

The Martin House

a sober living facility

381 S 2nd Street
Steelton, PA 17113

John Langel, Director

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<https://themartinhouse.org>

Emergency Phone 717-329-5494



The Martin House Rules for Sober Living.

Basic rules for The Martin House, a sober living home, include the following: **You are expected to pay your rent on time every month**—When you enroll with a sober living home, you are expected to attend to your adult responsibilities. This means paying your bills on time, every time.

Substance use is not permitted, no exceptions—

1. The Martin House is designed to be a safe place that allows people to avoid the temptations of drugs and alcohol. The Martin House requires routine drug and alcohol tests, including tests in a laboratory, and failed tests can be grounds for expulsion and removal from the program.
2. It is against the policy to smoke marijuana anywhere in The Martin House or grounds, **EVEN IF YOU HAVE A MARIJUANA MEDICAL CARD.**
3. Energy drinks or tablets, such as Monster, Redbull, C4 or related products are prohibited. Possession or use of Hemp Oils, CBD, Kratom, Kava, and other mind-altering substances is prohibited.
4. All medications, prescription and over the counter (OTC), must be made available for staff inspection and may be stored by staff. Mouthwash with alcohol is prohibited. A positive UA test as a result of energy drinks, mouthwash or OTC medications may result in removal from the Martin House.

Absolutely NO smoking or vaping in the building or front steps – Smoking is permitted in the backyard or parking area.

You must complete your chores on time— The Martin House is a communal space and it is designed to run somewhat like a family home, chores included. These tasks

can help you to stay connected to the home, and they can help you remember the rhythms involved with keeping a house up and running.

Maintaining your personal space is required – Clothing and personal items must be stored in dresser or closet provided. Some storage is available in the basement. NO hoarding or accumulation of excessive items including but not limited to clothing. Bedrooms will be inspected on a weekly basis.

Maintaining common areas. Tenants are responsible to clean-up their own space and common areas they use – including kitchen, laundry room, meeting and dining room, bathrooms, etc

No Weapons--No weapons of any kind are permitted on the premises – including but not limited to knives, firearms or martial arts weapons

House meeting attendance is mandatory— Maintaining a communal living space involves communication, and The Martin House encourages open communication through the use of house meetings. Meetings can help you learn how to resolve conflicts with the people you live with, which can help when you move back home with family or to future accommodations

AA/NA Meetings might be required—In The Martin House, you will be required to attend 1 [12-Step recovery group](#) meetings per week in the home, or you might be required to show proof of attendance in community meetings. Both 12-Step and [non 12-Step recovery programs](#) can be a vital part of your recovery and relapse prevention.

Counseling/therapy sessions may be required—If you're still working through an outpatient addiction program when you are living at The Martin House, you might be required to show proof that you are attending meetings with your counselor. These check-ins can ensure you are following through with your recovery.

You may be required to maintain employment—At The Martin House, you might be required to get a job, so you can earn income, feel a sense of purpose, and discover sober social activities. If you cannot find a job or are sponsored by other means, you might be asked to volunteer in the community instead.

You will have a set curfew—When you are not at work, you will be required to be on the grounds of The Martin House by 9:30 PM Sunday – Thursday and 10:30 PM on Friday and Saturday UNLESS specified differently by your parole agent or counselor.

Visitors must be approved/allowed—You might feel quite open about your recovery and the steps you have taken to make a recovery come to light, but the people around

you might feel the need for privacy. As a result, visitors are rarely allowed in The Martin House. NO overnight guests

Respect other residents—Communal living with strangers is easier when everyone makes a commitment to get along, and there are rules that people must treat one another with kindness and respect. This can help you to retain new friends who you can lean on if and when your sobriety is challenged. Sharing personal items is not recommended

Travel may be limited—A sober lifestyle begins with a solid routine, and nothing disrupts a routine more than travel. As a result, it is not at all uncommon for sober homes to place restrictions on your ability to visit other communities, whether they are close by or far away.

There are pet restrictions—No pets will be allowed at The Martin House, including those you already have. except for prescribed service animals with copy of current prescription by a licensed psychologist. No Internet prescriptions accepted.

There are daily routines you need to follow— The Martin House sets “quiet hours,” to be from 10 PM to 6 AM which could mean that you are required to lower lights and keep your voice down during those times. Headphones are required at all times while using personal devices. This tranquil environment could help to reset your sleep/wake clock, and that could help you handle life’s responsibilities a little better.

Access to premises --The sidewalks, lobbies, passages, window wells and stairways shall not be obstructed by Tenant or used by Tenant for any purposes other than ingress and egress from and to Premises. Director shall in all cases retain the right to control or prevent access thereto of all persons whose presence, in the judgment of Director, shall be prejudicial to the safety, peace, character, or reputation of the building or of any of the tenants.

a./ There will be no gathering on the front steps or sidewalk in front of the building at any time. The area in the rear of the property may be used for gathering, smoking, picnics etc

b./ Parking is not permitted in the back of the building in the fenced in area.

Care of Facilities--The bathroom, sinks, faucets, plumbing or other service apparatus of any kind in the premises or in the building shall not be used by Tenant for any purposes other than those for which they were installed. No sweepings, rubbish, rags, ashes, chemicals or other refuse or injurious substances shall be placed therein or used in connection therewith by Tenant or left by Tenant in the lobbies, passages, or stairways. Trash must be taken to trash containers in the parking lot in the rear of the building. Tenant shall not use the water to wash cars or any other use other than normal use in the kitchen and bathroom.

a./Nothing shall be placed by Tenant on the outside of the Building or on its window sills or projections. Skylights, windows, doors and transoms shall not be covered or obstructed by Tenant, and no window shades, blinds, curtains, screens,

storm windows, awnings or other materials shall be installed or placed on any of the windows or in any of the window spaces, except as approved in writing by Director. If Director has installed or hereafter installs any shades, blinds or curtains in the Premises, Tenant shall not remove them without the prior written approval.

b./ No signs, lettering, insignia, advertisement, or notice shall be inscribed, painted, installed, erected or placed in any portion of the Premises which may be seen from outside the Building, or on any windows or in any window spaces or any other part of the outside or inside of the Building, unless first approved in writing by Director.

c./ Tenant shall not place locks upon any doors. A front door code will be supplied

d./ Tenant shall not do or commit, or suffer to be done or committed, any act or thing whereby, or in consequence whereof, the rights of other tenants will be obstructed or interfered with, or other tenants will in any way be injured or annoyed, or whereby the Building will be damaged. Tenant shall not use nor keep nor permit to be used or kept in the Building any matter having an offensive odor, nor any kerosene, gasoline, benzene, camphene, fuel or other explosive or highly flammable material. No birds, fish or other animals shall be brought into or kept in or about the Premises.

e./ Tenant shall not install in the Premises, telegraphic, telephonic, protective alarm or the transmission of excessive or dangerous current of electricity or annoyances into or through the Building or the Premises and to require the changing of wiring connections or layout at Tenant's expense, to the extent that Director may deem necessary, and further to require compliance with such reasonable rules as Director may establish relating thereto, and in the event of non-compliance with the requirements or rules, Director shall have the right immediately to cut wiring or to do what it considers necessary to remove the danger, annoyance or electrical interference with apparatus in any part of the Building

f./ Without Director's prior written consent, nothing shall be fastened to, nor shall holes be drilled or nails or screws driven into walls or partitions; nor shall walls or partitions be painted, papered or otherwise covered or moved in any way or marked or broken; nor shall any connection be made to electric wires for running fans or motors or other apparatus, devices or equipment; nor shall machinery of any kind be allowed in the Premises; nor shall Tenant use any other method of heating, air conditioning or air cooling than that provided by Director. No mechanic shall be allowed to work in or about the Building other than those employed by Director without the prior written consent of Director first having been obtained.

g./ Tenant shall keep the windows and doors of the Premises, including those opening on corridors and all doors between rooms or spaces entitled to receive heating or air conditioning service and rooms and spaces not entitled to receive such service, closed during the respective times that the heating and air conditioning system is operating, in order to conserve the service and effectiveness of the heating or air conditioning system as the case may be. Tenant shall comply with all reasonable rules and regulations from time to time promulgated by Director to conserve such services.

h./ Director shall in all cases have the right to exclude from the Building heavy furniture, safes and other articles which may be hazardous or to require them to be located at designated places in the Premises.

h./ NO weightlifting or exercise equipment shall be allowed in the building. The cost of repairing the damage to the building caused by taking in or out furniture, safes or any articles or any damage caused while the same shall be in the Premises, shall be paid by Tenant.

i./ ALL furniture must be approved before being brought into the house

j./ NO appliances will be allowed in individuals rooms. That included but not limited to microwaves, refrigerators, hot plates, coffee machines, electric water kettles, toasters, grills etc. Appliances will be available in shared kitchens.

Use of kitchen-- Tenants may eat food in the kitchen which has been donated to the house unless it is marked otherwise. Items placed in the refrigerator by tenants must covered, marked with name of tenant and the date placed in the refrigerator or they will be discarded. Eating other tenant's marked food is prohibited

Director's prerogative--Director reserves the right to rescind, suspend or modify any rules or regulations and to make such other rules or regulations as, in Director's reasonable judgment, may from time to time be necessary for the safety, care, maintenance, operation and cleanliness of the building, or for the preservation of good order therein. Notice of any action by Director referred to in this paragraph, given to Tenant, shall have the same force and effect as if originally made a part of this Lease. But new rules or regulations will not, however, be unreasonably inconsistent with the proper and rightful enjoyment of the Premises by Tenant under the Lease.

These rules and regulations are not intended to give Tenant any rights or claims in the event that the Director does not enforce any of them against other tenants or if the Director does not have the right to enforce them against any other tenants and such non-enforcement will not constitute a waiver to the Tenant.

Following sober living rules can clearly help you develop sober habits, but they are not just guidelines for sober living. Breaking these rules can mean losing your place in your sober living home. You could be expelled immediately, or you could be expelled when you break the rules more than once. It pays to know what the sober living rules are and it pays to follow them.

(This agreement is entered into on the ___ day of _____, 2024

Director or Representative

Tenant

Signature

Signature