

Overview

- 1) LCH's shelter program is time-limited. The typical stay is 4-5 months. Residents are expected to make swift and reasonable progress toward independent living. Plan time accordingly. If the rate of progress is not satisfactory, the stay in shelter will be shortened.
- 2) The Haven is a highly structured program. This structure will provide a road map that will help you achieve healthy, safe, independent living. Strict adherence to these rules is required.
- 3) Residents pay \$25/week for shelter rent (to be paid on the 1st of the month) once the resident either has savings or has income of any kind (employment, disability payments, unemployment insurance, alimony, etc.).

Communication & Attitude

- 1) Your shelter, food, personal items, and services are being provided by many donors who have sacrificed so that you can have a new start. The Haven staff also works tirelessly to provide you with this opportunity. In response, a positive, grateful and cooperative attitude is expected from you at all times.
- 2) Residents are expected to treat staff, volunteers, and other residents with respect at all times. Each resident is expected to treat the Haven, its physical properties, and its reputation in the community with respect at all times.
- 3) Honesty is expected from all residents without exception.
- 4) LCH is a confidential environment. Residents may not discuss personal or identifying information about any other LCH resident, either on or off-site (or via telephone). This includes confirming/denying that someone resides at the shelter and disclosing LCH's address.
- 5) If a resident has concerns about another resident's safety or sobriety she is expected to bring those concerns to a staff member immediately.
- 6) Residents are not allowed to listen to private conversations between other residents and representatives of LCH.

Dress Code

- 1) Proper attire must be worn at all times. Visible underwear is not allowed.
- 2) Bathing suits are not to be worn on LCH property.
- 3) Bare midriffs are not allowed.
- 4) Excessively low and/or baggy pants are not allowed.
- 5) Head coverings are not allowed indoors. This includes baseball caps and hoods. Scarves are only permitted between the hours of 9pm - 8am.

Case Management & Counseling

- 1) Case management is the cornerstone of our program. Participation in 1 case management session per week is mandatory. The responsibility for scheduling sessions is the resident's.
- 2) Residents are on time and prepared for all case management/counseling meetings.

- 3) The Haven's Day Program is designed to provide residents with the tools and education needed to become independent. It provides 40+ hours per week of in-house groups led by Haven staff and volunteers. Residents are required to attend all groups. Evening meetings on MWF are optional for residents with full-time employment.
- 4) All residents are placed on the Green Team for the first 30 days at LCH. After this period, residents transition to the Blue or Purple Team.
- 5) Groups at Hope House will only take place in the upstairs living room. If there is only one staff on duty, it will be in the first floor living room.

Groups at Renewal House will take place in the dining room and in the basement family room. If there is only one staff on duty, it will be in the west side living room.

- 6) Group Ground-Rules will always be enforced, including collecting all phones/tablets which will be shut off or silenced and put in a basket (of sorts) and kept in the office during group.

This applies to every group, every facilitator, every client, every time. No exceptions, including people who are waiting for a call from anyone. If a client had to schedule an appointment that occurs on her phone (such as virtual therapy), during group she will be excused from the entire group and will instead complete a written assignment on the group topic.

In order to be excused in that way, the Case Manager has to give approval, not the Group Facilitator.

Lake County Haven Group Ground-Rules

1. We are on time to all groups.
2. We hand in our cell phones before groups start, so we can be fully present.
3. We take care of bathroom visits before groups start.
4. We raise our hand when we want to speak.
5. We don't interrupt or "talk over" others.
6. We monitor our participation so all women have the opportunity to be heard.
7. We are here to accept people, just as they are, and we avoid making judgments.
8. We speak for ourselves and use "I" messages.
9. We try to speak from the heart, as well as from the intellect.
10. We have the right to remain silent when we wish.
11. We are inquisitive & supportive, not argumentative or dismissive.
12. We respect everyone's privacy. What is said in the group is not to be repeated or discussed at any other time or place.
13. We do not discuss group members who are not present.
14. We do not use "cross talk" or offer unsolicited advice to others.
15. We are careful not to ask "why" of others. They may not know why they acted or felt the way they did.
16. We all share responsibility for making this group meaningful.
17. We will keep each other in our prayers and hearts as we navigate this difficult time of life.

- 7) Residents develop an Individualized Service Plan in consultation with their case manager. The goals of this plan are stable housing, income, savings, sobriety, health, life-skill achievement, and other personalized goals. Residents work ambitiously on this ISP and are expected to make swift and reasonable progress. An honest and fully accurate account of working this plan will be expected.

Community Living

- 1) Residents are not allowed in bedrooms other than their own.
- 2) Residents may not touch another's belongings.
- 3) Residents are not permitted to lend or borrow money, goods (clothing, cigarettes, medication etc.), or services (link cards, phone cards, bus passes, etc.).
- 4) Burning of any kind (incense, candles, fragrances, etc.) is not allowed.
- 5) Diffusers, lava lamps, salt lamps, space heaters, humidifiers, and other unnecessary electric devices are not allowed.
- 6) This is a violence-free environment that includes physical, emotional and verbal (obscenities, yelling, name-calling) violence. Physical violence also includes self-mutilation and suicide attempts. If you have thoughts of self-harm or harming others, you must immediately bring it to the attention of an on-duty staff member. Weapons of any kind, concealed or not, are not allowed on site at any time. **Physical violence or bringing/possessing a weapon on site may be cause for immediate dismissal.** _____ (Client Initials)
- 7) The shelter is under video surveillance, both inside and outside, at all times. This video can be seen only by LCH staff. However, the video record may be used and shared with outside parties including the police and courts in the event that a crime or infraction has occurred on-site.
- 8) Random and for-cause searches may occur at any time whether a resident is present or not. Refer to Search and Seizure waiver for more information.

Conduct While On Site

- 1) Private food is not recognized by LCH. You are encouraged to use the food that LCH & volunteers have provided.
- 2) No food or drink, other than a glass of water, is allowed outside of the kitchen. This includes all outside areas of the shelter (i.e. the back patio).
- 3) Residents are expected to take one shower per day, and it cannot be between the hours of 8:30am-5pm or when shelter visitors are present. Showers are limited to 20 minutes or less.
- 4) Neither shoes nor bare feet are allowed on any of the furniture.
- 5) Smoking is only allowed between 5:00 am and 10:30pm.
At Hope House, smoking is only allowed on the back patio with the door completely closed. At Renewal House, smoking is only allowed on the pavement in front of the garage.
- 6) Residents will be given a locker for valuables, money, and medication. LCH does not assume any responsibility for a resident's belongings.

- 7) Private laptop computers, DVD/video players, tablets, CD/mp3 players, and other devices used for movies, texting, and music may be used throughout the house as long as it is not disruptive and is not being used to make a voice or video call/chat. Headphones should be used if the device is making sound.

Every phone, tablet, laptop, smartwatch, tech accessory, etc will be collected at 10:00pm each night. No exceptions.

- 8) Pets and plants are not allowed. Cut flowers are allowed when brought by volunteers and kept in the kitchen/dining/living room.
- 9) Polishing nails, removing nail polish, putting on and taking off eyelashes, straightening hair, and dying hair can only be done in the basement utility room. Residents are held responsible for any damage caused by these substances.
- 10) Residents must never leave in-use kitchen appliances (i.e. stove, oven) unattended.
- 11) Residents must never leave in-use or hot bathroom/hair appliances (i.e. hair straighteners, curling irons) unattended.
- 12) Shelter walls and floor must be kept in good condition. Nails, tacks and tape are not allowed.
- 13) Shelter bedding and furnishings must be kept in good condition. The following items, and their like, are not allowed in LCH's shelters:
 1. Paint
 2. Markers
 3. Crayons
 4. Colored Pencils
 5. Glitter
 6. Fabric Dye
 7. Any similar products that stain

Pens and pencils must be kept off of the furniture except for desks and tables. Never on couches or chairs.

No writing assignments are to occur during groups unless they are done at the dining table. No doing them on any kind of TV tray if the clients are sitting on upholstered furniture.

Approved LCH crafts are to be only in designated craft areas. Clients cannot do crafts during groups. Clients may, however, use stress balls during groups.

LCH approved crafts can be done in the Hope House playroom and the Renewal House laundry room. LCH staff will provide tables or TV trays and protective cardboard. LCH approved crafts include:

1. Diamond Art
2. Jewelry Making
3. Knitting
4. Crocheting
5. Macrame
6. Paper Arts
7. Scrapbooking
7. Rug-Making

- 14) When the air conditioning is on, all windows and doors must be closed, except for bedroom doors.
- 15) LCH strives to be a good neighbor in the community. Residents cannot linger in front of the house, at the sides of the house, in the garage, or sitting in cars on the block for more than ten minutes.
- 16) The Hope House driveway fits 4 cars and must be fully utilized before anyone is allowed to park on the street. Please park in the driveway in a manner that allows for 3 other cars. At Renewal House, only 3 cars can be in the driveway at any given time.
- 17) The staircase in the front of Hope House is for staff use only.
- 18) All outside shelter doors must be locked at all times.
- 19) At Hope House, clients only use the side door unless they are registering medications. At Renewal House, clients only use the back door unless they are registering medications.
- 20) Bedroom doors remain fully open at all times from 9am - 10pm (except for brief times when a resident is changing clothes). In the overnight hours from 10pm - 6am, bedroom doors may be partially closed, but never fully shut.
- 21) Residents are awake, showered, and fully clothed by 8:30am each day.
- 22) Sexual activity or sexual partners of any kind are not allowed in the LCH shelter.
- 23) There is no solicitation on LCH property.
- 24) There is no piercing of oneself or others on LCH property.
- 25) The playground equipment in the back yard at Hope House is for children 15 years old and under only.
- 26) Television can be watched Monday through Friday from 4pm-9pm only. Television may be extended until 11pm on movie night with staff discretion.
- 27) Napping is not allowed.

Sober Environment & Recovery from Addiction

- 1) LCH is a drug and alcohol-free environment. ***Bringing alcohol or drugs on site is cause for immediate dismissal. Being under the influence of alcohol or drugs or misused prescription medications on-site is cause for immediate dismissal. Relapse will make you ineligible for Stage II.*** _____(Client Initials)
- 2) Personal/hygienic items containing alcohol (such as hand sanitizer, mouthwash, nail polish remover) are not allowed.
- 3) LCH conducts random and for-cause drug tests. A fee of \$10 is charged to the resident per drug test. If the \$10 fee cannot be paid at the time of the drug test, the test will continue and payment will be collected when the resident is able to pay. ***Not submitting to a drug test or having a positive drop may result in immediate termination.*** _____(Client Initials)
- 4) Residents in recovery prioritize their recovery work above employment, social life, etc.
- 5) Residents in recovery attend at least one 12-step meeting daily. Female-only meetings are strongly encouraged.

- 6) Residents in recovery secure a permanent (female) sponsor with a minimum of 1 year sobriety and have contact with her daily via phone and in-person 1x per week. Refer to Relapse Prevention Plan for further information about sponsorship.
- 7) Residents follow all “in-house” rules.
- 8) Residents must be at least 90 days sober and wait until 30-day probation is over before being able to keep a car at LCH.

Employment

- 1) Clients spend the first 30 days acclimating to LCH and taking care of their recovery and health. After 30 days, they begin job searching and are required to apply to at least 5 new employers per day and gain full-time employment by the end of 3 weeks. If that is not achieved, the client goes on probation and writes a letter of explanation to the CM Team with a plan for gaining employment.
- 2) Residents must secure paid work for at least 40 hrs/week. Residents who are not employed full-time are required to follow specific job-search strategies designated by staff.
- 3) Each resident creates a job search plan with their case manager which must be closely followed. Those who are not consistently working 40 hours a week of work or 30 hours of work/week + aftercare must respond or apply to 5 new jobs per day, six days a week. Evidence of daily search efforts is required. It is expected that a resident will secure employment within 4 weeks of beginning their job search.
- 4) Temporary employment is discouraged and does not satisfy LCH’s employment requirement unless approved in advance by a case manager. Third-shift (overnight) employment is not allowed. Residents can work until 11pm if they are home by 11:30pm.
- 5) Residents in recovery are not permitted to work in settings that serve, sell, or stock alcohol or drugs.
- 6) Residents may not quit or change employment without getting approval from their Case Manager first.

Finances

- 1) Residents open a savings (not checking) account. Residents will not possess a debit card.
- 2) Residents develop a budget in collaboration with their case manager. Residents are expected to follow this budget. Spending outside of this budget is not allowed.
- 3) Residents are required to save a minimum of 80% of their income (regardless of the source of income including unemployment insurance, disability, etc.). 100% of tax returns must be saved. ***Not following this savings plan may be cause for immediate dismissal.*** _____
(Client Initials)
- 4) Proof of savings, deposits, bills, and pay stubs is required throughout the stay at LCH.
- 5) Residents may not take on financial commitments (such as car loans, etc.) without prior case management approval. ***Not following this savings plan may be cause for immediate dismissal.*** _____(Client Initials)

Children

- 1) Residents with children must provide constant supervision. Children must be within mother's sight at all times. Mothers will be held responsible for children's behavior.
- 2) Residents may request babysitting from volunteers or other residents. Babysitting consent forms are required to be fully completed. Requests of volunteer help must be in writing at least 7 days in advance in order to be considered. Mothers must drop off and return children on time in order to continue to be eligible for this service. Failure to pick up children at the agreed upon time, and/or any indication of abuse or neglect will initiate involvement from DCFS or the police. All Lake County Haven staff and volunteers are mandated reporters.
- 3) Residents with young children will immediately throw away diapers in a diaper receptacle and then empty the receptacle at the end of each day.
- 4) Residents working on a plan to reunite with their children must arrange those plans around their LCH obligations. Supervised visits should most-often occur off-site. On-site visits must be pre-approved at least 7 days in advance by LCH staff. Such visits will only occur when a case manager is on duty.

Visitors

- 1) **Visitors (i.e. non-residents) are not allowed on-site.** Exceptions may be made for other service providers (i.e. probation, DCFS) at the discretion of the case managers. These visits must be approved at least 24 hours in advance by case managers, and will only be allowed while case managers are present.
- 2) Visitors are only allowed in the first floor living room and kitchen.
- 3) Visitors are only allowed to enter and exit through the front door and must check in with the case managers.
- 4) Honking of car horns is not allowed.

Telephone

- 1) ANY talking on the phone (including video calls via Zoom, Skype, Facetime, etc) may *only* happen in the playroom or backyard at Hope House or on the back porch or backyard at Renewal House.
- 2) Residents are mindful of the volume of their voice while on the phone. Phone calls will not be allowed to disturb the peace of the house.
- 3) Phone calls are not allowed after 10pm via cell or office.
- 4) All cell phones are to be turned in to staff by 10pm each night. They may be picked up again after 6am the following morning.
- 5) Residents are not allowed to use the office phone except in rare cases and only when asked to do so by staff.

Curfew & Bed Time

- 1) Residents sign in and out, with accurate and reasonable destinations and time frames. Case managers must approve the destinations and time-frames in advance.
- 2) Signing out longer than 4 hours at a time is not allowed unless previously approved by a Case Manager.
- 3) Curfew is 9pm every night for single women and 8:30pm for women with children.

- 4) When a resident is going to be later than her expected return time, she must call to let case management staff know before the original expected return time. Even with this notification, however, the curfew will be considered broken.
- 5) Curfew is strictly enforced. Residents arrange personal appointments and work around curfew.
- 6) Quiet time is 10pm for adults and 9:30pm for children.
- 7) Bedtime/lights out is 11pm for adults and 9:30pm for children.

Chores & Housekeeping

- 1) Residents will be assigned a daily chore and a weekly deep-cleaning chore.
- 2) Daily chores may be completed between 8pm-10pm and are checked between 9pm-10pm. Deep-cleaning chores are checked on Saturdays between 9pm and 10pm. Site Supervisors must approve the quality of the work done or the resident must re-do the chore.
- 3) Cleanliness: LCH is a public place and has a high standard of cleanliness. Residents' chores must be done to LCH's standards.
- 4) Periodically residents will be assigned an additional chore which they are expected to complete.
- 5) Residents clean up thoroughly after any food preparation or eating.
- 6) The kitchen closes at 9pm and re-opens again at 5am. If a resident has come home past curfew due to work, she is allowed to use the kitchen to assemble a meal, but not allowed to use the oven/stove. She must immediately clean up after herself.
- 7) The only dishes to be hand-washed are those that cannot be dishwasher cleaned.
- 8) Residents make their bed each morning and keep their bedroom clean.
- 9) Do not over-stuff clothing or items in drawers or closets.
- 10) Residents may keep a small amount of clothing and personal belongings in the bedroom. Anything over that may be kept in a designated area of the garage, space permitting.
- 11) Residents clean up after using the bathroom, including shower, toilet, and sink.
- 12) Personal towels are hung in bedroom.
- 13) Personal hygiene products may be kept in the bathroom only in designated area.
- 14) In winter months, residents are expected to remove their shoes before entering the shelter.
- 15) After a big snowfall, snow shoveling is a shared task of every adult resident of the shelter.

Medications

- 1) Residents may use medications only as prescribed by their doctor. Before changing a course of medication residents will discuss the issue with their doctor and disclose that information to the case manager.
- 2) Upon receiving a prescription residents must immediately contact a case manager and produce the written script before filling the prescription. Such information will be documented in the resident's file.

- 3) All prescription drugs and over-the-counter medications as well as first-aid materials must be pre-registered with the case managers and must be kept locked in the lockers at all times afterwards. Residents bringing any of those items to the shelter must enter through the front door only. It is not acceptable to keep any prescription medicine outside of the locker, even if it is on one's person.
- 4) Medications will never be shared between residents.

Legal

- 1) Residents on probation fulfill all their probation requirements while making sure those do not conflict with LCH obligations.
- 2) LCH maintains regular contact with Probation/Parole Officers. LCH will inform Probation/Parole officers of your progress at LCH including drug test results and exit date. _____(Client Initials)
- 3) Residents will live in a legal manner and be good citizens of this community.
- 4) Residents with their own vehicles are required to follow all laws concerning their vehicles including having a valid driver's license and proper insurance. Verification of these items must be given to a Case Manager prior to use of the vehicle.

Emergencies

- 1) If there is an emergency please call 911 immediately.
- 2) If there is an urgent situation and a need for staff intervention when no staff is on-site, please call the answering service immediately.

Dismissal, Consequences, Warning Letters and Point System

Grounds for Immediate Dismissal Without Warning

- 1) Physical violence.
- 2) Bringing alcohol, "recreational" drugs, banned drugs (see #5 under "medications"), or prescription drugs that have not been registered with a case manager on site. Or having registered, prescription drugs anywhere other than a locked locker (for instance, having them in one's purse or pocket).
- 3) Being under the influence of alcohol, drugs, or having used prescription drugs to the point of intoxication.
- 4) Spending beyond 20% of income.
- 5) Entering into a financial contract without case manager approval.
- 6) When a resident is dismissed from the program, she will have 72 hours to arrange for the removal of her personal items from the shelter. After 72 hours, any belongings left on-site will be disposed of.

Infractions

When rules are broken, some or all of the following will occur:

- 1) The resident will be assigned a writing task that involves reflection about the rule that was broken.
- 2) The resident will receive a logical consequence (such as doing all the house chores for a week).
- 3) The resident will lose a point(s).

- 4) The resident will be assigned to an In-house (not leaving shelter except for very specific circumstances) for various lengths of time.
- 5) The resident will be given a warning letter.
- 6) **Repeated infractions will result in immediate dismissal.** _____(Client Initials)

Warning Letters

Warning letters serve as official notice that a serious infraction has occurred. They bring attention to the fact that there has been a threat to the resident’s successful recovery from homelessness and/or a disruption in the environment of LCH. Warning letters are meant to stop a bad situation from getting worse and also to let the resident know that her shelter stay is in serious jeopardy.

- 1) After a First Warning Letter is received, the resident is no longer eligible for 4-hour passes for two weeks. If the resident’s behavior significantly improves, however, the First Warning Letter may be revoked after 30 days.
- 2) After a Second Warning Letter is received, the resident will be on an in-house for 14 days.
- 3) A Third Warning Letter is notice that the resident has 72 hours to pack her things and make other living arrangements before leaving LCH.
- 4) See the Grievance Procedure for information on appealing Warning Letters or Dismissal.

Point System

LCH Point System

Established 2021

Earning Points

Do chore	1 point
Do deep cleaning	1 point
Complete a set of chores not assigned	2 points
Preparing a new resident's room	2 points
Assist CM with a project	1-3 points
Win Woman of the Week	2 points
Staff's pick for Superstar of the Week	5 points

Losing Points

Not complete chore	2 points
Chore not meeting LCH standards	2 points
Leaving lights/fans/electronics on	1 point
Messy bedroom area	2-4 points
Not up and ready on time	2 points
Return home past sign-out time	1-3 points
Return home past curfew	1-3 points
Leaving dishes out	1-2 points
Non-compliance with LCH rules	1-9 points
Not wearing mask properly	3-5 points
Not social distancing	3-5 points
Not turning in phone before group or at bedtime	2-4 points
Disruptive or not attending group	2-4 points

Spending Points

		Other conditions necessary to spend
Gift closet	10	None
1/2 hour pass	5	Team Rules
1 hour pass	10	Team Rules
4 hour pass	20	Team Rules

Conclusion

The Lake County Haven has established these rules to ensure the safety and success of each resident and of the Haven community. Since unforeseen circumstances will arise that the Haven will need to respond to, we reserve the right to add or alter these rules at any time. When an addition or alteration occurs, it will be posted on the door to the case management office for a minimum of 7 days. Please look out for such notices.

I have read and I understand the Shelter Policies.

Signature

Date

Printed Name