

NEW LIFE HOUSE, INC.
1323 N. 8th Avenue
Durant, OK

Mission: To provide an alcohol free and drug free environment to women who are seeking long-term recovery. NLH provides low cost shelter to assist residents in reaching their financial goals. Living among other recovering women who are serious about rebuilding their lives helps each resident become successful, contributing members of society.

Qualifications: Be sober for at least one week
Must be **SERIOUSLY** seeking recovery
Must be able and willing to maintain employment

This is a recovery house for women. No men will be allowed in the resident's sleeping areas. No guests are allowed in the house without staff approval.

There will be no violence or weapons tolerated at any time.

No foul language will be tolerated, including screaming, yelling at residents or staff members.

There will be no use of illegal drugs or narcotic prescriptions allowed (on or off the premises) while a resident of New Life House.

Residents will remain clean and sober to continue residency. All prescribed medications will be kept by staff. You will be issued a full day supply of your medications each morning. No narcotic prescriptions will be permitted. Emergency medical situations will be addressed on a case to case basis.

If you remain on the premises after you have been given notice to leave, law enforcement will be called to assist in your removal.

If asked to leave, you will not be allowed back on the premises for a minimum of 30 days. You may re-apply for residency after 30 days. Criminal trespassing charges will be filed if you attempt to return prior to 30 days without staff approval.

A participation fee will be charged and collected on a weekly basis in the amount of \$80.00 per week. This amount includes utilities and transportation.

Each person will keep their sleeping area clean. Beds are to be made each morning and personal belongings kept in their appropriate place. In addition, you will be assigned chores each week and refusal to complete assigned chores will result in a sanction.

All food is to be kept in the kitchen area. You will be expected to clean up your mess after you eat or prepare a meal. "Community food" obtained from the food bank or other sources is to be shared among residents. If you want food other than what is provided, you will need to purchase the food on your own and keep it in sealed, labeled containers.

NO SMOKING inside the house. Smoking will be allowed in designated smoking areas only. Place cigarette butts in the designated containers outside.

All residents are expected to maintain personal hygiene. You are responsible for cleaning the tub / shower after each use. Proper clothing is required at all times.

Relationships are not allowed during the first six months of your stay. You are expected to have thoroughly completed Steps 1 through 9 prior to any involvement in a romantic relationship.

You are expected to attend at least three (3) AA or NA meetings a week and obtain a sponsor to assist you in working the 12 steps. Transportation will be provided to meetings. While at the meeting you are expected to not cause disruption. This includes not getting up during the meeting to go outside and smoke or visit – smoking and socializing needs to be done before and/or after the meeting.

A weekly meeting will be held for residents to discuss any ideas or issues involving their stay at New Life House. It is mandatory to attend unless it interferes with your work schedule.

Weekend Passes: Passes are not allowed during the first 30 days of your stay. Weekend and / or overnight passes with a legitimate reason and appropriate place (usually family) will be earned according to compliance with the House Rules and Executive Director's approval. Pass request should be submitted at least seven (7) days prior to date of pass.

NEW LIFE HOUSE

Assessment

MENTAL HEALTH

Within the last six months have you had a significant period in which you have experienced:

Serious Depression (hopelessness, loss of interest, change of appetite or sleep pattern, difficulty completing daily activities)? Yes No

Serious Anxiety (felt uptight, worried, unable to relax)? Yes No

Been prescribed medication for psychological/emotional problem? Yes No

Had periods of time when your thinking speeds up and you have trouble keeping up with your thoughts? Yes No

Thoughts of harming yourself? Yes No

Hallucinations (seen/heard things others don't see or hear)? Yes No

An attempted suicide? Yes No

TRAUMA/ABUSE

During the past 12 months have you:

Experienced a traumatic event (natural disaster, accident, injury, loss of a loved one, etc.)? Yes No

Had periods of time where you felt that you could not trust family or friends? Yes No

Been afraid of your partner and/or a family member? Yes No

Been hit, slapped, kicked, emotionally or sexually hurt or threatened? Yes No

GAMBLING

During the past 12 months have you:

Felt the need to gamble? Yes No

Gambled money needed to pay bills? Yes No

Had to lie to people important to you about how much you gamble? Yes No

Felt guilty about gambling? Yes No

SUBSTANCE ABUSE

During the past 12 months have you:

Been preoccupied with drinking and/or using drugs? Yes No

Tried to stop drinking or using but couldn't? Yes No

Continued drinking/using in spite of adverse consequences? Yes No

Tried to hide your drinking/drug use from family/friends/employer? Yes No

Need to consume more to achieve the same effect? Yes No

Drank or used more than you intended to (lost control)? Yes No

Had a blackout (can't remember what you did while intoxicated)? Yes No

Drank or used drugs to alter the way you feel or to cope with a problem? Yes No

NEW LIFE HOUSE

SCREENING

Client Name: _____ SS# _____

Address: _____

Phone: _____ Birthdate: _____ Age: _____

Marital Status: Single Married Divorced Separated Widowed

Referral Source: _____

Reason for Referral: _____

Are You Homeless: Yes No

Emergency Information

Name: _____ Relationship: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Current Medications: _____

Allergies (Food/Medicine): _____

Medical Conditions: _____

Mental Health Diagnoses: _____

Is there any issue that would prevent you from maintaining employment while a resident at New Life House? Yes No

If so what? _____

Education/Employment History

Last Grade Completed: _____ College: _____

GED: Yes No Interest in obtaining GED? Yes No

Last Employer: _____ When? _____

Type of Work: _____

Other Job Skills: _____

Drug History

When did you last use or drink: _____

What substance: _____

Have you experienced medical complications during withdrawal? Yes No

If so what type? _____

How long have you drank/used heavily? _____

Longest period of sobriety: _____ When? _____

12 step program exposure: _____

Have you ever used IV drugs? Yes No

Been tested for HIV or HEP C? Yes No Request testing? Yes No

Been diagnosed with HIV or HEP C? Yes No

Legal History

Do you have legal charges pending? Yes No

If so describe date/charge/location/status: _____

Are you on probation/parole or in drug court? Yes No

If so list officer/coordinator name, county, and contact information: _____

In your own words, why are you applying for residency at New Life House?

Are you willing and able to live in a shared housing arrangement? Yes No

Are you dedicated achieving long-term recovery? Yes No

What is your plan for recovery?

What tangible goals would you like to achieve while a resident at New Life House?

Cost for Residents

- *New Live House* charges each resident \$80 per week, which includes room, board, and transportation.
- *New Life House* needs donors to help cover full costs.

Rules for Residents

- Actively promote full recovery for self and housemates. Attend 12-Step meetings and find a sponsor.
- Agree to random drug testing. Residents who test positive for drugs or alcohol must leave.
- Take advantage of available opportunities to learn and practice necessary life skills.
- Volunteer for community service, such as fund raising events for *New Life House* or faith-based services for others who need help.

Support for Residents

- 24-hour support and encouragement
- Transportation for court appearances, counseling, church services, job search, and employment
- Life skills training for alcohol and drug-free living
- Life skills training for household management and personal finance
- A comfortable, safe home environment

*...a sober living house
for women*

1323 North 8th Avenue
Durant, OK 74701

580-924-1305

NEW LIFE HOUSE, Inc

The New Life Cross Family House offers a lifeline to women who sincerely seek long-term recovery from chemical dependencies.

New Life House provides a healthy, positive environment to help residents stay sober and practice life skills.

Unhealthy surroundings are a major relapse factor for anyone with drug and alcohol problems. Safe, residential havens have been shown to be the most cost-effective way to help recovering addicts become good neighbors.

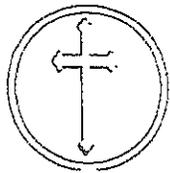
Residents who follow house rules can stay at *New Life House* as long as needed to successfully work a plan to become productive, self-reliant members of the community.

*Do you need
help to stay
sober and get
back on your
feet?*

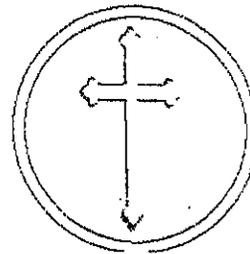
*Do you know
someone who
needs a sober
living home to
regain her
independence?*

*Call
580-924-1305*

*NEW LIFE
HOUSE,
Inc*



CROSS FAMILY



CROSS FAMILY

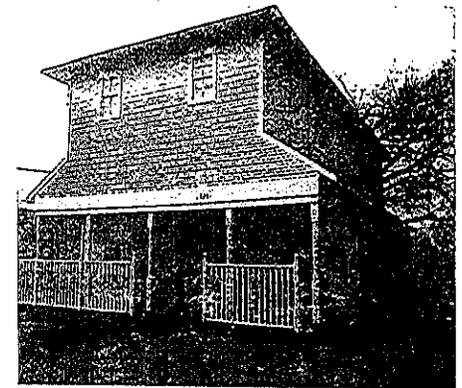
NEW LIFE HOUSE

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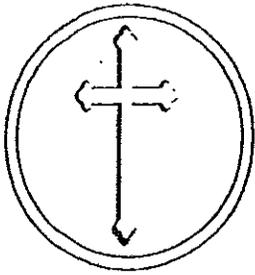
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*Changing
lives
for a brighter
future...*

*NEW LIFE
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*... sober living
house
for women*



CROSS FAMILY

NEW LIFE HOUSE

New Life House
1323 North 8th Street
Durant, Oklahoma 74701

SANCTIONABLE OFFENSES

Refusing to seek and/or maintain employment.

Refusing to participate in group meetings or to stay actively involved in recovery.

Refusing to be responsible for the maintenance and smooth running of the house.

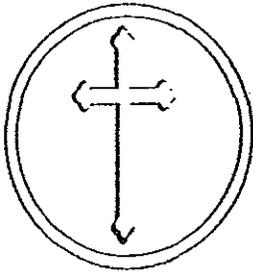
Not paying rent and following financial planning rules.

Curfew violation (Out of house by 8:00 am if on job search – in for the evening by 9:30 pm on weekdays and 10:00 pm on weekends unless have permission by staff for an exception.)

Misuse of prescription drugs. All drugs will be kept by the director.

Not maintaining personal hygiene.

Refusing to perform daily chores.



CROSS FAMILY

NEW LIFE HOUSE

**New Life House
1323 North 8th Street
Durant, Oklahoma 74701**

REASONS FOR IMMEDIATE REMOVAL FROM HOUSE

1. Use of or possession of alcohol or drugs.
2. Any violent behavior whether directed at a person or property.
3. Stealing.
4. Any overt sexual behavior on the premises.
5. Possession of any weapon.
6. Smoking inside the house.

The staff of New Life House has the discretion to remove a resident at any time. Testing positive for drugs or alcohol is grounds for immediate removal of residents from the premises. If you refuse to leave at that time, law enforcement will be called to remove you.