



NORTHSTAR
REGIONAL

1045 Stoughton Avenue Chaska MN 55318
Office: 952-448-6557 Fax: 952-448-6047
www.NorthStarregional.com

Male Sober Housing

PLEASE CHECK ONE

Shakopee: Jefferson House

Chaska: Warner House Stoughton House Sunshine House Faber House

Carver: Kirche House **Shakopee:** Legion Harrison House **Chanhassen:** Santa Vera

Female Sober Housing

PLEASE CHECK ONE

Chaska: Liberty House Sloun House

Resident Information

First Name: _____ Middle Name: _____ Last Name: _____

Date of Birth: _____ Age: _____ Marital Status: _____

Current Address: _____ City: _____

State: _____ Zip: _____ Phone Number: _____

Cell Number: _____ Other Phone: _____

If applicable, name of the treatment center, institution or facility released from: _____

A release of information with the above facility must be signed by you, has this been completed?

Yes No

Financial Information

Are you capable of paying rent? Yes No

How will rent be paid? HSF (GRH) Self Friend/Family **Currently employed?** Yes No

Capable of working/volunteering? Yes No **HSF (GRH) Eligible** Yes No

If HSF (formerly GRH) funded have you completed the HSF/GRH application? Yes No

Chemical Use History / Legal Involvement

Sober Date: _____ Drug of Choice? _____

Can you pass a drug test today? Yes No

List types of drugs used/abused in the past 12 months: _____

Number of lifetime DWI's: _____ Number of lifetime possessions: _____

Number of lifetime assaults _____

Have you ever been charged with a sex crime? Yes No If yes, what crime and when? _____

Have you ever been convicted of arson? Yes No If yes, what crime and when? _____

Check one: None Probation Parole Pre Trial State & County: _____

Parole/Probation Name: _____ Parole or Probation Agent Phone: _____

Physical & Mental Health

Are you under a physician's care? Yes No

Doctors Name: _____ Phone _____

Under Care of?: Psychologist Psychiatrist Therapist

Name: _____ Phone _____

List types of drugs used/abused in the past 12 months: _____

Psychiatric diagnosis: _____

Ever planned suicide? Yes No Prescribed Medications: _____

Ever attempted suicide? Yes No

Emergency Contact Name: _____ Relationship _____ Phone _____

Address: _____ City _____ State _____ Zip _____

All lines must be initialed by the participant for application to be accepted

_____ I have a clear understanding of all expectations outlined in the lodging agreement

_____ I agree to actively work with a sponsor on a weekly basis

_____ I will attend a minimum of three published sober support group meetings & provide signature cards

- _____ I will not enter establishments that predominantly serve alcohol
- _____ I will not enter casinos or gambling establishments without prior written consent
- _____ I will not gamble online, in establishments, with lottery tickets, at private parties or in the home
- _____ I will abide by all house policies outlined in the lodging agreement which I have signed
- _____ I will not use drugs, alcohol or any other mind altering substances
- _____ I have not used benzodiazepine class drugs for the 6 weeks prior to scheduled admit date
- _____ I will attend the mandatory weekly house meeting
- _____ I will complete all household chores assigned each week by resident assistant / staff
- _____ I will only smoke in the single outdoor designated smoking area
- _____ Any personal property left at the home after I vacate will be donated or disposed of
- _____ I understand that NorthStar Regional is not liable for loss or theft of my personal property
- _____ I will treat everyone in the house, neighbors and staff with courtesy and respect
- _____ I will be law abiding and may be discharged for any legal violation
- _____ Only family members, PO's, caseworkers and same sex sponsors are permitted on site a max of 60 min.

By signing or typing your full name below you agree that all information provided is true and accurate to the best of your knowledge. You also agree that you have a clear understanding of each initialed box above.

Signature _____ Date _____

The undersigned understands and acknowledges that the above marked house is an alcohol and drug free property managed by NorthStar Regional. The undersigned resides in the capacity of a participant sharing house space and not as a tenant with rights or possession of space exclusively. Additionally, the participant understands that he/she waives any landlord/tenants' rights as outlined under Minnesota Chapters 504B.0001 - 504B.471 and may be discharged at any time for violation of this agreement. The undersigned is responsible for all residential fees during the course of participation. The undersigned participant agrees to be a part of, and abide by the policies and rules set by NorthStar Regional. The undersigned agrees to vacate the shared accommodation when cardinal, listed rules are violated. The following program policies are to be observed by all participants. These policies have been set forth by NorthStar Regional to maintain a clean, safe, and healthy living environment for those in recovery and to those who are willing and ready to change their lives and transition back into society. Any infraction of these program policies could result in disciplinary action and automatic removal from the house. The decision to remain a participant is based on each participant's behavior, and our goals are to help each

participant attain their goal of self-sufficiency by staying clean and sober and to find employment.

1. The program fee is \$1041 per month. Participants receive a prompt payment discount down to \$600 per month if they pay the program fee by the 5th of the month. After the 5th, there is a late fee of \$5 per day, until the 10th. Payment on the 10th or later is not discounted. If a participant moves from the house under emergency circumstances, prepaid service fees remaining shall be refunded on a pro-rated basis. Any failure by participant to pay fees when due, or failure to comply with any other of the conditions of this agreement allows NorthStar Regional to immediately void this agreement. Any infraction of the program rules may result in the immediate termination of the program agreement and expulsion from the house, and forfeiture of any program fees.

2. Standard Curfew: All participants will be expected to return to the house by 11:30 p.m. Sunday - Thursday and 12:00 a.m. Friday & Saturday. Participants need specific permission to leave any earlier than 5:00 am or work later than 12:00 a.m. Curfews are designed to help our participants change behaviors and learn new skills.

3. New Arrival Curfew: All new participants will return to the house by 9:00 p.m. every day. Clients coming to sober housing from NorthStar Regional Residential or Lodging are exempt from this rule and will abide by the standard curfew, see Rule 2. New participants will abide by the Standard Curfew after initial 30 day probationary period.

4. Medication: Our facilities do not dispense medication. Our policy prohibits taking mood-altering medications including but not limited to; scheduled drugs, controlled substances, narcotic medications, and some cold medicines/allergy medicines; however, we understand that circumstances may arise that require such medications. Should this occur, participants may be discharged with a full explanation to any supervisory agency. Any participant sharing or receiving medication will be terminated without question. All medications are subject to accountability check(s) by staff or resident assistant. Participants that are found to be abusing medications such as, ingesting dosages other than what is written on the prescription label will be discharged.

5. Drug and Alcohol Use: Participation is made available on the strict understanding that the house is to be, at all times, drug and alcohol free. If a participant uses any illicit drug, consumes alcohol, or ingests prohibited prescription drugs, the participant will be discharged immediately from the program. In addition, guests or visitors of a participant who are under the influence of any type of mind altering substances are not permitted, at any time, in the house or on the grounds. Protecting and/or knowing a fellow participant is drinking or using may be cause for immediate dismissal. Reporting all suspicions to resident assistant is an expectation of every participant. Clients can be asked to perform a drug screen/ toxicology test or breathalyzed at any time for any reason.

6. House Liability: NorthStar Regional is not liable for any personal property during or after the participant's discharge from the house. NorthStar Regional will dispose of all personal property 72 hours after discharge. NorthStar Regional assumes no responsibility for the personal property of the participant.

7. Payment Plans: Payment plans will be written for all participants that are \$200.00 or more in arrears in program fees. They will be written by the Housing Coordinator and client together. Once participant

agrees to plan and signs the document, the document will be enforced. Participants in arrears will be required to provide all pay stubs from their employer.

8. No loud music. Only headphone type radios allowed. Loud and excessive noise disturbs other participants and will not be tolerated. The TV's will only be played at reasonable volume levels and violation of these rules will be considered disruptive behavior.

9. Without director's written permission, no participant will: ♦ Install paneling, flooring, built in decorations, partitions or railings ♦ Drill or attach anything to the floors, walls or ceiling of the house ♦ Bring in any dish washing, heating, ventilating, or air conditioning units, or any water filled furniture ♦ All personal property not belonging to NorthStar Regional is subject to insurance at participant's expense ♦ Hang any shades, blinds and/or window guards in or outside of the premises ♦ Permit the accumulation of refuse in the house ♦ Move any furniture unless for cleaning purposes.

10. Visitation: No visitors are allowed, except for same sex sponsors/spiritual advisors. Opposite sex visitors and others are only allowed at the property if they are family members, and for a maximum of one hour and subject to resident assistant approval. Supervised children are allowed on site for no more than 6 hours and may be asked to leave if any other resident reports disruption(s). Covid policies for visitation are at NorthStar Regional's discretion.

11. Intimidation and/or violence. Any open or subtle hints of intimidation, violence or profanity towards participants or staff are grounds for immediate termination.

12. No smoking or vaping in the house. Smoking cigarettes and vaping in designated outside areas only must always be at least 10 feet from any structure.

13. No sexual activity in the house or on the house's property.

14. Housekeeping: Each participant is responsible for washing dishes immediately after eating. Sleeping areas are to be clean at all times. Participants are responsible for cleaning of all community living areas. Participants will keep the premises clean at all times, and upon termination will leave the premises in as good of a condition as it was when this agreement was entered. All participants are assigned and will perform daily house chores.

15. Excessive Utilities: Be aware of abusing free utilities. Turn off all lights in rooms not being used. Washers and dryers are available for your use. NorthStar Regional will pay all water, gas, heat, light, local telephone service, cable, and power to the house. The last person out of each room should turn off all lights. Turn off fans, T.V's or any electric device not in use. Participants are not allowed to have hot plates, heaters, air conditioners, microwaves, small appliances or large appliances in participant rooms.

16. Out of Bounds: Participants may not enter another person's room without permission. If there is a roommate in the room, the guest wanting to enter the participant's room must obtain permission from the other roommate as well.

17. No Food Areas: Food will be eaten in the dining and upstairs living area only. No food in bedrooms.

18. Passes: Each participant is allowed 5 passes per month. Participants are required to fill out a pass request with a minimum of 48 hour's notice. Participants from outside NorthStar Regional system are required to wait 30 days prior to having a pass.

19. Work: Within 30 days, all participants are required to volunteer, be enrolled in and attending school, or work at least 20 hours per week. Programming hours count towards the 20 hours.

20. Sleeping: All participants must be awake, dressed, with areas cleaned by 9:00 am on week days. Participants will not sleep in the living room. Lights should be out by 12:00 a.m. on weeknights.

21. Mandatory House Meeting Attendance: All participants must attend weekly house meetings. This is an important meeting that must be attended by all participants. If participants are unable to attend, they must leave their Sober Support Meeting attendance card at the house, be caught up on rent, and call to check in with the housing coordinator prior to the house meeting.

22. Sober Support Meeting Attendance: All participants must attend three outside published sober support meetings per week. The meeting attendance slips are to be turned in to the resident assistant prior to weekly house meetings.

23. Loitering in cars by visitors and/or residents outside the sober house is not permitted at any time and could be construed as mischievous behavior resulting in discharge.

24. Sponsorship: All participants will be required to obtain a sober support group sponsor within 14 days of program participation. We may verify with your sponsor.

25. Outpatient Treatment Programs: All participants must attend all court, parole/probation, social services referred treatment plans. Furthermore, clients must follow all discharge recommendations from their treatment programs. NorthStar Regional, may request that participants provide discharge/assessment documentation. Clients enrolled in our outpatient programming must attend all groups. If client is unsuccessfully discharged from programming, they are also discharged from sober house program.

26. Dress Code: All participants must be properly attired in the community areas.

27. Pornography: No pornography and sexual aids allowed in the house.

28. No pets: Participants are not permitted to have any pets on the property.

29. Telephones: NorthStar Regional provides free in-house telephone service. Participants are allowed 10 minutes maximum for each call. Telephone service is a privilege. Any problems with the telephones will result in the service being discontinued.

30. Weapons: No weapons of any kind are allowed on house property.

31. Fraternalizing: Any participant actively enrolled as a client with NorthStar Regional is prohibited from fraternizing with other active clients. Doing so would risk discharge from both programming and housing.

32. Notice to vacate: A written thirty (30) day notice of intention to discontinue participation is required from all participants.

33. Grievances: If a participant has a grievance that they feel has not been handled correctly by the resident assistant and housing coordinator, they may fill out a grievance at the front desk. The front desk is located at 1045 Stoughton Ave Chaska MN 55318.

34. Consequences: The staff of NorthStar Regional reserves the right to enforce the following consequences for infractions of any, or all, of the above house policies. The consequences may include extra chores, restriction to the house, no passes, or discharge from the program.

35. Vehicles: To operate and/or park a motor vehicle while residing at the house, a valid driver's license, proof of insurance is required. Copies need to be in the file at the main office. The vehicle may be towed at your expense. If you own a vehicle and can't legally drive it, park it elsewhere.

36. Room inspections: Room inspections may be carried out at any time by the Resident Assistant, which is subject to approval of the Housing Coordinator or other staff. Staff may search participant rooms at any time.

37. Theft: Any instances of stealing will result in immediate expulsion and be forwarded to police who will make a decision on charges and prosecution. This includes stealing from other peers, taking items from the house/property. i.e. sheets and linens, that are not yours, and taking food with you that is not yours. Participants being funded by the Housing Support Fund (formerly known as GRH) are not authorized to take any food with them when they leave.

38. Bar/Casino Restriction: Clients are not allowed to go to casinos at any time or for any reason. Clients are not allowed to go to a bar unless it is also an eating establishment and they are there to eat a meal.

39. Length of Stay: The Maximum length of stay is 9 months. The only exception to this rule is a resident assistant position.

40. Reporting Income: If a client is being funded by the Housing Support Fund (GRH), and you are working, said client has 10 days from the start of employment by law to report any income to their financial worker in the county. This pertains to people working for cash or check, as well as people receiving a paycheck from a company. If the client does not report their income, they are subject to discharge and staff will report them to their financial worker.

41. Transportation: Clients must use med rides from insurance for transportation to and from programming. If ineligible, NorthStar Regional will provide transportation to and from programming only. Clients must call 24 hours in advance to request a ride from NorthStar Regional. If you don't need the ride you've already scheduled, call and cancel immediately. Failure to follow transportation expectations may result in loss of transportation privilege.

By signing or typing your full name below and the last four digits of your Social Security Number, you agree that all information provided is true and accurate to the best of your knowledge. In addition, you agree you understand and will abide by all program policies and may be subject to program discharge for violation of any program policies.

Signature: _____

Date: _____ **Last 4 of SS#:** _____

This form may be: electronically completed and emailed back to admissions@northstarregional.com · Printed, completed and faxed to 952-448-6047. · Printed, completed and mailed to: NorthStar Regional 102 East Second Street Chaska, MN 55318 *Please note incomplete applications will not be considered. In addition, to be placed on waiting lists, a complete program application must be submitted