

# Chapter 1:

## Intro To Char Hope - Rooting for Recovery Programs

### Introduction

Welcome to the Char Hope Foundation Inc. “Rooting Recovery Program”, a transformative journey designed to help men & women overcome alcohol and drug addiction while fostering self-discipline, self-respect, cooperation, and honesty. Our program provides a structured, supportive environment where you will develop the tools needed for lasting sobriety and personal growth. This chapter introduces the program’s philosophy, financial structure, rules, and expectations, setting the foundation for your recovery journey.

### Program Overview

The Char Hope program is a residential recovery program for men & women whose primary challenge is alcohol or drug addiction. We also welcome individuals with stable psychiatric conditions, such as depression or anxiety, provided they have a designated psychiatrist or mental health provider prior to arrival. Our holistic approach combines agricultural work, recovery-focused groups, life skills training, and community living to help you rebuild your life.

### Financial Structure

Admission to Char Hope requires a one-time, non-refundable Intake fee of \$500.00, covering food, and personal hygiene items. After that you are required to pay \$577.00 per week. Each Resident is required to pay \$200.00 per week which includes program fees, utilities, groceries, and transportation. Additional costs may include periodic urine tests, prescriptions and fines for infractions related to attitude or behavior, as determined by our warning, violation, and strike system. After 8 weeks, residents may seek employment. Residents who successfully complete the program receive a certificate of completion from the Char Hope Foundation Inc..

#### Weekly Financial Break Down

Weekly Cost: \$577.00

Less Residents Part: -200.00 Weekly

Less Family Support or Scholarships: -377.00 Weekly

## Core Philosophy

At Char Hope, we believe that recovery requires learning and practicing self-discipline, self-respect, cooperation, consideration for others, and absolute honesty. These qualities are not just ideals but daily practices that shape your character and support your sobriety. Our rules and structure are designed to help you internalize these values, creating a foundation for a sustainable, fulfilling life in recovery.

## Program Rules and Expectations

The following rules and expectations are the backbone of the Char Hope program. They are designed to ensure a safe, supportive environment for all residents. **Note that program rules are subject to staff discretion and may be modified without advance notice under certain circumstances.**

### Sobriety

- Residents must remain free from alcohol and all mind and mood-altering substances. Any use or possession of drugs, alcohol, or weapons is grounds for immediate dismissal.
- Report any knowledge of another resident's possession of prohibited substances or items immediately. Failure to do so may result in discharge.

### Relationships and Socialization

- **No Dating Policy:** Romantic relationships, including communication with romantic interests, are strictly prohibited. Residents in existing marriages with supportive, sober spouses or serious relationships may work with staff to set boundaries for contact and visits, typically starting at Level 3. On a case by case basis.
- Socialization is limited to men or women with at least one year of sobriety and approved family members. Rides to and from work with female or male coworkers require prior staff approval. Unauthorized socialization with women or men is grounds for dismissal.

### Medical and Medication Policies

- **Medications:** All medications, including over-the-counter drugs, must be approved by staff and stored in your locker. Unauthorized possession or use of another resident's medication results in immediate discharge. Narcotics, Gabapentin, Lyrica, and muscle relaxers are prohibited. Approved psychotropic medications must be taken as prescribed, with staff monitoring daily.
- **Illness:** Report any illness to staff immediately. If you need to stay home from work or require emergency medical care, staff will coordinate transportation or call an ambulance. Notify staff immediately if an emergency occurs while on a pass.
- **Mental Health:** Residents with psychiatric conditions must have a psychiatrist or mental health provider in place before arrival. Staff will assist uninsured residents in applying for health insurance, though approval and access to mental health services may take time.

## Confidentiality

- Do not share any information about other residents, including their program involvement, urine test results, levels, or discharges, with anyone outside Char Hope. Breaching confidentiality willfully or repeatedly is grounds for immediate dismissal.
- Avoid accidental breaches, such as mentioning a resident's status in recovery meetings. Sharing concerns with staff is permitted and encouraged.

## Daily Schedule and House Rules

- **Wake-Up and Lights Out:** Residents must be out of bed by 6:55 AM on weekdays and 8:55 AM on weekends. Lights out is 11:00 PM Sunday–Thursday and 12:00 AM Friday–Saturday. Naps are allowed only on Fridays and Saturdays from 5:00 PM to 6:00 PM with approval.
- **Curfew:** Monday–Thursday curfew is 10:00 PM, Friday–Saturday is 11:00 PM, and Sunday is 4:30 PM for paperwork and planning. Late curfew without a verified emergency (e.g., medical note) results in a strike or discharge.
- **Doors:** All doors must be locked when the house is empty or between 11:00 PM (12:00 AM on Fridays/Saturdays) and 5:00 AM. Notify the House Manager for early departures. Smoking during lockdown hours is prohibited.
- **Visitors:** Visitors must be pre-approved by the Program Director and are allowed in common areas only on weekends (Saturday 9:00 AM–6:30 PM, Sunday 9:00 AM–4:30 PM). Visitors suspected of being under the influence or causing disturbances will be barred.
- **Personal Property:** Residents are responsible for securing their belongings in provided lockers. Char Hope is not liable for loss, theft, or damage.
- **Television and Telephone:** TV use is restricted until 6:00 PM on weekdays and during meals or groups. Phone calls are limited to 15 minutes, and messages must be logged. Residents on blackout are restricted from phone and internet use except for approved medical calls or emails.
- **Mail and Electronics:** All mail is monitored. Cell phones and vehicles are permitted only at Level 3 with transportation secured. Computer use is limited to work, medical, or treatment-related tasks, with no social media or personal email allowed.
- **Personal Hygiene and Dress Code:** Daily grooming is required, and attire must be appropriate, with no clothing promoting drugs or alcohol. Residents must be showered and dressed by 8:25 AM weekdays and 12:00 PM weekends.
- **Household Duties:** Keep bedrooms tidy, launder linens weekly, and complete assigned chores daily between 6:00 PM and 10:00 PM. Chores must be signed off and will be checked by staff.

## Infractions and Consequences

- **Violations:** Result in fines and include infractions like missing appointments, tardiness, incomplete chores, or profanity. Three violations equal one strike.
- **Strikes:** Permanent marks on your record, issued for more serious infractions like late curfew, improper computer use, or not reporting tips/paychecks. Three strikes result in a behavioral contract or discharge.
- **Immediate Dismissal:** Grounds include drug/alcohol use, violence, criminal activity, sexual activity, breaching confidentiality, or insubordination.

## Daily Schedule (Subject to change based on farm or program needs)

- **Weekdays:**
  - 6:55 AM: Wake Up
  - 8:30 AM: Morning Meeting
  - 9:00 AM–12:00 PM: Agricultural Learning Group
  - 12:00 PM: Lunch
  - 1:00 PM–2:00 PM: Recovery, Wellness, and Life Skills Group
  - 2:00 PM–3:00 PM: Resident Productive Hour
  - 3:00 PM: Ranch Break
  - 4:00 PM: Dinner Prep and Free Time
  - 5:00 PM: Dinner
  - 6:00 PM: Evening Barn Chores/House Chores
  - 10:00 PM: Doors Locked
  - 11:00 PM: Lights Out
- **Weekends:**
  - 8:55 AM: Wake Up
  - 9:15 AM: Morning Meditation
  - 9:30 AM–10:30 AM: Morning Barn Chores
  - 12:00 PM: Showered, Dressed, Out of Bedrooms
  - 5:00 PM (Sunday): Dinner
  - 6:00 PM: Evening Barn Chores/House Chores
  - 11:00 PM (Friday/Saturday): Doors Locked
  - 12:00 AM (Friday/Saturday): Lights Out

## Financial Policies

- **Allowances:** Residents receive a weekly allowance based on their program level: Blackout (\$5), Level 1 (\$10), Level 2 (\$20), Level 3 (\$30), Level 4 (\$100 as long as you maintain \$1000.00 balance). Fines or debt may reduce allowances.
- **Financial Requests:** Requests for work, health, child support, or legal payments are due by 9:00 AM Monday.. Personal items must be purchased with allowances.
- **Debt Reduction:** Residents in debt may work with staff to create payment plans or perform extra house tasks for income. Family members may assist with payments, subject to staff approval.
- **Rent:** Charged weekly from Friday to Friday (\$200 thereafter). Residents who leave without completing the program forfeit any account balance.

## Rooting Recovery Levels and Progression

Char Hope has five Rooting Recovery levels (Blackout, Levels 1–4), with progression based on meeting specific criteria. Residents must apply in writing for each level, and decisions are made by the Char Hope Staff. Key requirements include maintaining sobriety, complying with rules, and demonstrating personal growth. Residents must report any rule violations or suspicious behavior immediately to avoid consequences.

## Conclusion

The Char Hope Rooting for Recovery Program is a structured, supportive pathway to sobriety and personal transformation. By adhering to our rules, engaging in the daily schedule, and embracing the values of honesty, discipline, willingness, and cooperation, you will build a strong foundation for lasting recovery. Welcome to Char Hope—your journey to a new life begins here.

---

## Rules List for Char Hope Residents

The following list outlines the rules you must follow weekly during your stay at Char Hope. Review this list weekly with your counselor or Program Director to ensure accountability and progress toward program goals.

1. You must address staff and visitors in a proper manner such as Mam or Sir like Yes Sir or No Sir, Yes Mam or No Mam.
2. Maintain sobriety by abstaining from alcohol and drugs.
3. Report any prohibited items (drugs, alcohol, weapons) or behaviors by other residents immediately.
4. Adhere to the no-dating policy and socialization rules, limiting interactions to men and women with at least one year of sobriety and approved family members.

5. Submit all medications, including over-the-counter drugs, for staff approval and store them in your locker.
6. Take approved medications as prescribed, with staff monitoring daily (if applicable).
7. Report any illnesses to staff immediately and follow protocols for staying home or seeking emergency care.
8. Maintain confidentiality of other residents, avoiding sharing any program-related information with outsiders.
9. Follow wake-up times (6:55 AM weekdays, 8:55 AM weekends) and lights-out times (11:00 PM Sunday–Thursday, 12:00 AM Friday–Saturday).
10. Adhere to curfew (10:00 PM Monday–Thursday, 11:00 PM Friday–Saturday, 4:30 PM Sunday) and provide verification for any delays.
11. Ensure all doors are locked when the house is empty or during lockdown hours (11:00 PM–5:00 AM Sunday–Thursday, 12:00 AM–5:00 AM Friday–Saturday).
12. Follow visitor policies, obtaining pre-approval from the Program Director and limiting visits to common areas on weekends (Saturday 9:00 AM–6:30 PM, Sunday 9:00 AM–4:30 PM).
13. Secure personal property in your provided locker to prevent loss or theft.
14. Follow TV and phone restrictions, avoiding TV use until 6:00 PM on weekdays and limiting phone calls to 15 minutes with proper logging.
15. Adhere to mail monitoring and no-cell-phone rules (cell phones permitted only at Level 3 with secured transportation).
16. Maintain personal hygiene (daily shower, grooming) and follow the dress code, avoiding clothing that promotes drugs or alcohol.
17. Complete assigned household chores daily between 6:00 PM and 10:00 PM and sign off on completion.
18. Keep your bedroom tour ready, launder bed linens weekly, and ensure beds are made before breakfast.
19. Attend all required recovery meetings and groups, actively participating as scheduled.
20. Submit financial requests for work, health, or legal needs by 9:00 AM Monday (if applicable).
21. Turn in all tips and paychecks to staff immediately (if employed after 8 weeks).
22. Avoid receiving infractions (violations or strikes) by complying with all program rules.

## Notes

- Review this list weekly with your Program Director to track compliance and address any challenges.
- Document any infractions or difficulties to discuss during check-ins.
- After 8 weeks, if employed, ensure timely submission of rent payments (\$200/week) and tips/paychecks.
- Use this list to prepare for progression through the Char Hope Program by demonstrating consistent adherence to Char Hope's expectations.