

Recovery Dojo Agreements and Commitments

We welcome you into the Recovery Dojo (RD) where you can train to gain balance, strength, serenity & sobriety. We expect you to keep the following commitments to yourself and to others in the Dojo in order to keep the scene a safe, respectful and productive place for all.

1. Confidentiality

- I will respect the privacy of whomever I see at this facility and what is said in my group, stays in group.

2. Attendance

- I will show up every day, on time, with my folder and assignments and treatment plan.
- **If I cannot attend for any reason, I must call before 9:30 am (831-4000) and I am responsible for notifying Community Transit two hours before an absence from their transportation services (831-5911).**
- Three unexcused absences = dismissal from the group. Being late two times by more than 10-15 mins = one absence.
- If I show up intoxicated on any substance I will be sent home & if I am driving under the influence the police will be notified.

3. No Tobacco Anywhere at New Life. We have a no tobacco policy for these reasons:

- a. to protect the health and safety of you and all others,
- b. nicotine is a highly addictive drug that it is/was a factor in creating addiction patterns in your brain. Your recovery process will be strengthened by not seeing, smelling, tasting or hearing about behaviors that activate these brain pathways

No smoking breaks are allowed during treatment hours

Smoking is not permitted anywhere on, or in view of, New Life property.

Tobacco products of any kind are NOT permitted on New Life property; including vapes, Juuls, chew & snuff

4. No medications of any kind are to be brought into Dojo or shared with fellow group members here or during transportation. Please plan to take any prescribed medications at home if possible and leave medications at home. All medication, prescribed and OTC, must be locked up in the NL staff office if it is brought on site (can be given as needed/ returned at the end of the day).

5. No intimate/sexual relationships between group members. Keep healthy boundaries.

6. No weapons allowed on premises. Pocket knives NOT permitted

7. Respectful Participation

- Cell phones are to be turned off and placed in basket. If cell phone is needed to make calls I can do so at lunch time.
- I will dress appropriately- no clothing that is too revealing or displays substance related images/words
- I will use respectful language and be respectful of all differences in race, religion, gender, and sexuality.
- **I will not tell "war stories" or brag about my substance abuse experiences in group or on transportation to/from group. Talking about drug use, faking drug screens, drug manufacturing or dealing drugs is not permitted because it can trigger other people's craving and keeps those ideas active in client minds.**
- Recovery Dojo provides healthy snacks and water; clients are expected to provide their own meals for the day.
- **No candy, snacks or sodas are to be consumed or out in view during group.**
- Food, snacks and drinks are allowed during breaks and I will clean up after myself.

8. Drug Screens:

- Drug screens are used to have accurate data on my progress or continued struggle with addiction.
- If a urine/oral sample is requested and I do not submit this sample it will be reported as a refusal to my referral source.
- If it is discovered that I have tampered with any urine/oral sample I have submitted, or have been dishonest in any other way regarding my drug screens, I will be dismissed from RD and my referral source will be notified.
- Ongoing use of any mood altering substances, including alcohol, is not consistent with treatment/recovery. Two or more positive screens or incidences of use indicate you are not ready for treatment or need a higher level of treatment and will require us to consider discharging you or referring you to residential treatment.

Client Name _____ Signature _____ Date _____

Aspects of a Healthy group:

- Follows group commitments and understands them.
- Accepts feedback and consequences for not following commitments.
- Openly shares both their successes and struggles. Gets at the real issues.
- Provides feedback and support to one another.
- Confronts one another out of concern and care for their peer's well-being.
- Provides a safe environment.
- Understands services are tailored for the individual and does not expect all treatment decisions to be the same.
- Shines a light on addiction. No secrets.
- Uses time in treatment to strengthen recovery.

Aspects of a Sick group:

- Breaks group commitments
- Resists feedback/ consequences.
- Selectively share/ avoid real issues.
- Do not provide supportive feedback
- Is just doing time and NOT effectively doing treatment
- Negative contract instead of hold one another accountable
 - A negative contract is when group members connect more around drug use than drug recovery topics. **They spend group time or free-time or transportation time telling stories about substance abuse experiences. Talking about drug use, faking drug screens, drug manufacturing or dealing can trigger people's craving and keeps those ideas active in your brains.**
- Has a "not my problem" attitude toward other group members.
- Keeps secrets.
- Gang up on peers. Confront out of spite or resentment.
- Cannot wait for group to end.