

*Phase 1

0 to 30 day requirements

- At no time during your stay at Grace Haven are you allowed to engage in romantic relationships with female or male partners
- Set up counseling
- Random Drug testing and submit to drug screen
- Complete daily house chores
- Contact PO (if applicable)
- Go to JFS (insurance, food card, etc ..)
- Set up primary care appointment for physical
- Set up OB/ Gyn appointment if needed
- Schedule dental appointment
- Journal daily
- No outside calls in or out
- No electronics, (eg. Computer, tablet, phone, etc ..)
- No activities away from the house without house supervisor approval
- Going to church is required
- Bible studies are required
- AA or NA meetings are required
- Participate in All house classes, 12 Step, current bible study, budgeting, dress for success, daily devotional, baking, art project/classes, gardening, volunteer projects and house activities

*PHASE 2

30 to 60 day requirement

May do activities away from house with accountability partner that is approved by house supervisor on duty (eg . with mentor, staff, volunteer or family).

- May go to AA and NA meeting /CR with staff approval
- May use house phone for local calls with supportive people, during posted times.
- May receive phone calls during posted times
- Supervised use of computer for job applications only

Family visit with approval of supervisor only.

PHASE 3

60-90 days

Must write essay that has been given to Grace Haven Board of Directors for approval to move to Phase 3. Essay should include what changes you have made and what you have done to maintain sobriety.

May get a job, must be 1st shift and NO SUNDAYS. You are still required to be home for all evening bible studies, and all evening house activities.

Can have cell phone after starting job, but it must be turned in when you return home.

Have a car for approved activities only

Give 10% of your income {social security,. child support or ant other income you may have} to house for tithe