



Resident Rules and Regulations

1. In accordance with Article VIII of the Constitution and by-laws of the Last Chance House the Head Custodian or the Weekend Custodian are the official representatives of the House Committee and the Board of Directors of the Last Chance House. They are empowered to enforce all Rules and Regulations herein. The Rules and Regulations are NEVER subject to resident interpretation!
2. Each resident will be responsible for his own personal hygiene and will assist in all housekeeping chores as assigned by the Custodian. The Board Members reserve the right to change resident bed assignments in order to accommodate any limitations of new incoming residents.
3. All residents are to be dressed and out of the House by 8:00 AM either working or looking for employment. Unemployed new residents are excluded from the pressure of seeking employment during the first week; however they must be up and out of the House by 8:00AM. The last resident to leave the house each morning shall be responsible for ensuring the coffee maker is turned off, coffee pots are emptied, and table and kitchen are clean and orderly (no food, trash or dirty dishes etc). This does not mean that each resident is not responsible to clean up after themselves!
4. Monday through Friday, dinner will be served at 6:00PM sharp. Residents must be in the House by that hour. NO EXCEPTIONS! Saturday, residents are required to be in the house by 7:30 pm and Sunday by 6:30 pm. At this time all cell phones will be turned off and placed in the residents locker, until 10:00pm NO EXCEPTIONS!
5. All residents are required to attend an evening A.A. meeting 7 days a week as follows:
6. All residents MUST attend the following meetings. It is up to the resident to make arrangements with his employer so he can attend these meetings.
 - Friday Night Residents Topic meeting, 8:00PM.
 - Saturday Morning “Bust-Outs” meeting 10:30AM (Unless working. During your stay you are required to attend this meeting at least once to give the lead.)
 - Sunday morning meeting 9:00AM
 - Saturday evening Open Step Speaker meeting 8:30PM
7. Residents must also attend the evening meeting at the Last Chance House, Monday, Tuesday, Wednesday, Thursday and Saturday nights, unless they are being taken to an outside A.A. meeting by their sponsor or a Board Member.
 - Residents must sit at the front table during meetings and must identify themselves as current residents of the House during their comments.
 - All residents are required to be in the House and fully dressed 1 hour before all meetings.
 - All TV’s and Radios must be turned off at that time and must remain off until 10:00PM.



- All cell phones and other personal electronic devices will be shut off and locked in locker before dinner, and will remain there until after evening meeting cleanup and fellowship. Residents should spend this time in discussions with the members who have attended the meeting.
- Residents are not permitted to attend evening meetings outside of the house, during their first week of residency.

8. Residents must request permission from the Custodian, or in his absence, a Board Member or the Head Resident, BEFORE leaving the House. They must explain where they are going and how long they will be gone. The resident must sign out on the kitchen log sheet and sign in upon their return. Residents leaving the house without their sponsor or a Board Member after the evening meeting must be back by 10:30 pm. NO EXCEPTIONS!

9. All residents who attend an outside meeting with their sponsor or a Board Member must be in the House no later than 11:30PM. NO EXCEPTIONS!

10. No smoking or eating is permitted in the bedrooms. Food must never be stored in your locker or in the bedrooms. Eating must be confined to the Kitchen or Dining Room. Furthermore, residents are not allowed to loiter or nap in the bedrooms until after 10:00 pm weeknights, NO EXCEPTIONS!

11. All TV, Radio, cell phones and other electronic devices, lights etc. must be off by 12:00 Midnight. If you must get up during the night, you must show courtesy to the other residents by not turning on bedroom lights or making unnecessary noise.

12. There shall be absolutely no card playing, dice or gambling of any kind while a resident of the House. NO EXCEPTIONS! For your own protection, the lending or borrowing of money between residents is highly discouraged!

13. The use of alcohol or any drugs, or possession of any unauthorized pills or medications; including but not limited to over-the-counter ingestible pain relievers, vitamins, sprays, inhalers, or appetite suppressors will result in the immediate expulsion of the resident from Last Chance House. NO EXCEPTIONS!

14. Rent of \$125.00 per week shall be due each Saturday morning following the 10:30am meeting. This will be paid to the Financial Secretary, or to any Board Member. Refunds for pre-paid but unused rent shall be limited to the \$125.00 "Final Week" rent, provided the resident is paid up to date including the Final Week rent. The refund will be payable only to the person who actually paid the rent. No refund will be made for unused partial week.

15. Any violence will result in immediate expulsion from Last Chance House. Threats of violence may also result in expulsion. Constant bickering or taunting between residents will not be tolerated and may result in the expulsion of either or both of the residents involved.

16. If any questions arise regarding the rules or problems you may have (real or imaginary) with other residents during your stay, we advise you to speak to the Custodian, your House Sponsor and you're A.A. Sponsor, in that order, prior to acting on your own. Remember, your words and actions determine whether you will remain a resident of the Last Chance House.



17. Smoking is only permitted on the deck outside of the house.

18. Any violation of the above Rules and Regulations may constitute grounds for immediate removal and expulsion from Last Chance House.

Note: Residents personal belongings must be removed from the Last Chance House when the resident leaves the House. All residents' property left for thirty (30) days after the resident leaves will be disposed of and the House assumes no liability for these items

Resident Name (Printed)

Resident Signature

Date