



WARRIOR HOUSE RULES

The rules for HOUSES FOR WARRIORS Cooperative Living have been established to help you reestablish and maintain boundaries in your life, while maintaining a safe and caring environment for all who reside here. These rules have been carefully thought out and have been put in place to help you in your journey toward a successful life.

***Violation of the House Rules could lead to termination of lease agreement. Tenant will no longer have access to the benefits of the program.**

1. ADMISSION

- Admission into Cooperative Living is a privilege and not a right.
- Upon admission and at any time, the Warrior must submit all possessions and person to inspection.
- An inspection may be conducted at any time that there is a reasonable cause to suspect that contraband, synthetic drugs, firearms, unauthorized knives or sharp objects, illegal drugs and/or illegal drug paraphernalia may be present either on the person or in the room/personal space assigned to that person.
- All Warriors will be supervised by the Houses For Warriors Staff and/or House Manager during their stay in Cooperative Living. All requests and problems will be channeled through the Warrior's Case Manager.

2. PRIVACY

- Since Cooperative Living is a residential live-in program with many Warriors in the program there should be no expectation of privacy.
- Personal spaces are designed for two-three men.
- HOUSES FOR WARRIORS reserves the right to perform room searches when deemed necessary by the Cooperative Living Director.
- HOUSES FOR WARRIORS also reserves the right to use closed circuit TV in common spaces, hallways and entrances for security purposes.

3. FAMILY VISITS

- Family visits may be allowed in accordance with Cooperative Living
- Personal Visits are permitted in the common areas of the house only. Visitors are not allowed in the Warrior living spaces and may NOT stay past 10pm (quite hours).
- Visitors may not eat any food that was not purchased by you. This includes House Pantry and other Warrior's personal food.

4. DRUGS, ALCOHOL & SMOKING

- The following items, but not limited to, are not allowed in your possession or in your room/personal space or used on the property anytime during your lease:

- Firearms, knives or other sharp objects.
 - Alcohol.
 - Synthetic drugs.
 - Illegal substances.
 - Illegal paraphernalia.
 - Unapproved Prescription Medication.
 - Medication that is not prescribed to you.
 - Recreational Marijuana
- Warriors must take prescription medication prescribed to them according to the Doctors instructions.
- Warriors are not allowed to have contact or association with individuals under the influence of, or in possession of, the previously mentioned substances.
- While in the Warrior House, Warriors will be required to submit to room searches if there is a suspicion of a violation of these rules.
- Sobriety is STRONGLY ENCOURAGED during your stay at the Warrior House.
- **NO SMOKING** is allowed in any structure on property. This includes, the house, garage and sheds. Designated smoking area is the back porch/backyard ONLY. Warriors who are caught or suspected of smoking outside of the designated area will be warned the first time. Second offense will be grounds for lease termination.
- **Marijuana Policy: Only Prescribed Medical Marijuana** is allowed and permitted on the property and may only be used in designated smoking area. You may not share or give any prescribed medication to anyone other than yourself. Recreational Marijuana is not permitted on the property.

5. VIOLENCE

- Violence, abuse or threats of violence or abuse are not allowed at any time. This includes swearing, threats, name-calling or threatening tone or level of voice towards Staff or other Warriors.
- Horseplay will not be allowed as this can lead to aggressive behavior.
- Bullying, passive-aggressive behavior, or disrespect will not be tolerated.
- The meditation room is a space to use as needed and encouraged when you are *triggered, charged, or feeling angry*.
- Any acts of violence will be grounds for immediate removal of the property and a court ordered restraining order.

6. WEAPONS

- No weapons of any kind will be allowed for the duration of the program. This includes firearms, knives or any other objects that may be used as weapons. Weapons are to be surrendered to Program Administrators upon admittance to the HOUSES FOR WARRIORS. They will be kept in a safe place until Warrior has completed the program.

7. ILLEGAL/UNACCEPTABLE ACTIVITY

- Illegal activity will not be tolerated. This includes any previously stated, but not limited to, activity or behavior that would be considered illegal in a society. You will be held accountable for every choice you make while in HOUSES FOR WARRIORS.

8. MAIL

- The HOUSES FOR WARRIORS Program does reserve the right to inspect and censor all incoming mail and packages as they are being opened by the addressee for security purposes.
- The HOUSES FOR WARRIORS may, at Staff discretion, restrict a Warrior from communicating by mail with specified individuals at the request of Staff, family members or close friends.
- Warriors are encouraged to write their spouse, children, parents or other persons designated as “family” on a regular basis according to their Individual Service Plan (ISP).

9. FOOD

- **No** food is allowed in the Warriors’ room/personal space. If you purchase foods, label the food with your name and place it in your assigned place in the kitchen or pantry.

10. PERSONAL PROPERTY/FINANCES

- The Cooperative Living is not responsible for lost or stolen valuables, prescription drugs or other personal belongings.
- Panhandling or borrowing money/items from anyone is not allowed.
- Discussion of one’s personal financial ability or lack thereof will not be tolerated.
- HOUSES FOR WARRIORS Staff is not allowed to hold finances or personal items for Warriors.
- Financial education, planning, and other resources are available in the community.

11. DRESS CODE

- Warriors are only allowed to have clothing that will fit in their personal space.
- Warriors in all Phases must be dressed appropriately when not in the personal space (room).
- Sagging of oversized pants will not be allowed.
- Warriors are not allowed to wear the hood portion of their hoodie or sunglasses indoors at any time.
- Tattoos that are offensive or vulgar in nature must be covered. No new tattoos will be allowed while in the program as you are **required to be saving money for your future.**
- Shoes should be worn always but is not required.
- Dress must be modest in keeping with moral standards. Professionalism is always highly encouraged.

12. LAUNDRY

- Laundry will be done as needed and at your own risk. HOUSES FOR WARRIORS is not responsible for damage to any clothing washed in the community laundry equipment.
- You may not use **PERSONAL BEDDING** such as pillows, blankets or sheets.
- **HOUSES FOR WARRIORS** issued bedding **ONLY**. **Warriors are required to launder the bedding at a minimum of weekly.** This includes comforters, blankets, sheets, pillowcases as provided by HOUSES FOR WARRIORS.

13. ROOM/PERSONAL SPACE

- Rooms/personal space must be kept neat and organized always.
- Furniture is not to be moved from room to room/personal space to personal space without permission from the HOUSES FOR WARRIORS Executive Director.
- No candles or incense burning is allowed in the rooms/personal space. They may be used in the meditation room as pre-approved by house manager.
- Personal possessions must fit in the allotted storage space. If a Warriors room/personal space is found with too much stuff he/she will be required to downsize and remove items that take up too much space.
- No Warriors can bring furniture or appliances into their room/personal space.
- Coffee pots, hot plates, toaster ovens, microwaves, etc....are not allowed in the Warriors room/personal space.
- All books must fit in the drawers or on a bookshelf, if available.
- Warriors are not allowed in other Warriors' rooms/personal spaces. If a Warrior desires fellowship with another Warrior they may use the common areas.

14. COMMON SPACES

- Common space must be kept neat and organized always.
- Furniture is not to be moved.
- No personal items are to be left in the space.
- Candles and incense may not be used.
- Quiet hours are from 10pm to 6am

During the above Quiet Hours, TV, music, video, and the like shall be silent or used with headphones; Warriors shall also avoid loud talking, loud phone calls, noisy appliances, and other undue noise. In addition to the hours above, the Warriors agree to conduct themselves in a flexible, courteous, and conscientious manner, using common sense and "the golden rule" (treating others how you want to be treated yourself). If a Warrior (s) would like to deviate from the above Quiet Hours (for instance, hosting a late-night game, movie or xbox party), the matter should be discussed among all roommates in advance, and everyone should work together to reach a reasonable compromise.

15. HYGIENE

- All Warriors must maintain personal hygiene habits daily. This includes but is not limited to showering, brushing teeth, shaving (beards must be kept neat and trimmed) and wearing deodorant.
- Maximum of 15 Minutes Per Bathroom Use (Including Showers).
- If Warriors need personal hygiene items, they should let their Case Managers know.
- The HOUSES FOR WARRIORS Cooperative Living will provide generic hygiene items. If a Warrior has any special requirements or brand preferences it is up to the Warrior to provide these items at his/her own expense.

16. LANGUAGE

- Conversation between Warriors should be positive in nature to strengthen and encourage one another.
- No street talk, cursing, backbiting, gossiping, passive-aggressive or jail talk will be allowed.
- It is also unacceptable to speak in a derogatory manner towards other Warriors (same or opposite sex), Staff or any other person.
- Absolutely **NO POLITICS** will be discussed on HOUSES FOR WARRIORS property.
- Religious preferences will be voluntary, personal and an individual choice without judgment or intimidation. Encouragement and support of individual spirituality will be respected by all.

17. PERSONAL POSSESSIONS

- Each Warrior may bring some of his/her own personal possessions. All items that are out of the ordinary must be approved by the HOUSES FOR WARRIORS Executive Director.
- All electrical hair dryers, irons etc... must be unplugged when not in use. Because of fire hazards, if any are found left on, they will be confiscated.
- Personal electronic devices are allowed including: Cell Phones, Laptop Computers, DVD Players, CD Players, Cassette Players, I-pods, etc.... However, all usage of personal electronic devices will not be allowed during house meetings and scheduled appointments.
- **Warriors are not allowed to use another Warrior's personal items.**
- Warriors are not allowed to lend or borrow money, items, etc.... to or from Staff members or other Warriors.
- Warriors are not allowed to exchange or sell personal items, belongings or services to each other or Staff members.
- Staff members are not allowed to hold finances or personal items for you, apart from Program Administrator regarding weapons.

18. PORNOGRAPHY

- Possession of or viewing of pornographic material outside of personal spaces in any form will not be allowed.

19. GENERAL ETIQUETTE

- All Warriors will observe and maintain the utmost courtesy and manners.
- Demonstrate a professional character and attitude toward others.
- We follow the Golden Rule: No Politics, No attack or intimidation of Religious preferences and no War Stories. Keep the peace.

20. PROBATION AND PAROLE

- All Warriors will be expected to cooperate with all law enforcement agencies.
- Warriors who have court appearances, probation meetings, parole meetings, or other legal appointments must set up those meetings through their Case Managers and schedule transportation accordingly.

21. DISMISSAL

- If Warriors leave or are dismissed from the program, it is mandatory that they take all their clothing and personal possessions with them.
- The HOUSES FOR WARRIORS shall not be responsible for any clothing or personal possessions left behind by the Warrior.
- If dismissed from the property, Warriors may not return for a designated time, which will be determined by a HOUSES FOR WARRIORS Director.
- If a Warrior is dismissed, Warriors who remain in the program will not have contact without pre-approval from Houses for Warriors Director.
- **If dismissed due to violation of drug/alcohol/violence rules, Warrior will have 15 minutes to pack and vacate the premises.**

22. GRIEVANCES

- All Warriors have the right to file a grievance in accordance with the Warrior Grievance process without retaliation, restrictions or barriers to services.
- Administrator will try to resolve within three (3) working days.
- Warriors may have direct access to the Program Director at some point in the grievance process, if necessary.

Houses for Warriors– Warrior’s Rights

To receive assistance to have basic needs met (i.e., food, clothing and shelter).

To be treated as a respected member of society.

To have your personal information protected.

To understand the rules of your program.

To be treated fairly.

To file a grievance.

To be provided with a safe environment to the best of our ability.

Warrior Code of Conduct

- I understand as a participant in the Cooperative Living that I am responsible for my behavior.
- I will not engage in any inappropriate contact or relationship with any other staff, volunteer, practicum, and participants in the Cooperative Livings.
- I will not use bad language, swear, insult or fight with other people.
- I will refrain from any form of personal abuse towards others, including verbal, physical and emotional abuse.
- I will participate actively in the programs.
- I will try new activities and learn new skills to the best of my ability.
- I will not ask to include my friends, brothers, sisters, or other family member in program activities unless they are so invited.
- I will be on time and dressed appropriately for all program activities, including transportation.
- I will let the Directors of Houses For Warriors know if my plans change and I am unable to keep an appointment or participate in an activity.
- I will not expect the Staff to buy me gifts, give me money or take me on expensive outings.
- I will keep in contact and have open communication with Directors of Houses For Warriors .
- If a problem develops, I will immediately talk to the Directors of Houses For Warriors about it.
- If a problem develops within my family or other circumstances occur that affects my participation in the program, I will contact the Directors of Houses For Warriors immediately.
- I will smoke in the designated smoking area only. The designated smoking area is the back patio.
- I will clean up after myself and will volunteer to help maintain the cleanliness and sanitation of the house.
- I agree to follow all established rules and guidelines of Houses For Warriors, Inc.

The Ten Commitments

These are the commitments you need to make to discovering who you are, and to become who you want to be. We only **encourage** you to make these commitments to yourself, for your life and only you can hold yourself accountable- through your actions and choices every day.

Know Myself

Change & Accountability

Finish & Follow Through

No New Relationships

Communication

Higher Standards

Substance Free

Being Positive

Active in Action

Gaining Employment & Housing



WARRIOR GOAL SETTING GUIDE

WHAT ARE SMART GOALS:

Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

SMART goals are:

- **Specific:** Well defined, clear, and unambiguous
- **Measurable:** With specific criteria that measure your progress toward the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic, and relevant to your life purpose
- **Timely:** With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Specific SMART Goals

Goals that are specific have a significantly greater chance of being accomplished. To make a goal specific, the five “W” questions must be considered:

1. Who: Who is involved in this goal?
2. What: What do I want to accomplish?
3. Where: Where is this goal to be achieved?
4. When: When do I want to achieve this goal?
5. Why: Why do I want to achieve this goal?

LET'S GET STARTED

STEP 1: Identify values. Discuss your values and aspirations.

What's important to you?

What do you value most?

What would you like to achieve in life?

How important is financial success to you?

What types of activities do you most enjoy doing?

What would your ideal career be and why?

What characteristics are important in a manager to you?

What do you see as your greatest attributes, skills, characteristics? Why?

What would you most like to improve about yourself?

What don't or are you not good at that we should avoid?

STEP 2: Identify goals.

What would you like to see evolve from and through our life?

What's your goals for the next 3 months?

What's your goals for the next 6 months?

What's your goals for the next year?

What's your goals for the next 5 years?

Where do you see yourself in 10 years, 20 years?

STEP 3: Reassess each goal using the SMART criteria and questions below to gain clarity for each goal.

APPLY SMART (SPECIFIC, MEASUREABLE, ACHIEVEABLE, REALISTIC & TIMELY) TO THE QUESTIONS ABOVE?

What does that mean to you?

What sorts of things would you need to do to achieve that?

How would you know when you had reached your goal?

Apply the 5 "W"'s to each goal?

STEP 4: PRIORITIZE GOALS

How important is this goal to you?

Which is more important?

What goal is going to take a lot of effort. Are you ready to put in the time, effort and energy?

How would you know when you had reached your goal?

STEP 5: WRITING YOUR GOALS

When will you have your goals finalized and written to share with your mentor?

Within 5 days

Within 7 days

STEP 6: FOLLOWUP AND FOLLOW THRU

How often are you going to follow-up and follow thru on a goal?

How often do you want your mentor to check with you on progression of your goals?

1/week

1/month

STEP 7: ACHIEVEMENT, CELEBRATION

What does success or achievement look like of each goal?

How will you celebrate? With someone? Alone? Will you share?