



Introduction

Stones River Recovery program is designed to enable the student to establish a foundational relationship with Christ, understand addiction, and become the launch point for a new life. The Program is a three(3) level, evaluation based program which operates a 90 day curriculum. Progression through the three levels of the program is based on student evaluations and program participation. The length of stay in the program is based on personal needs, each student's initial treatment plan, and student evaluations.

The main purpose for the program is to usher the student out of the strongholds of addiction and the addictive lifestyle, and teach them powerful recovery skills, as well as how to develop a strong personal relationship with God.

Once a student completes the program, an assessment will be performed to determine the next step in their personal treatment plan.

The following is a list of rules, regulations, and policies that are enforced in Stones River Recovery programs (SRR programs). Adherence to these and other policies and procedures is a major deciding factor in the students progression through the program, as well as the length of time spent in the program.

Admission / Orientation

All students entering Stones River Recovery program are doing so on their own free will. SRR will never hold anyone against their will. At any time, a student may choose to cancel their participation in the program and vacate the property immediately. All current students will be subjected to random searches and drug screens for the safety of the facility and other students as well as for the maintaining accuracy of the evaluation process.

- Upon admission, the student must submit their person and all possessions to inspection and search as well as a drug/alcohol screen.
- Any prohibited items will be confiscated and disposed of, or returned to the family.
- A random inspection or search may be conducted by SRR staff at any time there is cause to suspect contraband, drugs, and/or drug paraphernalia are present either on the person or in the room or area assigned to any student.

Upon intake, a student orientation will be conducted to go over all the rules and policies of Stones River Recovery program and this handbook.

What to bring?

Students may bring the following items for their stay in the program. If a student has additional belongings or valuables, separate arrangements for storage must be made prior to intake. In the program, only minimal storage will be provided.

Students are to review the following list and not exceed the maximum (max) number of items. All students are suggested to bring the minimum (min) number listed in parenthesis. Clothing that represents sex, drugs, alcohol, violence, gang affiliation, or demonic symbolism will not be allowed.

Clothing

- T-shirts (4min - 10max)
- Dress shirts (4min - 7max)
- Pants / slacks / jeans (4min - 7max)
- Shorts (0min - 7max)
- Shoes (1 pair of work shoes, 2 pair of casual / dress shoes, 1 pair slippers. **1 min - 4 max**)

- Socks (5min – 10max)
- Underwear (5min – 10max)
- Pajamas (3min – 5max. these may include shorts and T-shirts)
- Belts (0min-2max)
- Jackets / Coats (0min - 2max)
- Hats (0min - 3max)

Personal Hygiene

The following is a list of permitted and prohibited items. Students are only allowed a small amount of personal storage, therefore students should try to limit the number of items they bring for their stay at Stones River.

- 1 personal shower bag or travel hygiene bag (Small containers with lids are allowed)
- 1 Tooth brush / toothpaste, dental floss, dentures, mouthwash (**alcohol free only**)
- Hairbrush, comb, razor, electric razor, shaving cream, deodorant, nail clippers, beard trimmers, hairspray, mousse, gel, aftershave (**alcohol free / Pump spray only**)
- Soap, shampoo, conditioner, bath sponges, lotion, acne cream, etc.

Additional unlisted products will require approval by staff.

Linens

SRR will provide all bed linens, pillows, pillow cases, and blankets. Students are only allowed to bring **one personal pillow and one personal blanket** to use while in the program, and must be stored in the students personal space during the day.

- Bath towels (4min – 7max)
- Wash cloths (4min – 7max)

Electronics

While in The Program, possession of the following items is **strictly prohibited...**

- Any music or video producing electronics
- Cell phones or cameras
- Walkman radios, iPods, laptop computers, clock radios, MP3 players, cell phones, pagers, etc.

Musical Instruments

Any students who wish to bring a musical instrument must understand that they are doing so on their own free will and SRR will not be responsible for the instrument in the event it is damaged, broken, stolen, misplaced or misused. Only smaller instruments are allowed in the program, e.g. acoustic guitars, harmonicas, violins. Instruments which require electric amplification are not allowed.

Smoking or tobacco products

SRR will allow students to use tobacco products in designated areas. Every student will be taught the health risks associated with the use of tobacco and will be encouraged to seek God concerning their use.

- The use of tobacco products are only allowed in designated areas of the property.
- The use of tobacco products are strictly prohibited **inside** any SRR facilities or vehicles.
- The use of **any** type of pipe is strictly prohibited.
- NO CBD or Kratom.

Infraction / Penalties / Write-ups

SRR is a ministry that values Faith, Freedom, Grace, and Excellence as ways of living. From the time a student begins the program until the day he graduates, he will be challenged to accept these biblical values as a foundation for his new life. While it is not the ambition of SRR to dismiss any student from the program, all students must understand that there are certain actions that will result in loss of

privileges. Still other actions may result in immediate dismissal from the Stones River Recovery Treatment Program.

If a student breaks the rules of the program, or acts or behaves in a way that is unbecoming of the values of SRR, that student will receive a write-up.

Types of Infractions

White infraction (minor in nature)

Examples,..(not limited to)

- Messy personal area
- Being late for scheduled classes, events, etc
- Waking up late / Not getting out of bed
- Not properly completing chores

Green Infractions: (moderate in nature)

Examples,.. (not limited to)

- Cursing
- Use of telephone outside of allowed times
- Insulting or criticizing other students
- Trash talking
- Disrespect to other students
- Negative attitude towards students, staff, church, etc
- Acting without staff instruction or direction
- Negative public behavior
- Talking back to staff

Red Infractions: (severe in nature)

Examples,.. (not limited to)

- Threatening staff or students
- Fighting (ANY physical altercation will result in IMMEDIATE dismissal)
- Disrespect to staff
- Leaving premises without permission
- Unauthorized use of ministry equipment
- Possession of any money unaccounted for by SRR
- Possession of contraband
- Stealing or gambling
- Relapse or possession of any illicit contraband

Penalties for receiving a write-up can include a loss of phone time, visitation, and free time, as well as program dismissal.

Good Neighbor Policy

SRR is a Christian organization and we cherish our neighbors and neighborhood. At SRR we want to do everything we can to always remain a GOOD neighbor and keep from affecting the lifestyle(s) of the people that live around us. Therefore the Good Neighbor Policy is a **ZERO TOLERANCE POLICY**, meaning any violation of this policy will result in immediate dismissal from the SRR program.

- Students are never allowed to leave SRR property without supervision for any reason.
 - This means staying within the marked boundaries of SRR when outside at all times.
 - Never crossing over to adjoining properties (for any reason).
- Students are never allowed to urinate outside.
- Students are never to engage any neighbor in conversation without staff supervision.

Telephone Usage

Telephone usage at SRR is a privilege given to students in order for them to contact family and friends. Any emergency or urgent incoming calls must be received through the SRR Office at 615-563-2020 or directly through a staff member.

- Students will be permitted three phone calls per week.
- Students are only permitted to use the student phone.
- Students are not allowed to receive incoming calls.
- Long distance calls are allowed.

Student Schedule

The following schedule is to be adhered to for the entire stay at Stones River Recovery. If a student is not on time or out of schedule at any time, then a (white infraction) write-up will be submitted by the staff member in charge. One of our core values is excellence; therefore we want all students to be a good steward of each day that we have been given. Adherence to the schedule is the students' responsibility, not the responsibility of staff. After students begin the program they will be held accountable to their adherence to the following schedule:

Student Weekly Schedule

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am 7:30am		Wake-Up Personal Hygiene	Wake-Up Personal Hygiene	Wake-Up Personal Hygiene	Wake-Up Personal Hygiene	Wake-Up Personal Hygiene	
7:30am 9:00am	Breakfast / Church Service	Breakfast / House Chores	Breakfast / House Chores	Breakfast / House Chores	Breakfast / House Chores	Breakfast / House Chores	
9:00am 10:00am		DEVOTION	DEVOTION	DEVOTION	DEVOTION	DEVOTION	Breakfast
10:15am 12:00pm		CLASS ONE	CLASS ONE	CLASS ONE	CLASS ONE	CLASS ONE	
12:00pm 12:30pm	Lunch / House Chores	Lunch / House Chores	Lunch / House Chores	Lunch / House Chores	Lunch / House Chores	Lunch / House Chores	Lunch / House Chores
12:30pm 1:00pm		Free Time Personal Time	Free Time Personal Time	Free Time Personal Time	Free Time Personal Time	Free Time Personal Time	Group Activities
1:00pm 5:30pm	Student Visitation	Exercise / Physical Activities / Park Visit	Exercise / Physical Activities / Park Visit	Exercise / Physical Activities / Park Visit	Exercise / Physical Activities / Park Visit	Exercise / Physical Activities / Park Visit	
5:30pm 6:30pm	Supper / House Chores	Supper / House Chores	Supper / House Chores	Supper / House Chores	Supper / House Chores	Supper / House Chores	Supper / House Chores
7:00pm 8:30pm	Free Time	Night Meeting	Night Meeting	MID-WEEK CHURCH SERVICE	Night Meeting	Group Activities	Free Time
8:30pm 10:00pm		Free Time	Free Time	Free Time	Free Time	Free Time	
10:00pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew

Store Policy

Permitted and prohibited items purchased at the store.

All students must remain faithful to the list of prohibited and allowed items, as well as the amount of items that can be purchased. A general list of permitted and prohibited items can be found below.

Over the Counter Medication (OTC)

Over the counter medication can be purchased by the student ONLY under the following guidelines.

- Students who purchase OTC medication must immediately give the medication to the SRR staff or intern before leaving the parking lot of the store.
- The medication must be sealed when the student submits it to the SRR staff or intern.
- All over the counter medications will be dispersed as directed on the package only.
- All students must understand that they are taking medications at their own risk, SRR does not support or endorse any medication.

Below is a list of **PROHIBITED** over the counter medications.

- Sleep Aids of any type and/or any medication that are listed as "night-time" are prohibited. This includes natural remedies.
- Any energy providing medications or remedies.
- Diet pills of any kind.
- Any mouthwash or dental care products with alcohol.
- Cough suppressants or syrups must be preapproved by the Program Director before purchase is made by the student

Church Attendance / Public Conduct.

At Stones River, all students are required to attend church services on Sunday mornings and Wednesday nights at various churches, as well as different events, scheduled outings, and activities. Pre-approved family members and friends are encouraged and allowed to attend certain church services and outings, however there are still expectations and procedures that must be adhered to while in public.

*Note: There will be outings and trips that are closed to family and friends, such as camping, lake trips, bowling etc. **These will be announced as closed trips to the students.**

- Each student is required to attend church services as a group.
- All students are required to bring their bible to church and follow along with the sermon and scriptures.

No public displays of affection. This includes but is not limited to the following:

- Kissing, holding hands, hugging, fondling, groping, etc. (Some exceptions will be made for married couples WITHIN REASON!)
- No flirting, private communication, or phone # swapping
- Students are not to pursue NEW romantic relationships while attending the program
- Students are required to remain in the Sanctuary during the entire church service
- Students are not to go to other people's vehicles
- Students are not permitted to solicit funds or favors from church members or visitors

Exterior Relationships

- There is to be no fraternization between two individuals for the purpose of establishing a NEW romantic relationship while a student in The Program.
- This includes flirting, dating, inappropriate conversations with members of the opposite or same sex.
- Students must limit their conversations to greetings only and not engage in any other conversations with people for the purpose of establishing a romantic relationship.

SRR will not discourage a HEALTHY relationship that has been established prior to the program unless it has the potential to hinder the students' progress in recovery.

Chores

All students will be assigned chores throughout the duration of their stay at Stones River. All chores will be dispersed evenly, and will be rotated periodically.

- Each student is responsible for his personal area as well as an assigned chore at the program

- Beds are to be made and area cleaned every morning by the student
- All chores must be completed on a daily basis in times indicated by the schedule

Personal Area / Student Dorms

- Students' personal areas must be kept neat and organized at all times.
- Furniture is not to be moved without permission from the Program Director.
- No candles or incense burning is allowed in the dorm.
- Personal belongings must fit in the students allotted storage space.
- Students are not allowed to hang anything on the walls.
- Coffee pots, hot plates, toaster ovens, microwaves, etc. are not allowed in the dorms.
- Students are not allowed in another student's personal area or locker.

While living in the SRR program, we want all students to think of Stones River as their temporary home, as well as a house of God. The program is to be a place of serenity, peace, tranquility, and healing for everyone that comes to live or just to visit. Everyone should see it as an honor to be a good steward of the program, and help keep it looking, smelling and operating with excellence at all times.

Bed

- Each student is responsible for making their bed every morning and keeping it neat and presentable throughout the day.
- The sheets, blankets, and pillows should be tight and without wrinkles.
 - All blankets and sheets should be tucked in with the top of the blanket and flat sheet neatly folded back ONE FOOT and tucked in on both sides.
- Only SRR sheets, blankets, and pillows are allowed on the bed after it is made in the morning.
 - Personal blankets and pillows must be stored in the students' locker during the day until bedtime.

Students Personal Area

- All students are responsible for cleaning and maintaining their personal areas, as well as the items in close proximity to their personal areas.
- Students' **shoes** are to be kept in their locker or personal storage space in a neat and organized manner.

Laundry

Students are responsible for doing their own laundry. The washer and dryer are not to be used before 6:00am or after "lights out". Laundry is not to be left unattended, and machines are to be cleaned out after every use. House issued sheets and towels must be washed weekly.

- Laundry will be the students' responsibility (*one day a week per student.*)
- A washer and dryer have been provided for student use.
- Laundry detergent will be provided by SRR.
- Fabric softener, starch, etc. are the student's responsibility.

Computers / Internet Usage

Occasionally SRR will make usage of computers and the internet, however these times are only for ministry, or employment, reasons. Students are never allowed to use the computers or internet without prior approval from the SRR staff.

Computer

- The SRR computers are only to be used for ministry or future employment reasons and only in the times directed by the SRR staff.
- Students are never permitted to use the computers of SRR staff members unless given direct prior permission.

Internet

- Facebook, MySpace, twitter, or similar sites are not permitted.
- Email is only allowed when it is pertaining to job search or pre-approved occasions.
- Students are **never** allowed to erase internet browsing history

Student Visitation

Visitation time at Stones River Recovery is a very happy time. Visitation is a time for visitors to see the changes that have taken place in the life of their friend or loved one. We want this time to be as peaceful and fun as possible, however we must understand that there are always certain guidelines that must be adhered to.

- Student visitation is on Sunday after church until 4:30pm.
- Visitation is in public areas only. Visitors are not allowed in bedrooms for any reason.
- Visitors may choose to bring lunch for the student and eat together at the campus.
- Please understand that visitation is a privilege and can be taken away for disciplinary reasons.

Students are only allowed to have visits from family members, spouses, and friends that are a good influence and are subject to approval by the SRR. Visitors and visitation can be prohibited by SRR.

Approved areas for visitation

- The Students Lounge
- The program dining room
- All patios and decks of the program
- The SRR Classroom / Chapel

UNAPPROVED areas for visitation,...

- Student Bedrooms
- Bathrooms
- Visitors vehicles

Sick Students

Any student that is declaring that he is sick shall fall under the following guidelines. If a student is declaring any illness, sickness or ailment, he must notify SRR immediately for the safety of the student and other students. **SRR is not a medical facility and does not provide medical advice for any student for any reason.** If a student feels as if they require medical attention, they must notify SRR staff immediately and arrangements will be made for the student to receive medical attention. All students who are sick are required to stay on bed rest for the entire day, which includes, ..

- Sick students must stay in their bunk the entire day.
- Meals must be taken back to their bunk and eaten there.
- Any student that is too sick to participate in scheduled activities must limit his exposure to other students whenever possible.

- Sick students may use any personal over the counter medications that are pre-approved by a staff member.
- IN THE CASE OF AN EMERGENCY, SRR will transport a student to the ER (or call 911) and/or assist in making a doctor's appointment.
- All doctors' appointments, ER trips, and medical treatment that is performed on a resident or student while enrolled in the SRR program will be the complete responsibility of the student.

Prescription Medication / Emergency Care

SRR is not a medical facility and does not offer medical advice under any circumstances. Any students who are on any type of maintenance prescription medication or any other type of prescription medication must take the medication or prescriptions with the accountability of SRR, however SRR does not assume any responsibility for any student's medical or physical welfare as it pertains to their prescriptions. Students must agree to allow SRR to provide accountability for their medication quantity, dosage and storage without any type of liability or insurance.

In the case of an emergency, SRR will offer (nonprofessional) assistance, and contact 911. If a student is on prescription medications of any kind, he must willingly submit these medications to the lock cabinet for storage, protection, and accountability. Students are not allowed to possess medications in the dormitory or on their person unless it is a medication that is taken or needed in an emergency or urgent / rescue-type situation. Exceptions can and will be made on a case by case basis.

All over the counter medications must be kept in the lock cabinet at all times. If a student is in need of an over the counter medication, he must alert the SRR staff and the (student suggested) over the counter medication will be allowed. Students are never allowed to keep over the counter medications in the dormitory or on their person without the knowledge of the staff.

- All prescription medications must be pre-approved.
- All prescription medications will be immediately submitted to the lock cabinet.
- A prescription medication log will be kept by SRR and signed by the student daily.
- All prescription medications should be taken as directed by their doctor.
- Any abuse will not be tolerated.

Doctor / Dental Visits

- All doctor, dental or medical visits are the responsibility of the student and not SRR.
- Doctor visits or appointments require the students to get approval UNLESS it is an emergency or urgent situation.
- SRR cannot be responsible for any co-pays or fees due at the time of an appointment; this is the responsibility of the student.

Food Stamps / EBT Program

All students entering the SRR program will be guided on how to apply for EBT benefits which can be used for purchasing food. A percentage of the EBT balance will be used for purchasing general food used in the weekly menu, and a percentage can be used by the student to purchase specific personal food items needed. The percentage for each, will be based on the amount of EBT benefits. SRR will hold each student's EBT card for security purposes. All students will be given their EBT card back upon discharge.

Student Transportation / Reimbursement

All students should strive to settle any situation that requires them to leave the program prior to intake. The only time SRR will provide transportation (outside scheduled program trips and outings) is for emergency or urgent situations. SRR will transport students to personal appointments under the following guidelines.

1. In the event of an emergency or urgent situation.
2. The student is summoned to be present at a court hearing, date or trial.
3. The student has a doctor's appointment.

4. The student has an engagement that has been approved by the Program Director.

If a student requires transportation for any of the above situations (except an emergency) the student is responsible for the reimbursement associated with the trip including the gas, mileage, and staff presence.

The reimbursement cost is...

- Under 10 miles and 1-3 Hours total staff time: \$100
- Under 20 miles and 1-5 Hours total staff time: \$200
- All other transportations will be quoted separately.

SRR will allow a family member to transport the student to the appointment without having to incur a transportation cost ONLY when to do so will not endanger the client or threaten the recovery progress. This is decided by the Campus Pastor on a case by case basis.

Student Mail

- Letters are to be written during free time only, so as not to interfere with study or work time.
- SRR reserves the right to inspect and censor all (except secure mail) incoming mail from a private person or family member and packages as they are being opened by the addressee for security purposes. Attorney, medical, and professional mail will not be opened by SRR.
- Students are not allowed to check the mailbox of SRR.

Exercise

Each week, students will be asked to participate in exercise and/or physical activities. This could consist of park visits, basketball, frisbee golf, hiking, tennis, etc. Students who wish to do additional, personal exercising are allowed to do so in their free time. SRR has weights and work-out equipment available to students, but all students who use the exercise equipment do so at their own risk.

Students wishing to run, jog, or walk must consult with the SRR staff to know the established areas permitted for jogging, running, or walking.

Drug Screening / Student Privacy

Integrity and accountability are vital in the life of someone who wishes to live in freedom from addiction therefore SRR will use different methods of accountability to ensure the integrity of all students as well as the entire organization. All students in the program must voluntarily submit to random drug screens, searches and accountability checks as well as the usage of closed circuit TV cameras and sound monitoring / recording devices.

- Since SRR is a residential live-in program with many students in the program there should be moderate expectation of privacy.
- SRR reserves the right to perform room searches when deemed necessary by the Program Director.
- SRR also reserves the right to use closed circuit TV cameras and sound monitoring / recording devices in hallways, classrooms, entrances, and outdoors for security purposes.