

PEACEFUL MEADOWS RECOVERY CENTER

GUIDELINES FOR RESIDENTS



1. Staff decisions and directions are to be cheerfully accepted and respected without complaining.
2. Everyone is to greet with a cheery, "good morning," are to participate in planned activities, and practice being on time according to schedule.
3. Practicing the Golden Rule is important. Whispering, teasing, and silliness are not permitted.
4. In concern for moral purity and to avoid temptation, there shall be a hands-off relationship when possible. Consider Romans 13:14, "Make no provision for the flesh to fulfill the lust thereof." However; if a resident is putting herself, or anyone else in danger, staff has the authority to restrain her.
5. All clothing, reading material, and other articles brought along will be screened for approval by recovery coaches and staff.
6. Women shall wear head covering and cape dress at all times with sleeves covering the upper arm and dress length shall be below the knee when seated.
7. Alternative health practices including herbs, food supplements, essential oils, etc. will be screened by staff and medical personnel. Residents must respect staff and doctor decisions. All practices involving strange spirits or energies are not permitted. Back rubs and massages are not permitted except by staff.
8. No tobacco, illegal drugs, alcoholic beverages, foul or profane language are permitted. Cell phones, television, radios, music players, musical instruments, cameras, jewelry, ornaments, and games involving bidding or betting are not permitted.
9. All medical expenses outside this facility will be the resident's responsibility, including but not limited to, ambulance rides, hospital stays, dental, legal expenses, postage, and supplies, etc. will be the resident's responsibility. Bloodwork ordered by this facility will be paid by PMRC.
10. Permission and supervision are needed to leave PMRC premises, shopping and visiting must be approved by the administrator. Visitors and visiting times must be arranged with the administrator.
11. Conversations about past lifestyle only to be with therapist or counselor. Privacy of other residents to be honored. No discussing of any private information with other residents.
12. Cleanliness is important; a neat and clean appearance is required.
13. Communication with church friends and family will be primarily through letters. All incoming and outgoing mail will be screened, and any letters or information deemed a hindrance shall be withheld by the administrator.
14. No phone calls are permitted the first two weeks, other than emergency calls. Phone calls after that will depend on the progress of the resident and will be determined by staff. All calls are to be with church friends and family and will be monitored by staff and limited to 30 minutes per day, or three 10-minute calls per day. **Full cooperation is needed for these privileges.**
15. Upstairs is off limits for residents from 8:00 am till 8:00 pm except by permission from a recovery coach (or house mother) and then one resident at a time. Bedrooms subject to inspection by ladies that are in charge.

16. Bathrooms will be locked, and you need to get permission from a recovery coach if you want to use the bathroom, (Residents are not allowed to flush the toilets) and toilets will be flushed by a recovery coach after inspection. Bathrooms need to be kept clean and orderly.
17. No running in this facility. Must be seated for all activities unless told otherwise by the staff, stay with your group at all times. Positively no food talk, no discussing body image.
18. Prioritize **Your Own** recovery
19. If a resident chooses to leave against the advice of PMRC Administration/Medical Team they will be required to give a written 72-hour notice and, fill and sign a A.M.A. form.
20. Contact with others you were in program with is not permitted for the first 30 days after discharge.

Confidential Policy:

All of us at this facility must remember that anything we learn from our clients, past history, actions or happenings, shall stay within this facility, only those authorized to talk to doctors or family may pass this on outside the facility.

Rules for the Table

1. No sweatshirts or jackets at the table.
2. Both hands must be above the table at all times.
3. Long sleeves must be pushed above elbows for meals.
4. All outerwear may be checked regularly by staff prior to entering the bathrooms or going upstairs for the night.
5. No slumping in one's chair, everyone must be sitting appropriately upright.
6. Feet must be flat on the floor, no crossing legs on chairs.
7. No knee socks at the table.
8. Staff may require mouth checks and pocket checks at the conclusion.
9. The underside of the dining table may be checked after meals.
10. All conversation is to be positive.
11. "Palm Tree" is our key word for redirecting conversations.
12. No entering bathrooms for 1 hour after meals and snacks.

Signature_____ Date_____

Revised: 10-05-2022