



RED RIVER  
RECOVERY CENTER

701 Center Ave East  
Dilworth, MN 56529  
218-284-7772

**Group Expectations:**

Take care of all personal needs before groups begin so they may be conducted without interruption. Everything highlighted on your program schedule is mandatory for your treatment.

- Groups will begin on time. Be seated before the group is set to start.
- Be respectful to the presenter. There should be no side talking.
- You must remain in group until its conclusion.
- No eating in groups.
- Be mindful of group confidentiality as this is an important part of relationship and trust building. What is discussed in group should not be discussed outside of group.
- Please clean up the space around you before leaving group.
- Residents should not wear headphones or sunglasses during groups or one-on-one meetings.
- To earn credit for attending a group you must participate and be attentive with your eyes open.
- If any resident becomes detrimental to group progress or interferes with the learning of other group attendees, that person will be asked to leave group.

\_\_\_\_\_ (initial) I have read and understand the group expectations.

**Confidentiality:**

You are expected to maintain a strict level of confidentiality with your information and all information of other residents in treatment.

Cell phones, cameras or voice recording devices are strictly prohibited in therapeutic groups or one-on-one sessions due to confidentiality concerns.

All residents are entitled to protection of privacy. What you see here or who you see here is confidential and protected by federal laws.

Video calls or FaceTiming are prohibited in the common areas. Video calls should be made in the designated phone room or as time allows, in individual client rooms.

\_\_\_\_\_ (initial) I have read and understand confidentiality.

### **Common Areas:**

The common areas are meant for residents to enjoy space together and get to know one another.

- Wear headphones when listening to music- not everyone is a fan of every genre.
- Refrain from using offensive language, jokes, slurs or derogatory conversation while in the company of your peers. This includes but is not limited to swearing, racism and/or sexism.
- Televisions can be turned on throughout the day from 7AM-11PM. Please be mindful of the programming choices. Staff reserve the right to change the station if the programming is considered inappropriate or offensive.
- Food and beverages are allowed in the dining room only.
- Sleeping is not allowed in the common areas.
- Residents are responsible for their own belongings. When you retire to your room at the end of the day, take your belongings with you. Items left in the common areas are not the responsibility of staff.

\_\_\_\_\_ (initial) I have read and understand the behavioral expectations for the common areas.

### **Peer Relationships:**

Borrowing or loaning money, clothing or other personal possessions is not allowed between residents. Red River Recovery is not responsible for unpaid debts and/or lost or stolen items. Staff will not retrieve one client's possessions from another peer's room.

Excessive fraternizing is strongly discouraged. If staff notice a romantic relationship beginning to form between two clients, counselors will issue a verbal warning. If staff continue to observe ongoing indications of the relationship and disregard for the verbal warning, a written agreement will be created and signed by the clients individually. If the contract is disregarded, the clients will be staffed for discharge or transfer to another facility.

Warning signs of fraternization:

- Two persons repeatedly observed spending one-on-one time together.
- Physical contact between two persons.
- A male and female signing out of the building without a third person.

\_\_\_\_\_ (initial) I have read and understand the expectations of peer relationships.

## **Behavioral Expectations:**

The use of alcohol, drugs or any mood-altering chemicals in any quantity on campus means discharge from Red River Recovery Center. Application for reinstatement for anyone possessing such substance on property will be considered after 30 days.

Persons returning to Red River Recovery Center under the influence of a prohibited substance will be offered transportation to Detox or if needed, a medical facility. Clients may be considered for reinstatement after detox if the clinical staff determine readmission meets the current needs of the individual.

Physical and/or verbal threats to peers or staff during treatment will be considered grounds for immediate discharge.

While a resident of Red River Recovery Center, we discourage you from patronizing establishments where the primary business is to sell/serve alcohol.

Gambling of any sort is prohibited at Red River Recovery Center. Gambling includes lottery tickets, scratch offs and sports gaming grids.

No stealing from peers or any person or place in the community. Red River Recovery Center places a high value on honesty. A client incurring a new criminal charge during their stay will be staffed for possible discharge (ie. shoplifting, driving under suspended license...).

\_\_\_\_\_ (initial) I have read and understand the behavioral expectations.

## **Medication:**

All medications, including over the counter, are to be turned in to the front desk. If you are prescribed medications, you must take them as prescribed.

If you are experiencing ill effects from a medication, you should speak to your counselor as soon as possible. Red River Recovery Center staff will help schedule an appointment to see a physician to discuss the medication. Until a change in prescription is received by a physician in writing, you are expected to continue with the medication(s) as prescribed.

If you are experiencing side effects from a medication that require immediate medical attention, emergency medical attention will be sought.

No phone use at the med window, including phone conversations or music.

Residents must have something to drink when taking their medication.

All residents must use a medication cup when taking their meds, regardless of the quantity of medications.

The medication window is closed during shift change to allow staff to count narcotics and pass along important information. Closed times are: 7:00AM-7:30AM, 3:00PM-3:30PM and 11PM-11:30PM.

\_\_\_\_\_ (initial) I have read and understand the medication policies.

### **Vehicles on Property:**

Anyone bringing a vehicle on property must provide a valid drivers license, current proof of insurance and the vehicle must have current tabs to be street legal.

A vehicle on property without all required information will not be allowed to leave property. The vehicle keys will be inventoried and stored until paperwork requirements are met.

Vehicles brought on property will be searched by staff within the first 24 hours and are subject to search at staff discretion.

Vehicles cannot be raised on jacks for repair on Red River Recovery Center property.

Red River Recovery Center strongly discourages vehicle owners from lending their vehicle to peers.

\_\_\_\_\_ (initial) I have read and understand the policies regarding vehicles on property.

### **Personal Belongings:**

Upon admission staff will search all belongings. Items will be sorted into belongings you can have immediately and items that will be put in the hot room. The hot room is a preventative measure for all items made of fabric. Any belongings brought in from a residence or purchased at a secondhand store will be put in the hot room.

Tote bags, backpacks, shopping bags, purses, coats, and sweatshirts will be searched upon return to the building.

Residents should not purchase items containing alcohol or products in aerosol cans. If such items are brought in the building, they will be inventoried and placed in storage until the time of discharge.

Personal TVs and desk top computers are not permitted. If such possessions are brought in at admission or during the stay, the items will be inventoried and stored in the basement.

\_\_\_\_\_ (initial) I have read and will comply with the personal belongings policies.

## **Drug Screens and Breathalyzers:**

Urine drug screens and/or breath tests are given randomly at any time of the day.

Refusal of a drug screen or breath test will be considered a positive result and can be grounds for discharge.

Residents must produce a UA within two hours of being notified. If not, it will be considered a positive UA. Eight ounces of liquid can be consumed every 30 minutes until the resident can provide a sufficient urine sample.

Once notified of a UA, residents must stay in an area visible to staff at the front desk, i.e. the table just inside the small TV room. If a resident is notified of a UA and leaves the designated area, the resident will be placed on house restriction until the UA results are returned from the lab.

\_\_\_\_\_ (initial) I have read and will comply with the drug screen policies.

## **Client Rooms:**

You will be given a room assignment upon admission. Changing rooms or beds is not permitted unless approved by staff.

Clients are not allowed in any other client room except their own.

Red River Recovery staff have the right to inspect sleeping areas at any time.

You are responsible for making your bed daily and keeping the blanket and pillow assigned to you in your room. Your bed sheets, flat and fitted, should be on your bed. Bedding should be washed at least once per week.

Client rooms will be checked for cleanliness every morning. Rooms should be regularly dusted, carpets vacuumed, bathroom toilet, tub and floor cleaned, clothing stored neatly, sink area organized and laundry done on a routine basis. If a room does not meet expectations, a note will be left on the mirror as a reminder. The noted items are expected to be completed by the second day of room checks.

Eating and drinking (other than water) is not permitted in resident's rooms.

Candles, candle warmers, incense and smudging are not allowed in client's rooms.

Laptop computers and other small electronics can be used in your living space after 4PM. Quiet time begins at 10PM. Electronic devices should be powered down at this time.

Health and safety regulations require overnight staff to make multiple room checks throughout the night. You are required to wear something to bed. Sleeping without clothing is not permitted.

\_\_\_\_\_ (initial) I have read and understand the room expectations.

### **Laundry Facilities:**

There is a laundry room on each floor. The first-floor laundry room is designated for first floor residents. The second-floor laundry room has two washers and two dryers. They are designated for second floor clients.

Laundry soap is provided at the front desk; however, you may use your own laundry soap if you would like.

Residents should not wash shoes, boots, or other bulky items.

Laundry rooms are closed Monday-Thursday from 8AM-4PM and Friday from 8AM-12Noon.

Residents should launder their clothing and bedding during a time they will be present to tend to it. Laundry should not be left in the washer or dryer for long periods of time.

Clothing left unattended in a laundry room is not up for grabs.

Do not overload the washers or try to open them during a cycle. They will lock until the cycle is completed.

\_\_\_\_\_ (initial) I have read and understand the laundry room expectations.

### **General Expectations:**

Sleep hygiene is an important part of improving your overall health. Residents are strongly discouraged from consuming energy drinks. Energy drinks are not allowed on Red River Recovery Center property.

Residents may store unopened food or beverage in their assigned room or in the designated fridge/shelving area. Food or beverage should be opened and consumed in the designated dining area. If a product is opened and stored in the community fridge/shelving area, it must be labeled with a name and date.

Smoking/chewing/and vaping are restricted to outdoor smoking areas. There is no smoking/chewing or vaping allowed inside the building.

Public Health Laws require you to always wear something on your feet.

Clothing promoting drugs, alcohol or drinking establishments are not acceptable attire while you are a resident of Red River Recovery Center.

State law prohibits a resident of any Residential Treatment Center to establish residency at that address. Do not use Red River Recovery Center's address to get a driver's license, apply for credit cards or open a bank account.

Residents must sign in and out when coming and going from Red River Recovery Center. Sign out destinations should be specific, and times should be accurate. If your restriction status requires a buddy, that peer should be specified and should remain with you throughout the entirety of the sign out time.

\_\_\_\_\_ (initial) I have read and understand the above expectations.

### **Daily Schedule:**

All residents are expected to be up, dressed, room orderly with the bed made and seated in meditation by 8AM, Monday- Friday. Residents are expected to be out of their rooms and productive between the hours of 8AM-4PM. You will not be allowed permission to go back to your room to "get ready" if you chose to sleep in.

If you are not feeling well, you should speak with a counselor regarding your symptoms. Your counselor may choose to place you on sick status to prevent your illness from spreading to others. If you are placed on sick status, it is for the entirety of the day. You should stay in your room as much as possible except to eat meals and use the smoking area. You should not plan to attend an outside support meeting or go to work while on sick status. If you miss a required group while on sick status, you will be expected to make up that group the following programming day.

Every resident is assigned a house chore. The house chores change every other Wednesday. Unless otherwise stated your house chore must be completed by 9:00AM

Meals are served three times daily: breakfast from 6AM-9AM, Lunch 12N-1PM and Supper 5PM-6PM. If you are working during one of the assigned mealtimes, a sack lunch will be provided to you. Bread, butter, peanut butter, jelly, fruit and coffee will be available throughout the day for snacking.

Residents must attend all programming based on level of care. Residents should attempt, whenever possible, to schedule appointments outside of scheduled programming hours. Missed programming hours should be made up as soon as possible.

Curfew is 11PM, unless otherwise set through probation or drug court.

An important component of sobriety is a strong network of support. You are encouraged to attend at least two recovery meetings per week.

\_\_\_\_\_ (initial) I have read and understand the house schedule.

## **Restriction Status:**

### **Definitions:**

**House Restriction:** Residents are allowed to be transported to scheduled doctor, dentist or mental health appointments. Residents will be transported to and from those appointments by staff.

**Buddy Restriction:** Residents are allowed to sign out of Red River for a period of time but must be in the company of a non-restricted peer.

### **Low Intensity:**

- Days 1-2: residents are on house restriction.
- Days 3-7: residents are on buddy restriction.

### **Medium Intensity:**

- Days 1-7: residents are on house restriction
- Days 8-14: Residents are allowed specific sign outs with a buddy ie a community support meeting, spiritual event, and two two-hour recreational outings as well as scheduled appointments.
- Days 15-21: Residents are allowed sign outs without a buddy ie community support meetings, spiritual events, two four-hour recreational outings/job interviews as well as scheduled appointments.

Residents not meeting house expectations (ie. arriving late to group, being out past the sign out time frame, an unkempt room, failing to do a house chore...) may lose sign out opportunity.

The intent of restricting mobility is not for punishment but rather to identify residents who may be struggling with sobriety or dealing with a significant/traumatic life event. Keeping a resident in proximity allows counseling staff to intervene, help manage a crisis and provide guidance using healthy coping skills.

On Mondays, any resident earning no checks or being placed on restriction for the seven days prior will be recognized.

\_\_\_\_\_ (initial) I have read and understand the restriction status policy.



**Pass Requests:**

Pass requests must be filled out and turned in to your counselor by midnight Wednesdays. Pass requests will be reviewed during Thursday morning staffing. To be eligible for an approved pass you must attach one meeting verification slip to the request or have attended an in-house meeting. You must also be off restriction Thursday when passes are reviewed. Approval will also be sought from probation officers, drug court, child protection, commitment workers or other significant team members. The pass week for meeting verification goes from Wednesday to Wednesday.

\_\_\_\_\_ (initial) I have read and understand the pass requests.

\_\_\_\_\_  
Resident Signature

\_\_\_\_\_  
Date Signed