitation privilege will be revoked.
  - \*Visitors are not to vape or smoke within sight of Tabitha properties.

\*After 9 months, off property visits allowed but approval necessary. If trust has been compromised this may be revoked.

- Visitation is Saturday 5pm-7pm and Sunday 2pm-5pm. No more than 2 visits a month unless special circumstances.
- No visits at Tabitha's Closet.
- Family or friends are not allowed to attend court proceedings unless they are court ordered or testifying.
- Phone privileges are only allowed to communicate with people who are not a danger or trigger to your recovery. Phone calls limited to 15 minutes and no consecutive calls so that the phone is not tied up by one resident.
- Calls are supervised and during call times only.
- Absolutely no personal phones allowed. If found, the resident loses all phone privileges and may risk dismissal.
- No personal phone calls at work unless permission granted. You will lose phone privileges.
- No contact with fellow residents who have been released. You will lose phone privileges.
- No romantic relationships allowed. If you have a current relationship that cannot be cut off for a year, this is not the place for you.
- Must be accompanied at all times, including church.
- Must shop with supervising staff member for first 4 weeks.
- You are required to shop with an accountability partner at all times in stores. If found roaming alone, you will have to go back to shopping with leadership.
- No purses allowed in stores. Only wallets. Clear purses or backpacks allowed at work. All personal bags subject to search at any time.
- No products containing alcohol permitted. Please read ingredient label or you will lose your product. (Mouthwashes, rubbing alcohol, nail polish remover, hairspray, etc.)
- All over the counter medications must be shown to Myra and approved.
- Money is closely monitored. No more than \$40 in your possession at any time. Myra will hold your money in a safe place and will keep track of it.
- No bank cards or food stamp cards allowed. No Western Union transfers unless only option and must be picked up by a staff member.

- No borrowing money from other residents, staff, teachers, or volunteers.
  - Do not hint or ask customers at store for gifts or needs. They will not be allowed to give to just one lady unless approved.
  - No one is allowed to run errands or buy you anything without approval from leadership.
  - Bags will be subject to search and substance tests given after off campus visits.
  - Random testing for drugs, alcohol, and nicotine will be required.
  - Walking and physical exercise is encouraged. You must stay within visual range of the houses (corner of Shadyside and Rhondan and stop at turn at Tab 2). Please wear appropriate exercise attire and not extremely tight or revealing clothes.
  - Conflict is natural, but name calling, cussing, bullying, or threats will not be tolerated.
  - NEVER discuss personal information that may come out in class outside of class. This is a serious breach of trust and honor.
  - Gossip is not allowed and may lead to consequences with privileges.
  - Everyone will be expected to maintain control of their language at all times. Absolutely no foul or aggressive language allowed, especially at work.
  - No mail or packages are allowed to come to the house. All mail is to remain unsealed and given to Myra. All incoming mail will be opened and scanned. If anyone asks others to mail items or have items shipped to them, they will lose all mail privileges for a determined period of time.
  - All transportation and medication pick up requests must be submitted the week before unless an unavoidable circumstance.
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- Church attendance is mandatory since our home is run on Christian principles.
    - \*Go to the restroom before service. It is disruptive and inappropriate if one section is constantly exiting, especially through doors that are marked closed during service.
    - \*We all sit together for accountability.
    - \*It is inappropriate to have conversations, draw attention to yourself, or in

any other way disrupt the service.

\*Do not leave anything behind such as cups, tissues, or trash.

- Dress code enforced. No revealing clothes (too tight, too low, too short). No vulgar words or sayings. No advertisement of alcohol or other inappropriate items.
- Do not walk around the house or go outside in underwear, revealing nightwear, or without bra (during times when someone could stop by).
- Bedroom doors are not allowed to be locked.
- Entertainment must be wholesome. Christian, classical, or jazz music only. TV shows must be rated PG-13. Should not glorify or overly delve into murder, drugs, or crime. Also, some shows can trigger your housemates who may have PTSD from what you are being entertained by.
- Everyone is to sit at the table and eat as a family unless ill. No eating separately or separate meals unless there is a dietary conflict.
- Wear gloves when preparing food.
- You are responsible to clean up your dishes from the table and RINSE them before placing in the dishwasher. It is no one else's responsibility to clean up after you.
- Run the dishwasher once daily. Do not handwash the dishes for sanitation reasons.
- All food is for all residents unless an individual purchases something and writes their name on it. Food donations are NOT allowed to have names written on them.
- Be inside the house before 10pm if sitting on the porch. Alarm will be set.
- Quiet time is between 11pm-6am. No one is to be cooking, cleaning, or making noise. No radios or TV on.
- Everyone will be assigned and required to complete their weekly chores. Not completing your chores will be subject to staying home Monday to complete it.
- Pick up after yourself daily. Do not leave cups, books, clothing, etc. laying around in common areas.
- Do not touch or borrow anything that does not belong to you. This can be grounds for dismissal.
- **RESPECT YOURSELF AND OTHERS ALWAYS!**

# Morning Routine

Wake up by 7:30.

Start your day with a glass of water before coffee or breakfast. This is so important to set your body in motion after going without for hours.

Everyone is to find a personal devotion book or plan.

Find a place where you can focus without distraction.

Spend the first 30 minutes of the day in prayer, meditation, and personal reading. This is not social time.

Gather in the living room no later than 8:00am for chapel.

This is NOT a time for drama, personal venting, praying for someone in the house to change, or self-righteous behavior. Praying out loud is not to be a forced behavior or shaming anyone for opting out. Make sure you are honoring Jesus especially during the time you are setting aside for Him.

Pray for your day to be pleasing to God.

Pray for Him to send someone your way to be encouraged.

Pray for the fruits of the Spirit to be shown through your life.

Pray that the words of your mouth and meditations of your heart be pleasing to Him.

Everyone should be ready for their day, beds made and dressed for work when the morning teacher arrives. After class, be sure you are not holding up the teacher from having you to work on time.

